

# ChaNels

The Newsletter of the Sailing Club of Washington  
May 2004

## Commodore's Log

One of the things that I have been struck by this year is the varied interests of Club members. Some are hooked on racing. Others are organizing their schedules for anticipated cruises. Still others are looking forward to simpler day or evening sails on club boats and hoping to snag reservations when windows of good weather appear.

The one thing that everyone seems to have in common – particularly this year – is enthusiasm. After a somewhat slow start, SCOW is rapidly building a full head of steam for a very active, productive season. Just last night we had a very lively meeting of skippers planning for the Choptank River cruise. At this point, we have at least 10 and possibly as many as 12 boats likely to participate. Even though only a limited number of club members will be able to participate on the water – there are only so many berths on these boats – others will be able to come by land. On Sunday, May 30, we will gather at the Crab Claw restaurant in St. Michaels. Those not on boats who may want to join the group can do so by driving there and sharing a meal with members on the cruise. It's a beautiful drive.

But we are not just looking to sailing and social events. SCOW members have a rich appreciation of how blessed we are and want to give back to our communities. We have a very enthusiastic effort to raise funds for the

Leukemia-Lymphoma Society and help out with the National Maritime Heritage Foundation by manning booths and acting as guides for their events in the area. We will also be making our boats and some members available for the Special Olympics. These are all worth-while programs that deserve our support.

What excites me about all of this is that SCOW provides opportunities for members to fulfill themselves, whatever their interests. They can enjoy themselves not only by going out on the water, but also by helping those less blessed. We have the enthusiasm and drive of many new members who are most welcome and the guidance and experience of longer-standing members who have the knowledge to "make things happen." It may sound trite, but it is true that every member of the club will get more out of the club by increasing his/her participation in all aspects of events from planning and organizing events to helping to implement them. I hope that all members will feel free to become active and use the club to add some peace and contentment to their lives, as well as to develop that very good feeling that comes from helping to make someone else's life a little bit better and a little bit happier.

Sail fast! Live slow.

*Len Zuza*

## Next Membership Meeting: Monday, May 10, 2004

Our May Membership Meeting will be held on Monday, March 8 at the American Legion, 400 Cameron Street in Old Town Alexandria (around the corner from Gadby's Tavern). our speaker will be Jahn Tihansky of J-World Annapolis. J-World is known as the "performance sailing school." J-World has also presented many excellent programs to SCOW over the years, and several of our members (including me) are J-World alumni. Jahn will present "Sail Trim At The Extremes" -- tips on sail trim in very light and very heavy winds to get the best out of your boat. If you'd like some hints on how to get that boat moving on the water in August here in DC, be sure to attend.

## Notes From the Boat Yard

John Roland

### Fleet Status

The board has decided for safety reasons to keep Psycho out of service until the toe rail is reinstalled. On Maintenance Day, we attempted to repair her steaming light and discovered the light fixture itself has deteriorated beyond repair. 30-year old plastic is crumbling away. Her side lights are in much the same state. The identical parts appear to be no longer available, and we are looking for substitutes.

Danschweida got a new ratchet block, Ms Elli got her too-tight rigging adjusted, and Susie-Q got a replacement centerboard. We removed her bent rudder blade and straightened and replaced it a few days later. Rebecca got a repaired latch on the anchor locker and all boats got a rigging and gear check, as well as a good cleaning.

Everybody is back in service except Psycho.

### On-going and Upcoming Projects

Psycho's steaming light - We'll add the sidelights and toe rail to the list and are looking for some expertise to install the toe rail. Thom's schedule is full, and we could use some additional help. Any volunteers to lead this project?

**Maintenance Seminars** - We have two shaping up, but no firm dates at this writing.

1) Winch Maintenance - We'll tear down, clean and lubricate the winches on one or both of the cruisers.

2) Centerboard Repair and possibly Rudder-Head Repair - Susie-Q's old centerboard is quite battered at the tip and has a starting crack where it emerges from the well. It looks repairable, but will require breaking and grinding away the damaged fiberglass, beating and filing the lead weight back into shape, and re-glassing the damaged areas. Her bent rudder has been straightened (at a machine shop), but the rudder head is cracked from forcing the bent blade up and down. We may repair this as well if an expert (I'm not) thinks it is repairable. The board and rudder (if repaired) will be retained as spares, as I've purchased a new rudder assembly that will be installed by the time you read this.

### Topic of the Month – To Scot Skippers

You will notice some changes in the Scot locker when you check out a boat.

#### LOG BOOKS

The log books have a new look. I've redesigned the log sheets so that there is only one sheet per use of the boat. The top of the sheet looks a lot like the old one, except that I am asking for wind and tide information directly. You are supposed to know this information before taking out a boat, and there were too many "nice and sunny" weather entries in the old logs. To keep this from being too painful, the tide predictions for 2004 are also in the log books. At the bottom of the form is a wavier section for non-SCOW members to sign up on the same sheet. You no longer have to find a separate waiver sheet. On the back of the form I've put a trouble report form in three parts. The top section is a note from you to the next skipper. If there is a problem of which s/he should be aware, please leave a note there. Carry problems from previous skipper's reports through and the next skipper (and you) won't have to scan several previous logs to see if a problem exists. The second section is the old maintenance trouble report form. Use it if there is a problem you couldn't fix. Don't stop there; that's just the log book. NOTIFY MAINTENANCE by phone or by email (there is also a contact sheet in the

*Continued on page 3*

**ChanNels**

can also be read at:

[www.scow.org](http://www.scow.org).

Submit articles to

[channels@scow.org](mailto: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](mailto:channels@scow.org) or in-person at the January meeting.

*Lisbeth Lyons, Editor*

*Chris Chubb, Layout Editor*

*Monika O'Connor, Mailing Lists*

*Continued from page 2*

logbook with phone numbers and email addresses) or use [maintenance@scow.org](mailto:maintenance@scow.org). Finally, there is a blank space if you need more room or need to make a sketch of a problem.

#### **SCOT MANUAL**

The new book is a Flying Scot Operation and Maintenance Manual - It contains Flying Scot's online manual and the special instruction sheets that Flying Scot sends out with parts or on request. It also contains current copies of the Policies and Procedures and the Scot SIF. Hopefully, it is all you need to know about SCOW's Flying Scots.

#### **TOOL BOX**

There is a tool box in the locker with basic hand tools and the parts that commonly need repair or replacing. If you notice a problem and feel competent to fix it, do so. If it's beyond your skill level, don't feel obligated to make the repair, just leave a report and notify maintenance.

#### **TIRE PUMP**

There is also a small, battery-powered air pump for those leaky tires. Turn power AND compressor both on to use. The pressure gauge is built in. There are battery status LEDs on the front panel. Notify maintenance when the low battery light comes on, and we'll recharge it. The pump takes a few minutes to do the job, but it does work. Put about 45 pounds of air pressure in the tires for use around the marina. They are supposed to have 60, but they are old and I'd rather not have a blow-out.

You cruiser skippers are next in line for updated books, so stay tuned. Fair winds to all and enjoy the boats. For more information, contact [maintenance@scow.org](mailto:maintenance@scow.org)

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### **The Lost Skippers**

Karyl Owings

SCOW Skipper Renewal season has come and gone...and 40 skippers did not renew!!! Yes, that's right - 40 of our close friends and sailors have not renewed their coveted SCOW Skipper status. How can this be? Have these sailors gone bad?

Is it too late for them???? Well, in a word....no.

Skippers from 2003 can still send me their renewal forms and fees. Those renewing late may not get their skipper status listed in the 2004 Membership Directory, but they will get the appropriate lock combination and full access to our wonderful boats! Folks, you can bet I'll chase down every last one of those 40 Lost Skippers. And you can help, by asking every SCOW Skipper you know if they have renewed for 2004. If they have not, please let them know that there is still time to renew - and remind them that SCOW boat usage fees are still one of the best deals in town! Let everyone know that if they need a renewal form, or more information, to contact me at [skipper@scow.org](mailto:skipper@scow.org).

To all the SCOW Flying Scot and Cruiser Skippers who have already renewed for 2004, I want to say thank you, welcome back, and..what are you waiting for? GO SAILING!!!

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### **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...May**

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.

*"Shipshape", "By & Large", "Cut & Run", "Giving the Slip", "Knocking Off"*

"Shipshape" is a term that harks back to the Sixteenth Century to refer to any craft that is well-maintained and properly fitted out. (In England, the term "Bristol Fashion" was used for the same thing, since ships from that busy port tended to be neat and clean. ) OK, that one was easy, but, do you use the phrase "by and large"? Did you know that this phrase dates back to the seventeenth century and originally referred to a ship that sailed well on all points of sail, that is, "by" the wind and "large," or with sheets eased out. Here's another one you may use - "cut and run." This is a nautical term dating back to the Seventeenth Century, and meant to cut the anchor cable in order to get under way quickly. "Giving the slip" originally was used by sailors to mean the same thing. Finally, we use "knock off" to mean stopping work, and this also was used by sailors at least as far back as the Fifteenth Century. It may have originated in the days when galleys were rowed to the rhythm of mallets, and the order to stop was given the same way, by "knocking."

## International SCOW

The ChaNNels editor spent the last two weeks of April traveling in Asia, and carried thoughts of SCOW over the International Date Line, particularly when viewing buddhas in Bangkok. The position of a buddha's hands are symbolic. Below, a buddha with two hands raised sends SCOW the message for "calming of the oceans" (and hopefully rivers & bays!).



*Photo courtesy of Lisbeth Lyons*



*Photo courtesy of Lisbeth Lyons*



**Special Olympics**

**Save the Date! Special Olympics**  
Special Olympics: Mondays in June

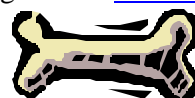
Once again, this year, SCOW will be supporting the Special Olympics sailing program. We've reserved all three Flying Scots for all four Monday evenings in June to help the Special Olympians train. This is your chance to share your love of sailing with a group of very special kids. We need SCOW Scot skippers to step forward and skipper the boats on those evenings. We need other members to show up every Monday evening to help crew our boats. Crew do NOT have to be skippers! Please plan on coming to the Marina one or all Mondays in June to help out with this great event!

### Special Olympics Sailing

June 7  
June 14  
June 21  
June 28

Sailing will take place from 5:45 to dusk. Please join SCOW and Special Olympians-in-training for one or all of the Monday nights listed above. For more info, email Vice Commodore Jay Weitzel at [vice@scow.org](mailto:vice@scow.org)

**Calling all Salty Dogs!** Does your dog love to sail or just hang out on your boat? ChaNNels is looking for a photo or two of a SCOW Salty Dog to feature in the June ChaNNels. Please email your "dogshot" to [channels@scow.org](mailto:channels@scow.org).



### A Sailor's Bookshelf

In honor of Mother's Day (May 9), this month's A Sailor's Bookshelf recommends a reflective, serene read.

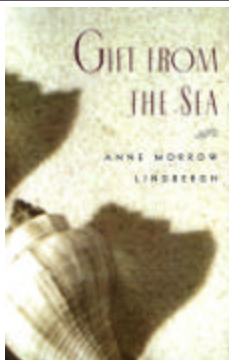
#### Gift from the Sea

*Anne Morrow Lindbergh*

The New York Times

Book Review writes of

this classic, "Gift from the Sea is like a shell itself in its small and perfect form...It tells of light and life and love and the security that lies at the heart." Lindbergh explores these themes in a setting that takes readers away from the pace of everyday metropolitan life by transporting them to setting of salt water, sand and seaside breezes. Gift from the Sea is not only great Mother's Day gift (at under 140 pages, it's a quick read for busy Moms), but is also classically inspiring book for all readers.



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### Sail Down the Runway...In SCOW Apparel!

SCOW is now taking orders for great embroidered and screenprinted sportswear displaying the SCOW logo and the full club name "Sailing Club of Washington." Order now! Orders will be taken through May 10, and items ordered by that date will be available for pick up at the SCOW June membership meeting. Available items include golf shirts (\$23.00), hats (\$10.00), and short- and long-sleeved tee-shirts (\$15.00). These items are great for showing your SCOW pride, and make great Father's Day gifts, too! For specifics on items, refer to the order form sent via SCOW email from Bill Bernhards (4-12-04) or email billb53@hotmail.com.

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#### SCOW Social News Social Sails are Back!

Come prepared to sail and socialize on Thursday evenings at the Washington Sailing Marina. SCOW has great chefs ready to feed you and great skippers ready to sail! A small donation is collected at the Social Sail to cover expenses for food and drink. This year, SCOW urges interested Social Sail members to volunteer for a night or two as "Chef 1" or "Chef 2" - no culinary degree required. For more information or to volunteer, please email social@scow.org.

### The Sailing Gourmet

Memorial Day is synonymous with picnics, backyard barbeques, iced tea and cold beer. But for SCOW members, Memorial Day is an extra slice of heaven: a three-day weekend on the water! The Sailing Gourmet thinks that's a reason to toast, and provides a couple of drink recipes\* for your floating bar. Bon Appetit and Salud!

#### America's Cup\*\*

2 parts Southern Comfort  
1 part Barcardi  
1 part Galliano  
3 parts Pineapple juice  
3 parts Orange juice  
3 parts Cream  
Shake with or without ice and serve

#### Diesel Fuel

(for your stink-potter friends...)  
½ Malibu  
½ Irish Crème

\* For non-alcoholic versions, substitute club soda for liquor, or simply enjoy the refreshing juice combos on ice.

\*\* Source: [www.calormarineshop.co.uk](http://www.calormarineshop.co.uk)



## SCOW "Annual Canoe & Kayak Trip with Options"

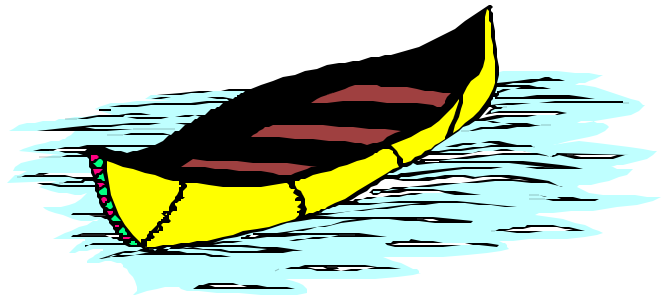
*Let the Signups Begin NOW!*

Phil Bender

This year's SCOW Annual Canoe & Kayak Trip with Options is simply going to be an awesome getaway that will occur over the weekend of July 23 – 25, 2004, with the Canoe & Kayak portion taking place on Sunday, July 25 with a check-in time of 9:30 AM. This summer we will travel to Luray, VA, just 90 miles outside the Capital Beltway, home to Shenandoah River Outfitters ([www.shenandoahriver.com](http://www.shenandoahriver.com)), which has its very own tent campground. This section of Luray is surrounded by George Washington National Forest - the most rustic, scenic section of the South Fork of the Shenandoah. If you haven't guessed it by now, we are going to be paddling on the Shenandoah River, specifically on a very popular 11 mile beginner whitewater stretch between mile markers 8 and 19. This run has two small ledge rapids, as well as Compton's Rapid, with good swimming below to cool off and relax in the afternoon. This particular trip normally takes groups about 4 1/2 to 5 1/2 hours to complete, which includes time taken out for lunch.

One of the most dramatic experiences available along the Shenandoah is glimpse of an American treasure – the bald eagle. Eagles still nest in the area and can be seen soaring above the river in search of food. Other large birds of the river valley include the rare osprey, snowy egret, and great blue heron. More common sights are the turkey vultures and any one of five varieties of hawks. Resident owls range in size from the great horned owl to the tiny screech owl.

Although there is not enough nesting cover for many varieties of water fowl, the merganser often make their home here. Other water birds seen along the river include the black, teal, mallard, golden eyed, bufflehead and wood ducks. Sights of a diving kingfisher or an outsized pileated woodpecker are special treats of the valley and surrounding woodlands. The casual observer is more likely to see several of the hundreds of garden variety species. Wild turkey can be seen feeding in open fields thought the area.



Options offered this year include: You have a choice of two different kinds of vessels to rent: Canoe (Old Town, 15.8, \$20 per person) or a single sit-in recreational kayak (Otter or Loon, which is dependent on your size and weight, \$25). Both kinds of rental vessels include life jackets, river map, trip planning, shuttle, and sales tax. If you have your own canoe or kayak, the outfitter can shuttle it for you (\$20 per vessel) or you can make your own arrangements. If you forget to bring a cooler with you, some are available for rent (\$4 small / \$6 large), along with items to stock. On the morning of the trip, provided we have at least 20 participants who choose this next option, you can start the day off right with the most important meal of the day - breakfast. On the buffet will be eggs, bacon, biscuits, muffins, hash browns, cereal, fruit, OJ, coffee, and hot cocoa, (\$5 per person). At such an inexpensive price, how can you not choose this option to help sustain your energy for a day

of paddling? For camping Friday and/or Saturday night (\$10 per person / per night, includes \$2 for firewood), space is limited, so advance reservations are required - historically most participants choose to arrive at least the day before so they can enjoy the local area more with others in the group or on their own and have short commute to the outfitter the next morning. If you arrive at least by Saturday night, you won't have to wake up early Sunday morning, won't have to drive the 90+ miles, won't have to speed if you are running late or get caught in traffic, and won't miss the group departure from the outfitter. If you make your reservation at least 2 weeks in advance (provided there are still any spaces left on this trip), and you arrive earlier enough Saturday

evening, as an added bonus you can enjoy a steak & chicken dinner (tuna steak for vegetarians), complete with all the trimmings, which will be cooked over open fires inside a pavilion. This meal is the all-you-care-to-eat variety, designed to satisfy even the largest appetites. After dinner, you are invited to sit around the fire, roast marshmallows, enjoy some live music, and maybe be discovered during a sing-a-long as the next American Idol (\$18 per person) – yea, it could happen (LOL).

For those of you who are able to arrive before Sunday, here is just a partial list of nearby options you can enjoy with other trip participants.

- Luray Caverns, air conditioned by nature to a constant 54 degrees year round, now lit with pure white lights to best reveal snow white and delicately colored formations, is only about 20 minutes away and within sight of the scenic Skyline Drive, another attraction you can enjoy either heading to or leaving from Luray.
- The South Fork has been called the best small bass fishing in VA, try your luck and maybe you can catch a live one, maybe even enjoy eating later that day with dinner.
- George Washington National Forest offers picnicking, sightseeing, biking, hiking, hunting, swimming, fishing, and boating. Hiking is the best way to experience the forest in its many forms – numerous old wood roads, level trails beside mountain lakes, self guiding forest walks, and rugged mountain paths as well as the famous Appalachian Trail.
- Other attractions near the outfitter includes horseback riding, golf, tennis, vineyards, duck pin bowling, tubing, movies, night life, museums, and much more.
- If you are not into camping, but still would like to enjoy at least an evening away from home before our trip, the outfitter rents river cabins that sleep 6 and there are plenty of B&Bs, hotels, and motels nearby as well.

Anyone interested in participating in this FUN annual SCOW social activity, is urged to signup NOW while spaces still exist, Spaces will be sold on a first-come basis. To sign up and guarantee your space, simply send an email to Phil Bender addressed to [paddle@scow.org](mailto:paddle@scow.org) and request that he/me email you back a registration form ASAP to print, complete, and get back to him/me with your check made payable to SCOW. This trip is open to not only SCOW members, but to guests as well - so invite your significant other or wannabe, friends, co-workers, family members, other sailors and crew, whomever – all are welcome on this trip. If you feel that this trip is too far in advance to signup for, think again! As long as you cancel in writing at least two weeks in advance, you will receive a full refund back. So, what are you waiting for? Send Phil an email now to get your registration form. For anyone interested in canoeing, but you don't have a paddling partner to signup early with, ah...don't let that stop you. Remember, 1+1=2, and every participant on this trip is highly encouraged to swap partners frequently while we are on the water, as long as you practice safety while doing so. Again, please send your email to [paddle@scow.org](mailto:paddle@scow.org) TODAY in order to reserve your spot on this much-anticipated SCOW social trip.



### **Happy Memorial Day!**

A special SCOW salute to club members who are or have served as members of the nation's Armed Forces.



### 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](mailto:info@scow.org) or visit <http://www.scow.org>