



Chan Nels

I don't know who named them swells.
There's nothing swell about them.
They should have named them awfuls.
--Hugo Vihlen

The Newsletter of the
Sailing Club of Washington

September 2013

Commodore's Log

Charles Gilbert, Commodore

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We have had a fantastic summer of sailing with very decent weather (knock on wood). Our Social Sails are still going strong, and everyone has fun meeting new people, eating great food, and having a good sail. We are always looking for volunteers for the Chef and Co-Chef each week, so please step up and help out. Let our super Social Director, Kristine Sadosky, know if you can help out. She can be contacted at KSadosky@Gmail.com.

Just a few weeks ago, the Leukemia Cup Regatta was held at the Washington Sailing Marina. The very competitive SCOW Flying Scott's and the Cruiser's were well represented. The best news overall was that the Leukemia and Lymphoma Society made over \$176,000 in donations and fundraising!!

Speaking of races, we've just started the Fall Series of our Sunday afternoon races. Skill and pride continue to grow in each and every race.

Submit feedback, ideas, content and photographs for next month's issue to editor@scow.org

SAVE THE DATE!
Hail and Farewell is
Saturday, November 16th!

Leukemia Cup.
Photo
by Alice Starcke.

I'm looking forward to our end of the year Hail and Farewell party. More details will be coming out shortly. Save the date of Saturday, November 16th, 2013.

See you at the Membership Meeting on Monday, September 16th. We will have a fun and jam-packed program with Larry McAndrews on his recent sailing trip, and Elisabeth Graham on her investigation into handheld marine electronic devices.

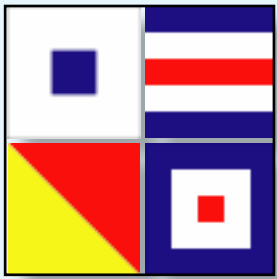
See you on the water!
Charles

From Alice Starcke: This web page offers very useful knot tutorials.
www.animatedknots.com

From Elisabeth Graham: This web page offers a very good description of what goes on as the tides comes in and goes out - and why we are still fighting an ebb an hour after the tide is in flood, and vice versa.
<http://www.lobstermanspage.net/tides/currents.html>

MyBOATSGear.com is a unique website dedicated to supplying a "one-stop" location for impartial and reliable marine equipment reviews and "how-to" articles.
<http://www.myboatsgear.com/main.asp?page=5419&preview=ESzcppfzhYz2UPzXcKdm>





September 2013

Dedicated Members Come Out for Maintenance

Many thanks to these dedicated members who came out on August 3rd and gave their time to a short Maintenance Day:

Luis Rivas	Jim Talley
Jan Earle	Randy Borregard
Jim Metcalf	Marty Branham
John Imparato	Nancy Riker
David Sullivan	John Graham
Kathy Sullivan	Elisabeth Graham
Jonathan Thron	Elena Ciuhno
Larry McAndrews	Maggie Kreusi
Kevin Longenbaugh	Ed Dixon
Chris Tindal	Dick Vida
Julian Mallett	Elaine McLaughlin
Joe Depoorter	Alice Starcke
Rich Chan	

Remember, SCOW is a volunteer-run club. Mark your calanders for the big fall Maintenance Day, to be held on October 19th. Come out, no matter your experience or skill level, there's a job for everyone. Watch your e-mail for details from Luis or contact him at maintenance@scow.org!

Training Updates

Tom Vaughan, Training Director

SCOW's 2013 Fall Training semester started the 2nd week of September. For the second time this year, SCOW's very own Tom Vandenbosche has volunteered to lead all 4 land classes; thank Tom when you see him!

The Basic Fall class will be out on our Flying Scots for 3 consecutive weekends (weather permitting) practicing launching the boats, finding the wind, recognizing points of sail and then doing maneuvers: tacking, gybing, heaving-to, touch & go docking, figure-8s and the all-important crew overboard drills. By the end of the class, the students will be prepared to take an on-the-water checkout where

they'll assume command and demonstrate safe operation of our Flying Scots. Unfortunately, the class is sold out and it's the last one of the 2013 calendar year. If you're interested in taking the class, be sure to be early at SCOW's 2014 "Re Up Brunch" held in March - precise date TBA.

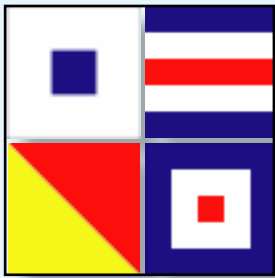
Following the Basic Sailing class, SCOW will be running the (sold out) Fall Cruiser class aboard the club's three cruisers. The Cruiser class is a level up from the Basic Sailing class. Students will learn systems such as the radio, the battery bank, the outboard engine as well as new boat features like the bilge, roller furling jibs, and the anchor. The highlight of the class is the night sail where students head out after dark into the Potomac channel and learn to identify and avoid water traffic by recognizing different light configurations. The next available Cruiser class will be held in Spring 2014 and it, too, is first available for registration at SCOW's "Re-Up Brunch."

Questions? Comments? Concerns? Email training@scow.org

Mark your calanders for our fall Maintenance Day
October 19th.

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**Pied Pirates
have raised
\$5609 at
last count!**



September 2013

2013 Leukemia Cup & President's Cup Races!

by Maggie Kruesi and Nancy Brown

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The 20th anniversary, 2013 Leukemia Cup and President's Cup races on September 7-8 were a couple of exciting days for SCOW's Flying Scot racers. There were four races on Saturday, including some tricky O2 and O3 courses, and three races on Sunday, with a total of 61 boats sailing in the one design competition -- what a beautiful sight to see all those spinnakers flying, including SCOW's this year! Congratulations to Riptides of the Potomac sailing Ms. Elli and led by Anne Reb for their first place victory! The Pied Pirates in Sunset Song tied for first place in overall points for the weekend's races, but came in 2nd in the tie-breaker. The Three B's in Selkie skippered by Dave Beckett were just one point behind the teams tied for first place -- it was extremely close racing! Exciting around every mark and at the finish line in fresh breezes of 10-14 knots, gusting to about 17 knots, from the south on Saturday, and from the north on Sunday. We congratulate Jonathan Thron's team sailing Elisse in the Leukemia Cup on Saturday. He came in first place for three of the four races and took away the Leukemia Cup first-place plaque. The one-design races are sponsored by PRSA and both Saturday's and Sunday's scores count in the overall final total, thus the Riptide's victory!

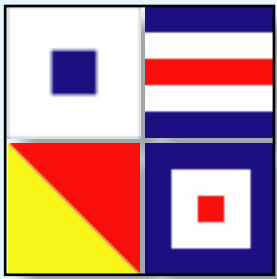
In fund raising, the Pied Pirates, led by Nancy Brown, were way out ahead of their class for the Leukemia Cup and were gold donors this year. Thanks to everyone who came to our Social Sail featuring homemade pies on August 15, where we raised more than \$800, all of which was donated to the Leukemia and Lymphoma Society (LLS). Nancy then charged ahead and raised more than \$2500; Chris Tindal raised more than \$1600; and collectively the Pied Pirates raised \$5609 at last count!! We had help from our support team, Charles and May Gilbert, John Merck, and Barbara Thacker as well! You can do this, too! Sponsoring Social Sail as a fundraiser helps our Social Sail director and we all have friends and family who can pitch in for the general contributions. We sent out emails and reminders to our contacts about our efforts, and posted the link to our LLS page on Facebook. Pied Pirates also created a book with pictures of those who have experienced blood cancer to whom we and our friends and families dedicated their donations. These honorary Pied Pirates sailed with us in a dry bag both days and we were pleased to have them with us.

(Above) Brianna Walsh, Leukemia Lymphoma Society's event coordinator poses with Team Pied Pirates including Nancy Brown, Maggie Kruesi, Charles Gilbert and Chris Tindal. Photo by Alice Starcke. Thank you Julian Mallet for your leadership as Racing Director!

The minimum fund raising for participation in these races is only \$100. We hope that next year all 5 of SCOW's Flying Scots will be in the races, and we can get more Flying Scot owners and clubs to participate. We especially encourage SCOW members to get involved with the fund-raising: it's not difficult or very time consuming, and it's such a worthwhile cause. Brianna Walsh of the LLS was a great support when we needed help, and she was a cheerleader for the Pied Pirates, too!

Heading downwind back to the marina after the last race on Sunday afternoon, a bald eagle circled Sunset Song and dove to snatch a fish about 30 feet from our boat, what a beautiful sight, and then we had another great barbecue! Can't wait until next year! Maggie Kruesi, Go Pied Pirates!

Submit feedback, ideas, content and photographs for next month's issue to editor@scow.org



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Leukemia Cup

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Below, Flying Scot Teams Pied Pipers, Kedge Party and Riptides and supporters. Skippers and crew, l to r: Nancy Brown, Dick Vida, Richard Chan, Elisabeth and John Graham, Anne Reb, Chris Tindal, Jonathan Thron, Maggie Kruesi, Jamie Russo and Chris von Guggenburg.

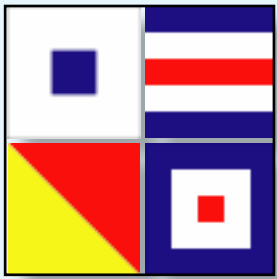


Photo by Alice Starcke.



(Left) Pied Pirates Chris Tindal and Maggie Kruesi, post race.

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www.scow.org

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Leukemia Cup

Photos by Alice Starcke.

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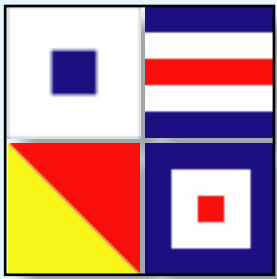
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Team Tartan!





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Above, l to r: John Graham, Dick Vida and Anne Reb. Team Riptides competed in this year's Leukemia Cup Regatta, sailing Ms. Ellie. Below, Team Riptide includes l to r: Richard Chan, Elisabeth and John Graham, Dick Vida, Anne Reb and Jamie Russo.



Cantina Cup 2013

by Bill Davenport

DC Sail's annual Cantina Cup was held on Saturday, August 17th. For full results visit <http://www.dcsail.org/CantinaCupRaceResults>

SCOW members were well represented on our Flying Scots by Dave Beckett with crew David and Stuart Beckett placing Second sailing Sunset Song; Jonathan Thron with crew Sebastien Durand and Jim Tally placing Fourth sailing Elisse; Julian Mallett with crew Mark Mallett and Alec Dinsmoor placing Sixth sailing Suzie-Q; John Graham with crew Anne Reb and Kim Bubet placing 8th sailing Ms. Ellie.

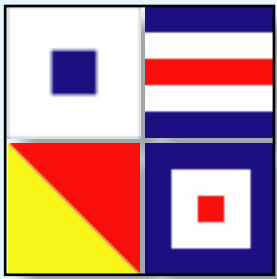
In PHRF Non-Spin, Bill Davenport and crew Fred Guillermet (fore deck crew) and SCOW skipper Ryan Galloway (pitman) competed on *We Few*, and celebrated their Cantina Cup victory with three firsts and one second place finish. Also competing was Skipper Kyoko Kawai and crew on *Rebecca*.

The trophy cup was filled with Mt Gay rum, which helped set the tone for the after-race party. DC Sail, Cantina Marina and the other sponsors held a well attended party and awarded some of the best trophies on the river.



L to r: Fred Guillermet, Bill Davenport and Ryan Galloway, Cantina Cup winners.

Skippers! When you reserve a boat, please consider leaving your contact information in the FACES reservation system. A previous skipper may have important or useful information to pass on to you!



September 2013

First Annual Family Race and Picnic Day

By Elisabeth Graham

Photos by Clara Huesers

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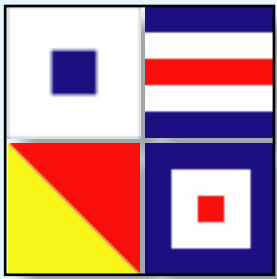
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Thank you to all the land-based activities volunteers who made the day on June 29th! Some of you showed up to participate and pitched in to help; others volunteered to organize events, buy food and drink, and clean up. Without you, our first annual Family Race and Picnic Day would not have happened.

Particular thanks to Alex White (Balloon Toss); Alice Starcke (Knotty Problems); Anna Sheinberg (Water Battles); Anne Reb, Dick Vida, and Klara Huesers (Three-Legged Race); Jan Earle (Pirate Patches and Faces Painting); Jim and Liz Haynes (Knot Art and Recycling); Kim Bubet (Drinks and Ice); Richard Chan (Snacks); Mark, John, Alex, and Tom (help with setting up and taking away the SCOW Chow Dhow); Terry Mallet (croissant sandwiches and clean up); Cynthia and Dick Winters (decision support).

So many people worked to make this a success --- thank you all!





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Members Volunteer for Special Olympics

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SCOW kicked off the 2013 sailing season for the athletes on the Virginia and Maryland Special Olympics teams on Monday, June 3rd. Countless (believe me, I tried) athletes gathered at the cranes for an exciting evening. Ms. Ellie, Selkie and Sunset Song were put to work with each Scot carrying excited athletes, along with a volunteer skipper and crew. DISC members turned out as well, and many generous sailors gave their time and the use of their boats to help make this a successful and memorable season for some very grateful athletes.

Thank you to the following members for their very generous spirit, and the gift of their time and talents:

- | | |
|-------------------|----------------|
| Joe Bonanni | Rob Reuter |
| Sebastian Durand | Laura Scandura |
| Joyce Frank | Jonathan Thron |
| Elaine McLaughlin | Dick Vida |
| Vasa Pupavac | |

(right) Dick Vida and Elaine McLaughlin show a Special Olympics athlete how to raise the main on Sunset Song.



Rob Reuter and Joyce Frank prepare to rig Selkie with an athlete.



History of Special Olympics

It all began in the early 1960s, when Eunice Kennedy Shriver saw how unjustly and unfairly people with intellectual disabilities were treated. She also saw that many children with special needs didn't even have a place to play. She decided to take action.

Soon, her vision began to take shape, as she held a summer day camp for young people with intellectual disabilities in her own backyard. The goal was to learn what these children could do in sports and other activities – and not dwell on what they could not do. This vision eventually grew into the global Special Olympics movement.

From <http://www.specialolympics.org/history.aspx#>

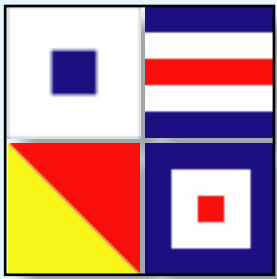


"...To say that the lot of people with intellectual disabilities has improved because of Special Olympics would be a gross understatement. [Eunice Kennedy] Shriver's movement did nothing less than release an entire population from a prison of ignorance and misunderstanding. It did something else, too – create a cathartic covenant between competitor and fan that is unlike anything else in sport. You watch and what you see is nothing less than a transformation, the passage of someone who has been labeled unfortunate, handicapped, disabled or challenged to something else: athlete."

-- Sports Illustrated, December 2008

"You know, Eunice, the world will never be the same after this."

CHICAGO MAYOR RICHARD DALEY, OBSERVING THE FIRST SPECIAL OLYMPICS GAMES IN CHICAGO IN 1968.



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Members Volunteer for Special Olympics (continued)

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SCOW's commitment to supporting Special Olympics is an annual event, and runs through the months of June and July. There are few things more rewarding than helping another learn and grow. Please consider helping out as a skipper or crew on our Scots for the 2014 season. For more information, contact Barbara at membership@scow.org.



(Left) Rob Reuter and Joyce Frank pose during a skipper's meeting before the end-of-season regatta.

(Below) Dick Vida, Patrick Thacker and Elaine McLaughlin celebrate their team's accomplishments this season.



Sebastien Durand pushes off Jonathan Thron and athletes in Ms. Ellie before stepping on to crew.



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Chartering in Monterey Bay

By Thomas Vaughn

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I recently had an opportunity to charter a boat for an afternoon in Monterey Bay, California and I jumped at the chance. Monterey is about two hours south of San Francisco and nestled in the southern shore of a large, arcing bay that shelters the town from the brunt of the Pacific.

The bay itself is pretty big – it's a large backwards-C shaped curve cutting into the California coast over 450 square miles in area and maybe 40 miles across at the mouth. The Pacific constricts as it pushes into the bay causing large, irregular swells and high, steady winds.

It's always a bit of a nerve-wracking experience to charter a boat because you're unsure what kind of crazy docking or mooring situation your boat will be in, and what kind of local knowledge you're lacking. Imagine chartering from the WSM and not knowing about the shallowness of our channel or the depth-under-keel offsets of our depthmeters—talk about stress!

I shouldn't have worried this time, though, because the Pearson 27' that we rented was all tied up at an empty guest dock for us. The guy in charge of the charter operation,

Dutch, was a friendly sunbaked sailor. I asked him about conditions and hazards and quirks of the boat and he told me what to watch out for. Luckily for those Monterey sailors, they've got great depth everywhere and a nice, sheltered harbor.

My first introduction to cruisers was about 4 years ago with SCOW on Rebecca and Topaz which were the club's Catalina 25s... very similar boats to a Pearson 27'. Before leaving the dock, Dutch needed to make sure I knew what I was doing, so we walked down to the boat and he just kind of stood there looking at me. "Ah ha," I thought, "he wants to see if I can be a captain." So my SCOW Cruiser checklist training kicked in and I started giving orders to the 5 co-workers I'm taking out.

"Ling – see if you can find 6 life jackets and a set of flares!"

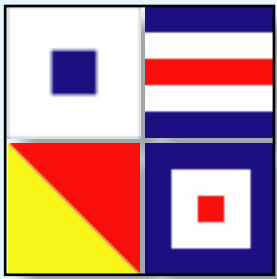
"Michael – take the mainsail cover off and make all lines free and clear!"

"Jeff – see if you can find a fire extinguisher and check the expiration date on it!"

"Chris – flip the battery selector to 1+2 and turn on the radio!"

"Brett – put some stopper knots in those jib sheets!"





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In short order we had the boat ready to go and had convinced Dutch that if we weren't semi-competent, we were at least a good acting troupe. I went forward to check on the anchor locker only to discover (a) there's no anchor locker on a Pearson 27 and (b) there's not even an anchor on the boat. Dutch shrugged and I made a mental note to make sure the engine runs smoothly for a while before dousing sails.

We motored out of the harbor past the fattest, loudest, smelliest collection of sea lions I'd ever seen. We were (of course) directly down wind of them as we glided out the channel and into the bay. If you thought the DC water treatment plant was bad, I invite you to camp out near those animals for a while!



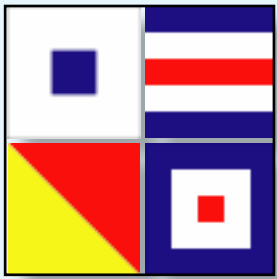
Once out of the shelter of the harbor we were hit broadside with a cool, breezy 10-15 knots. On the Potomac that often feels like a lot of wind because everything around you is so compressed. Out in a large body of water, however, it feels just right: enough to get you from A to B on a fun, safe tack but not too much to be worried.

I was surprised at the size and choppiness of the swells in the bay – I'd guess between 3-6 feet with an occasional "big one" that we'd ride over or crash into as we beat up in to the wind on our first leg out of the harbor. Making life a little more interesting was the seeming random direction from which the next swell came. My crew and I got our sea legs under us and had a great 5 hours beating, reaching, running all over the Southern side of the bay under perfectly blue skies and steady winds.

We saw enormous and deadly looking jellyfish every couple minutes. Harbor seals would occasionally follow us, and we were nearly dive-bombed by a flock of prehistoric-looking pelicans. The highlight of the animal watching was a momma otter swimming on her back with 3 or 4 wet furry cubs on her belly. We didn't spot any whales, but that just gives me an excuse to go again!

If you're ever in the area with an afternoon to kill, I'd recommend looking up Monterey Sailing (<http://www.montereysailing.com/>). The whole afternoon rental was \$300, which after splitting with my crew, was the best dollar-to-fun ratio around.





Upcoming Events

The [SCOW website](http://www.scow.org) posts all events year round.

September 2013

Membership Meeting

Monday, September 16th, 2013

6:30 pm - 9:00 pm

Capitol City Brewery
2700 South Quincy Street
Arlington, Virginia 22206

Join us for a SCOW Happy Hour from 6:30 pm - 7:30 pm. (select menu items and beer half price!) followed by the membership meeting 7:30 pm - 9:00 pm. Guest presenters this month will be members Larry McAndrews and Elisabeth Graham. Contact Chris (vice@scow.org) for more details.

Social Sail

Every Thursday at 6:00 pm

Thru October 3rd

Washington Sailing Marina

Come out to this weekly event at the marina by the cranes. Bring your \$5.00 and enjoy an evening of good food and drink, and a chance to relax on the water with friends.

Volunteers, step up to serve as chef/co-chef, dockmaster or skipper during the 2012 season. Please contact Kristine (social@scow.org) to sign up!

Flying Scot Racing

Wednesdays at 5:30 pm

Thru October 9th

Washington Sailing Marina

Meet at the marina on Wednesday evenings at 5:30 pm for informal races. This is a great way to sharpen your skills and meet other SCOW members for a little competition. Contact Julian (racing@scow.org) for more details.

Friday Night Raft-Up

Friday, September 20, 2013

6:00 pm

Washington Sailing Marina

The Friday Night Raft Up Event is coordinated by the SCOW River and Bay Director. email Anna at (river@scow.org) to make a reservation to attend the event or to add a boat to the Raft Up. Attendees bring food and beverages to share.

FS Fall Series II

Sunday, September 22nd, 2013

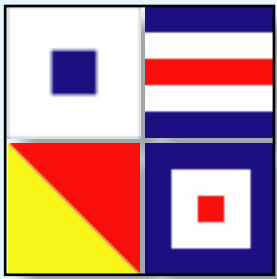
4:00 pm

Washington Sailing Marina

Visit <https://sites.google.com/site/racingroster/flying-scots/fall-series> or contact Julian at racing@scow.org for more information and how you can participate in this very will run and popular event.

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2013 Officers

Commodore.....	Charles Gilbert	commodore@scow.org
Vice Commodore	Chris Tindal.....	vice@scow.org
Secretary	Ute Laser	secretary@scow.org
Treasurer	Joe Bonanni	treasurer@scow.org

2013 Board Members

Maintenance Director	Luis Rivas	maintdir@scow.org
Racing Director	Julian Mallett.....	racing@scow.org
River/Bay Director	Anna Sheinberg	river@scow.org
Membership Director	Barbara Thacker	membership@scow.org
Skipper Director	Jan Earle	skipper@scow.org
Social Director	Kristine Sadusky	social@scow.org
Training Director	Tom Vaughan.....	training@scow.org
.....	& Anne Reb.....	training2@scow.org

2013 Board Appointees

Chair, Training & Skipper Certification Committee.....	John Rodgers	TSCC@scow.org
Chair, Boat Assets Committee	Tom Vandenbosche	BAC@scow.org
Chair, Investments Committee	Ron Sheldon	investment@scow.org
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Many thanks to those who added to the value of this month's newsletter with their content contributions. Remember, ChaNNels is YOUR newsletter! If you'd like to contribute to the next issue, please don't hesitate to send your content or ideas to editor@scow.org.

Take more pictures!

Barbara