



# CHANNELS

THE MONTHLY NEWSLETTER OF THE  
SAILING CLUB OF WASHINGTON

JUNE 2020

## IN THIS ISSUE

SPECIAL OLYMPICS | 2  
MEMBERSHIP | 3  
CALENDAR | 4  
SKIPPER'S CORNER | 5  
VIRTUAL SAILING | 6  
WHO'S WHO IN SCOW | 7

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## COMMODORE'S LOG

BY RICHARD KAISER



Ahoy Sailors,

Thank you for your patience! It's been a very long time since we've been on the water together. According to our local jurisdictions, things are heading in the right direction, with Phase 1 openings for the District of Columbia, Maryland and Virginia. I'm excited to add that SCOW will follow suit, with our Phase 1 opening starting this Friday morning, June 5th.

We will cautiously open to all members, with limitations that we will all need to follow:

- All skippers and guests must follow local jurisdiction health guidelines;
- We will limit boat reservations to a single reservation each day for each boat;
- Limit of 3 people on a boat at one time. (Skipper and 2 crew);
- No raft-ups and no docking at area marinas (unless for weather emergencies)
- All boats must continue to be cleaned after each use;
- All Skippers and Crew will sign an additional COVID-19 risk waiver of liability; and
- Social events, water training classes and regattas are still on hold until further notice.

Please note that there is a level of risk with the COVID-19 virus every time you are around people outside of your immediate household. Please follow the local jurisdiction's guidelines, your good judgment and stay safe!

And a big shoutout to SCOW's COVID-19 Task Force for doing their research, sharing best practices and working hard to safely bring sailing back to our Club. It's been my pleasure working with this committee and the insights that they all bring to the table. Oh, they're not done yet - but I'm giving them a couple of days off!

Skipper Candidates - though the pace will be slower than usual, there are some tutors and checkout skippers that will be willing to work with you toward your skipper certification. Please contact Skipper Director **Chip Lubsen** at [skipper@scow.org](mailto:skipper@scow.org) to let him know how ready you are to get back on the water. We will be hampered by the ongoing inability of prospects to gain experience through Social Sail and Wednesday Night Racing, but will still be supporting your progress toward skipper certification the best we can under the circumstances.

I'm hoping these baby steps to get us back on the water will help our transition back to some sort of normalcy.

All the best to you and your family.

Richard Kaiser, Commodore

## FLYING SCOT SAILING WITH SPECIAL OLYMPICS

BY PETE FARRELL, FS #5083 CAPITAL DISCTRICT FLEET 203

Racing with Special Olympics can best be summed up as sailing a special boat with special people. As Flying Scot racing goes, Special Olympics racing will not even warrant a footnote. But in my sailing world, crossing the finish line with the Special Olympic athletes controlling the boat means every finish is a championship race.

My wife and I came to sailing in a unique way. When we got married, we agreed that every five years we would do something we'd never done before. Skiing was one of those things, whitewater rafting was another, and sailing was one, and that one that happened to stick.

My wife and I came to Flying Scots in 1996 after racing a Canadian-built Tanzer 16. Fun boat, family racing, but we wanted to do more casual sailing. We chose the Scot because there were plenty around our Washington D.C. marina and we lived close enough to the factory in Maryland that we could visit while the boat was being constructed. The Deep Creek team could not have been more genuinely welcoming. And fortunately that has not changed.

My sailing experience came from a marital promise, but involvement in the Special Olympics began with my nephew, a Special Olympian golfer. So, when a fellow sailor approached me 12 years ago about participating in the Special Olympics as a sailing coach, I didn't hesitate. It has turned out to be a great experience.

I do it every summer—from the 1st of June through about the last weekend of July.

The season culminates with Pirate's Night practice and two big races, one in Virginia and one in Maryland. Pirate's Night 'practice' is devoted to soaking every other boat that comes near, buckets, squirt guns, whatever.

The local sailing club, Sailing Club of Washington (SCOW), pitches in each week with their fleet of Flying Scots and skippers. All of the athletes have medical challenges so staying dry and safe is best. Flying Scots are an obvious choice.

Special Olympics sailing crews are delineated by the skill level of sailing and racing. At the basic level the athlete handles the jib, no spinnakers, and the skipper steers the boat. At the advanced level, my crew's level, athletes control the boat from the starting gun through the finish line. One athlete steers the boat and a second one trims the jib. I divide my crew up so that one of them steers and tacks the boat upwind and the other sails downwind. At the advanced level if a coach touches the tiller the crew is disqualified, except in an emergency. And there are never any protests, if you can imagine that!

For the last seven years I've mostly had the same five or six athletes as crew. My crew also includes a safety officer in case of a medical issue. We practice every Monday and have dubbed our vessel *The Happy Boat*. My usual crew, Rose and Jen, are just great. When they gave out the awards last year they said, 'third place goes to the happy boat.' Everybody knew who it was. Rose and Jen are relaxed but excellent sailors.

*continued on page 3*

The athletes are typically in their 20's and don't have sailing experience when they start. I would describe the evolution of the non-sailing Olympians into sailors as a "gentle process." Besides just teaching them the mechanics of sailing, you have to teach them how a race course is set up and how races are run. The key lessons I've learned are to set a clear plan, be very specific with direction and timing, control how aggressively to sail (mostly my aggressiveness), and most important, let the athletes have control. I am not saying I don't provide plenty of advice. I am sure my crew hears..."steer up, steer up"...while they are sleeping. But I try to say it in a calm voice.

**THE [FLYING] SCOT IS JUST THAT SPECIAL KIND OF BOAT FOR THESE SPECIAL PEOPLE.**



Coaches participate in a skippers' meeting every Monday night before Special Olympics practice. The boats can go out in most weather, but the last thing the Commodore says every Monday is, "Skippers, it is up to you if you choose to take your athletes out on the water." It's good advice because it's a reminder that it's my responsibility to manage how aggressively to sail and to get my crew back safely. I never worry about getting back safely with my boat and crew. The Scot is just that special kind of boat for these special people.

**MEMBERSHIP CORNER**

BY TONI COLE, MEMBERSHIP DIRECTOR

Ahoy!

Let's extend a warm pre-summer welcome to a few new members this month, **Sammy Dougherty, Joseph Dougherty, Henry Jennings, Michael Brady, Stephen Meadows, Erin Wisman, Christopher Dickel, Brian Hopkins, Karen Marongelle** and **Russell Korte!**

As we lie in wait for restrictions to ease, we hope to see some of you at our virtual get togethers and perhaps on Wednesday nights for our SCOW virtual racing seminars via Zoom! If you'd like more information just reach out to me at [membership@scow.org](mailto:membership@scow.org) and I will be happy to link you up.

For now, I hope everyone stays safe and healthy. Looking forward to seeing you all out there soon!

**ONLINE MEMBERSHIP RENEWAL AT [WWW.SCOW.ORG](http://WWW.SCOW.ORG)**

# JUNE EVENTS

**2 | SCOW BOD MEETING | 7-9PM  
ONLINE**

**5 | REMOTE CONTROL SAILING | 5PM**

JOIN THE SPINSHEET TEAM ON FACEBOOK LIVE AS WE DISCUSS RC SAILING'S POPULARITY, FLEET RACING, HOW TO GET INTO IT, AND WHY IT'S A GREAT SOCIAL DISTANCING SPORT. [JOIN HERE.](#)

**12 | HOW TO BE A GREAT BOW PERSON | 5PM**

JOIN THE SPINSHEET TEAM ON FACEBOOK LIVE AS WE WELCOME DAVID FLYNN OF QUANTUM SAILS TO DISCUSS SPECIFIC TIPS AND TECHNIQUES TO EMPLOY ON THE POINTY END TO IMPROVE YOUR GAME AS BOW PERSON. [JOIN HERE.](#)

**10, 17, 24 | WNR WEBINAR SERIES | 6-8PM**

VIA ZOOM | MORE INFO ON ZOOM CAN BE FOUND [HERE](#)

**1-30 | CHECK OUT [SPINSHEET](#) FOR A LIST OF VIRTUAL EVENTS INCLUDING WEEKLY HAPPY HOURS**

## mind your p's and q's

THE SAYING ORIGINATED WITH SAILORS WHO WOULD GET CREDIT AT THE TAVERNS IN PORT UNTIL THEY WERE PAID. THE BARMAN WOULD KEEP A RECORD OF THEIR DRINKS ON A CHALKBOARD BEHIND THE BAR. A MARK WAS MADE UNDER "P" FOR PINT OR "Q" FOR QUART. ON PAYDAY, THE SAILORS WERE LIABLE FOR EACH MARK NEXT TO HIS NAME, AND FORCED TO "MIND HIS P'S AND Q'S." TODAY THE TERM MEANS TO REMAIN WELL BEHAVED.

# SKIPPER'S CORNER

BY CHIP LUBSEN, SKIPPER CERTIFICATION DIRECTOR

## Gentlepeople – Start Your Engines

It is looking like June will bring SCOW back on the water, though with limitations and changes in place as dictated by the upside-down times we are all experiencing.

Skippers – it is time to start rubbing off more than the usual amount of rust given our late start to the season. If I haven't already, I'll soon be sending you, via-email, a virtual ROTR document, or two, for your review prior to getting back out there. The Flying Scot document is a much-improved version of what you saw in 2019. The Cruiser document is an assembly of input from four cruiser skippers/experts that were scheduled to present during our canceled spring Maintenance Day/ROTR event.

**WE HAVE 98 INDIVIDUAL SKIPPERS CERTIFIED FOR 2020. 89 OF THEM ARE SCOT SKIPPERS AND 45 ARE CRUISER SKIPPERS, WHILE 36 ARE CERTIFIED FOR BOTH.**

Cruiser Maintenance Director Wayne K. Williams added a valuable "Preserving our Fleet" section which adds some important reminders. Try to time your review of the document(s) to be just before you make your first boat reservation. When your review is complete, let me know at [skipper@scow.org](mailto:skipper@scow.org), specifying which document(s) you read, and I'll turn on your boat reservation privileges. Feedback on the documents is always welcome.

## Skipper Renewals

If you have understandably been holding off on your 2020 membership or skipper renewal, we'll welcome you back with open arms. The process is more fully automated than last year. If you run in to any challenges, call me anytime at 703-217-5893.

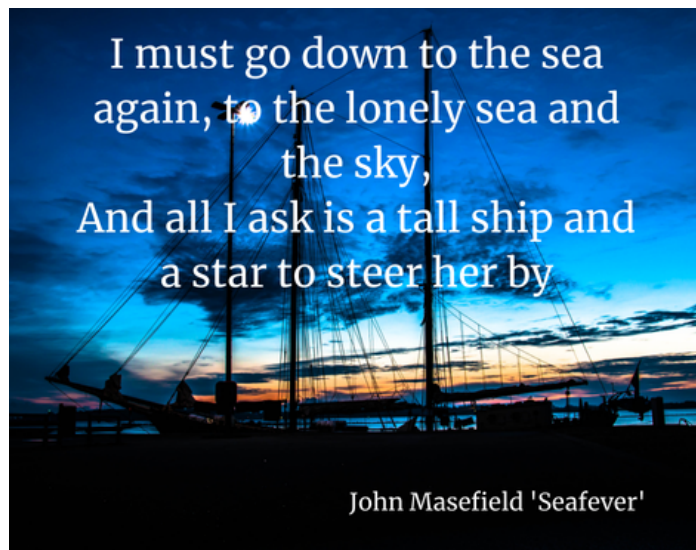
## 2020 Skipper Counts

As of May 29, we have 98 individual skippers certified for 2020. 89 of them are Scot skippers and 45 are cruiser skippers, while 36 are certified for both. In 2019 we had a total of 133 individual skippers. The lag this year makes perfect sense under the circumstances.

## Skipper Candidates

As we return to the water it is likely that we will slowly return to tutoring and skipper on-water checkouts. Please stay tuned – not all tutors and checkout skippers are ready to return to action, but some are. Scheduling and tiller-time opportunities will be more challenging than usual, but we will support your efforts to become a SCOW skipper!

Here's to the expanded definition of the word "Safety" – Take Care.





# LIN PARDEY AND VIRTUAL SAILING

BY CAPTAIN JACK TAR

SUBMITTED BY WAYNE WILLIAMS, MAINTENANCE DIRECTOR

## THE SAILOR RESPONDS TO THE SUBTLE SHIFTING OF THE WIND, THE IMPERCEPTIBLE EBBING OF THE TIDE. HE CHANGES COURSE. HE TRIMS HIS SHEETS. HE SAILS.

*Richard Bode, Author of First You Have to Row a Little Boat*

How do sailors cope with being quarantined? I must admit that I have developed a bit of a habit for virtual sailing during the quarantine spring of 2020. What do I mean? Well, I follow posts from Lin Pardey - who I had the profound pleasure of meeting at the recent 50th Annapolis US Sailboat Show.

Up until that moment I'd spent several decades learning about the sailing sport in the old school arm-chair sailing style via well-written books. I had often read articles and inspirational quotes from Larry and Lin Pardey - the sage advisors of ocean cruising who had spent their lives sailing 200,000 miles around the globe!

So while at the 50th boat show I specifically invested time to stand in line to buy the 2020 fully revised and expanded 3rd Edition of **Self-Sufficient Sailor**. Happy to get her latest work, I was asked if I wanted the book to be autographed by the author! I was regaling the crew with lessons I've learned from the Pardeys, when I was asked if I would like her autograph in my new book! Having never before met her in person I did not know she was Lin! She complied and wrote, "To Jack Tar, Smooth Seas, Lin Pardey". Furthermore, after some chatting about sailing I submitted a Facebook friend request - and I was pleasantly surprised when she accepted!

Which explains why I became a Facebook friend of Lin Pardey; Blue Water Sailor, Journalist, and Author. And I've become a Virtual Sailor of sorts - following the most recent posts by Lin as she has spent the last 3 months sailing from Melbourne to Yamba.

I was amused when on May 7th, while suffering another day of quarantine, I read an unusual post on Facebook. Lin Pardey posted, "For those of you who have recently asked to be friends, Facebook has ruled that I have reached their limit (Lin now has 5,000 friends). But if you follow my public page, I always share each of my posts there. Just type in **Lin Pardey**."

So, I hope SCOW sailors join me in following her sailing adventures!

### WHO IS LIN PARDEY?

Lin Pardey is an award-winning, record-breaking sailor and author. Lin and Larry Pardey have sailed over 200,000 miles together, circumnavigating the world both east-about and west-about.

# WHO'S WHO IN SCOW

## 2020 OFFICERS

Richard Kaiser, Commodore | [commodore@scow.org](mailto:commodore@scow.org)

Brian McPherson, Vice Commodore | [vice@scow.org](mailto:vice@scow.org)

Jock Whittlesey, Secretary | [secretary@scow.org](mailto:secretary@scow.org)

Mike Hooban, Treasurer | [treasurer@scow.org](mailto:treasurer@scow.org)

## 2020 BOARD MEMBERS

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Dana Howe, Maintenance Director (Flying Scots) |  
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Wayne Williams, Maintenance Director (Cruisers) |  
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Antonia Cole, Membership Director | [membership@scow.org](mailto:membership@scow.org)

Chip Lubsen, Skipper Director | [skipper@scow.org](mailto:skipper@scow.org)

## 2020 BOARD APPOINTEES

John Rogers | Chair, Training & Skipper Certification Committee |  
[TSCC@scow.org](mailto:TSCC@scow.org)

John Kauffman | Chair, Boat Assets Committee | [BAC@scow.org](mailto:BAC@scow.org)

Vacant | Chair, Investments Committee | [investment@scow.org](mailto:investment@scow.org)

Luis Rivas | Chair, Audit Committee | [audit@scow.org](mailto:audit@scow.org)

Jeff Teitel | Email Administrator | [postmaster@scow.org](mailto:postmaster@scow.org)

George Clark | SCOW Pictures (SmugMug) | [pictures@scow.org](mailto:pictures@scow.org)

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