

Schedule for Saturday, March 12, 2016		
TIME		FUNCTION
Start	End	
8:00 AM	8:30 AM	Registration and Continental Breakfast
8:30 AM	8:50 AM	Welcome/Announcements
9:00 AM	10:30AM	Session A
10:30 AM	10:40 AM	Break
10:40 AM	12:10 AM	Session B
12:15 AM	1:15 PM	Lunch
1:20 PM	2:50 PM	Session C
2:50 PM	3:00 PM	Break
3:00 PM	4:30 PM	Session D
4:30 PM	5:00 PM	Wrap-up

**Directions to Anne Arundel Community College:**  
**101 College Parkway**  
**Arnold, MD 21012**

*From Washington or Annapolis*

Take Route 50 east to exit 27, Route 2 north (Governor Ritchie Highway) toward Baltimore. Stay on Route 2 for about three miles. Turn right on College Parkway. The first right turn is the campus entrance.

*From Baltimore*

From Interstate 695 take exit 2, Route 10 toward Severna Park. Stay on Route 10 until it ends at Route 2 (Governor Ritchie Highway). Follow Route 2 south about five miles. Turn left on College Parkway. The first right turn is the campus entrance.

***Snow Emergency Procedure***



**ATTENTION** - If there is snow on Saturday, March 12<sup>th</sup> (and we certainly hope there isn't!), we MAY have to cancel Spring Training. In the event the weather is questionable, the Education Committee will leave a message on the SOS Spring Training Weather Hotline, **available only on March 12<sup>th</sup>**. A \$5 non-refundable fee will be retained in the event of cancellation; other fees paid will be refunded.

**Snow Emergency Recorded Message: 410-956-1540**

Other questions: [emilbec@msn.com](mailto:emilbec@msn.com)



# SPRING TRAINING

9:00-10:30	<p><b>A – 1 New Members</b></p> <p><b>INTRODUCTION TO SOS</b></p> <p>Levels: 1, 2</p> <p><b>SOS member Debra Roane and SOS Skipper Jon Bernheimer</b> introduce you to the roles of Skippers, First Mates and crew, how to register for our events, and volunteer opportunities with the club.</p>	<p><b>A – 2 New Skippers</b></p> <p><b>RAFTING WITH SOS</b></p> <p>Levels: 1, 2, 3</p> <p><b>SOS Skipper Dan Meier</b> will lead this discussion on rafting in SOS, both circles and linear. What is the overall plan, what part does the crew play, and (for skippers) how do you direct your crew for a smooth entry into the raft?</p>	<p><b>A – 3 New Members</b></p> <p><b>READING A NAUTICAL CHART CORRECTLY</b></p> <p>Levels: 1, 2, 3</p> <p><b>SOS Skipper Harry Keith</b> conducts an introduction to charts and a discussion about types of charts, their uses, data and symbols used, and related resources, including web-based sources.</p>	<p><b>A – 4</b></p> <p><b>SOS FIRST MATES PROGRAM</b></p> <p>Levels: 1, 2, 3</p> <p><b>SOS First Mates Joan Tannen and Rob King</b> will outline the requirements and process to become a First Mate with the club. A great way to test your skills and become more proficient.</p>
	10:40-12:10	<p><b>B – 1 New Members</b></p> <p><b>BASIC SAILING FUNDAMENTALS</b></p> <p>Levels: 1, 2</p> <p><b>SOS Skipper Rick Morefield</b> uses things you already know to explain how a boat sails, with specific emphasis on points of sail and getting a boat from point A to point B.</p>	<p><b>B – 2 New Members</b></p> <p><b>VHF RADIO AND BEYOND</b></p> <p>Levels: 1, 2, 3</p> <p><b>Dan Zeitlin, sailor and ham radio operator</b> instructs you in the proper use of VHF radio and handling emergency procedures using a handheld and ship's VHF radio</p>	<p><b>B – 3</b></p> <p><b>PREPARING FOR EXTENDED CRUISING</b></p> <p>Levels: 1, 2, 3</p> <p>How to plan for sailing to the far-off lands -- and much more with veteran cruiser and <b>SOS Skipper Ursula Skagen</b>.</p>

## 12:15 – 1:15 PM – LUNCH

1:20-2:50	<p><b>C – 1 New Members</b></p> <p><b>RULES OF THE ROAD</b></p> <p>Levels: 1, 2, 3</p> <p><b>SOS Skipper Dennis Krizek</b> will review the "Nautical Rules of the Road." Topics will include: give-way and stand-on vessels, lights, shapes and sounds, with an emphasis on situations we encounter on the Chesapeake Bay.</p>	<p><b>C – 2 New Members</b></p> <p><b>KNOTS</b></p> <p>Levels: 1, 2</p> <p><b>SOS Skipper George Hollendursky</b> demonstrates the proper knots to use on a boat and when to use them. Hands-on practice is included while viewing animation of each knot</p>	<p><b>C – 3</b></p> <p><b>BEAUTIFUL BAY PHOTOGRAPHY</b></p> <p>Levels: 1, 2, 3</p> <p>Learn how to improve your skills to capture beautiful photos of the Chesapeake Bay. SOS Photo Guy, <b>John Parsons</b>, will address topics including digital cameras, light, composition and storing digital images.</p>	<p><b>C – 4</b></p> <p><b>ADVANCED SAIL TRIM AND BALANCE</b></p> <p>Levels: 2, 3</p> <p><b>Jeff Jordan, J World Director</b>, describes the various controls on the sails and how to use each to shape your sails for all wind conditions. No more flogging sails; look good going down the Bay.</p>
	3:00-4:30	<p><b>D – 1 New Members</b></p> <p><b>PREP FOR A WEEKEND CRUISE WITH SOS</b></p> <p>Levels: 1, 2</p> <p>Sailing for a weekend requires proper gear (what to bring?) and food (what to prepare?) <b>SOS Skippers Shirley Brooks-Hollendursky</b> will help you pack that bag and <b>Teeja Meier</b> will give you some time-tested ideas for your portion of the meals.</p>	<p><b>D – 2 3 New Members</b></p> <p><b>YACHT MECHANICAL SYSTEMS</b></p> <p>Levels: 1, 2, 3</p> <p><b>SOS Skipper Emil Becker</b> will describe the various mechanical systems on a modern cruising sailboat, as well as how they work and how to utilize them safely for enjoyable sailing</p>	<p><b>D – 3 Skippers</b></p> <p><b>SPRING COMMISSIONING &amp; MAINTENANCE TIPS</b></p> <p>Levels: 2, 3</p> <p>Maintenance expert will describe maintenance tasks to prepare your boat for the sailing season. Routine maintenance tasks - what they are, what to do yourself, and what to ask the boat yard to do for you.</p>

## 4:30 PM WRAP UP IN THE CAFETERIA

**Skill Levels of Classes:** 1 = **NOVICE**, new to sailing  
3 = **ADVANCED**, Skipper, 1st Mate, Offshore sailor

2 = **INTERMEDIATE**, inshore sailor to aspiring 1st Mate

\* **New Members and/or Inexperienced Sailors**

\*\* **Recommended for Skippers**

# SATURDAY MARCH 12, 2016

<p><b>A – 5</b></p> <p><b>DIESEL ENGINES</b></p> <p>Levels: 2, 3</p> <p><b>Karl Allen</b>, Diesel Guru will discuss basic operating theory, anatomy, routine maintenance and troubleshooting for marine diesel engines. Karl may be able to bring his engine model, space permitting.</p>	<p><b>A – 6 Skippers</b></p> <p><b>TRIM FOR CONTROL</b></p> <p>Levels: 2, 3</p> <p><b>Dave Flynn, Quantum Sails Consultant</b> will give best practice for sail trim for cruiser and ways to deal with common cruising concerns of heel, over-powered situations, best upwind and downwind sailing.</p>	<p><b>A – 7</b></p> <p><b>SOLAR POWER</b></p> <p>Levels: 2, 3</p> <p><b>SOS SKIPPER AND CAPTAIN MIKE PIITINGER</b> discusses the advantages and installation of solar power on your boat, and how to use the sun to keep power.</p>	<p><b>A – 8</b></p> <p><b>WEATHER</b></p> <p>Levels: 1, 2, 3</p> <p>Before a cruise the mariner should read, and then understand, the local forecast. <b>Captain Chuck Wells</b> will highlight the basics of the Earth's weather with a particular focus on sailing and the interpretation of weather reporting</p>	<p><b>A – 9</b></p> <p><b>SAILING AND BOATING APPS</b></p> <p>Levels: 1, 2, 3</p> <p><b>SOS Member Jim Burton</b> talks about Apps for sailing, boat management, and maintenance.</p>
<p><b>B – 5</b></p> <p><b>ANCHORING</b></p> <p>Levels: 1, 2, 3</p> <p><b>Chip Yost, SOS Skipper and Power Squadron instructor</b> describe types of anchors and suitability of each components of ground tackle and how to connect it together and why it matters, choosing an anchorage,</p>	<p><b>B – 6 Skippers</b></p> <p><b>SINK PROOF YOUR BOAT</b></p> <p>Levels: 1, 2, 3</p> <p><b>SOS Skipper Doug Townsend</b> and a Marine Surveyor discuss what WILL SINK your boat! You can be at fault. Learn how to keep your boat afloat and avoid as total loss!</p>	<p><b>B – 7</b></p> <p><b>OPTIMIZING YOUR SAILING SPEED</b></p> <p>Levels: 1, 2, 3</p> <p><b>SOS Skipper Joe Lombardo</b>, an accomplished racer, tells you how to optimize the speed of your boat for racing and fast cruising.</p>	<p><b>B – 8 6 Skippers</b></p> <p><b>UNDERSTANDING AND MAINTAINING YOUR ELECTRICAL SYSTEM</b></p> <p>Levels: 2, 3</p> <p><b>Andrew Fegley</b>, owner of Yacht Electrical Systems helps in understanding and maintaining your boat's electrical system.</p>	<p><b>B – 9</b></p> <p><b>APPS FOR NAVIGATION</b></p> <p>Levels: 1, 2, 3</p> <p><b>SOS Member Jim Burton</b> gives you the low-down on the apps for navigation. Do you need a dedicated chart plotter or will your iPad do the trick?</p>

## 12:15 – 1:15 PM – LUNCH

<p><b>C – 5 Skippers</b></p> <p><b>MASTER AND COMMANDER</b></p> <p>Levels: 1,2, 3</p> <p><b>Capt. Jeremy Hopkins</b>, professional delivery captain will describe effective skippering and crew command. Planning and communicating is vital on vessels of any type and size.</p>	<p><b>C – 6 Skippers</b></p> <p><b>WINCH TEARDOWN AND SERVICING</b></p> <p>Levels: 2, 3</p> <p><b>Pete Sarelas</b>, Director of Maintenance, Naval Academy Sailing Program, demonstrates how to maintain your winches – large and small.</p>	<p><b>C – 7</b></p> <p><b>BUYING A BOAT</b></p> <p>Levels: 1, 2, 3</p> <p><b>Dave Townley of Integrity Yachts</b> will describe the boat buying process and what to look for in buyer's broker.</p>	<p><b>C – 8</b></p> <p><b>RIGGING</b></p> <p>Levels 2, 3</p> <p><b>Jimmie Cockerill</b> of The Rigging Company will discuss the creation and maintenance of all aspects of yacht rigging to ensure a seaworthy and enjoyable boat.</p>	<p><b>C – 9</b></p> <p><b>BOTTOM PAINT AND COATINGS</b></p> <p>Levels: 2, 3</p> <p><b>Darron Zimmer</b> from Petit Paint will discuss bottom paint and coatings and how to keep your boat "spiffy" down below!</p>
<p><b>D – 5</b></p> <p><b>INTRO TO THE MARYLAND SAFE BOATING COURSE</b></p> <p>Levels: 1, 2</p> <p>The Maryland Boating Safety Education Law requires that any person born on, or after July 1, 1972, must have a certificate of boating safety education. Learn about this requirement from <b>Chip Yost, SOS Skipper and Power Squadron instructor</b></p>	<p><b>D – 6 Skippers</b></p> <p><b>HANDLING A SAILBOAT UNDER POWER</b></p> <p>Levels: 2, 3</p> <p><b>SOS Skipper Michael Pittinger</b> discusses how to handle a sailboat under power.</p>	<p><b>D – 7</b></p> <p><b>GETTING A CAPTAIN'S LICENSE</b></p> <p>Levels: 1, 2, 3</p> <p><b>Captain and SOS Skipper Bob Morrow</b> will tell you how to move from POC to getting a USGC Captain's License.</p>	<p><b>D – 8</b></p> <p><b>MEDICAL EMERGENCIES ON THE BAY</b></p> <p>Levels: 1, 2, 3</p> <p><b>June Ejk</b>, EMT and SOS Member, brings her medical knowledge to us on how to cope with any unfortunate medical emergencies that we may encounter while sailing.</p>	<p><b>D – 9</b></p> <p><b>WOMEN AT THE HELM</b></p> <p>Level 1, 2, 3</p> <p><b>Laura Gwinn</b>, an SOS skipper leads a discussion about women at the helm in SOS and beyond.</p>

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\* **New Members and/or Inexperienced Sailors**

\*\* **Recommended for Skippers**

## 2016 SPRING TRAINING Registration, Schedule and Directions

Saturday, March 12, 2016

Deadline: March 7th for online registration; March 4th postmark for mail-in paper registration

### Registration Instructions

Spring Training is both a fun and educational event that includes many new members who are unfamiliar with the "routine." We ask that all registrants read the instructions below before calling with questions.

Cost: \$55.00 Member, \$75.00 Nonmember and all after deadline (see below). Included in the cost is a \$5.00 non-refundable fee in the event that Spring Training is cancelled for any reason, including weather. See snow emergency instructions on page 9.

Please note that classes are filled on a first-come first-served basis, so don't delay registering! **Online registrations cannot be modified, so register carefully.** Registration for specific classes is limited. SOS reserves the right to adjust the class schedule to meet demand for key classes. Upon arrival, check in at the registration desk and pick up your class materials. Please be prompt and courteous; speakers are volunteers as are all the administrative staff.

Anne Arundel Community College is a non-smoking and alcohol-free campus, including the parking lot. **Please do not smoke or consume alcoholic beverages anywhere. Morning coffee and a buffet lunch are included in the cost of registration. Please note, however, that no food or drink is allowed outside the cafeteria.**

#### To register online:

- **We encourage online registration.** Go to the website, [www.singlesonsailboats.org](http://www.singlesonsailboats.org), and you will find a section for Spring Training. You will see something similar to the paper registration form, also published in the *Whisker Pole*. Please note that you can only use a credit card online; we cannot process checks online. If you do not wish to use a credit card, you can register by mail with a check. See below.
- Cost: \$55.00 Member, \$75.00 Nonmember and all after the **March 7<sup>th</sup> deadline.**
- Choose the courses you would like to attend by clicking on the drop-down menu. **If a course you select is "full," it will not appear on the menu.** This is one of the advantages of registering online. You will know your schedule when you register. Please note, however, that last-minute changes are possible due to circumstances beyond our control, so be sure to check-in at registration for your materials.
- Cancellations must be received via phone or e-mail no later than **March 7<sup>th</sup>.**

#### To register by mail:

- If you wish to register by mail, fill in the registration form included in this issue of the *Whisker Pole*. Mail the completed form together with your check to: SOS Spring Training, PO Box 5708, Annapolis, MD 21403.
- Cost: \$55.00 Member, \$75.00 Nonmember and all after the **March 4<sup>th</sup> deadline.**
- Fill out all information requested on the form. Please print legibly because your information will be entered into the Spring Training database.
- There are four 90-minute class periods, A-D. Indicate your first, second, and third choices by entering that course number. **DO NOT** write in the course name but use only the course number. Use a zero if you do not have a second or third choice, or if you do not wish to attend anything during that session. Entering a zero will not assure you your first choice, however, because classes are assigned in the order of registration.

Example: First Choice    Second Choice    Third Choice  
 A:    1            A:    2            A:    0  
 B:    3            B:    2            B:    1  
 C:    7            C:    2            C:    3  
 D:    0            D:    0            D:    0

- Cancellations must be received by phone or email no later than **March 7<sup>th</sup>.** Checks will be destroyed unless you send a self-addressed stamped envelope with your registration.

## 2016 Spring Training Registration Form

Use this form only if you are registering by mail. Online registration is encouraged.

Today's date: \_\_\_\_\_ Check # \_\_\_\_\_

(Please Print)

Name: \_\_\_\_\_

State: \_\_\_\_\_ Email Address: \_\_\_\_\_

Home/Cell Phone: \_\_\_\_\_ Work Phone \_\_\_\_\_

Circle All Appropriate SOS Status categories:

Circle Appropriate Skill Level:

SOS Member

1. Novice (New to Sailing)

New SOS Member (less than 12 months)

2. Intermediate (inshore sailor to aspiring First Mate)

Not an SOS member (nonmember)

3. Advanced (First Mate, Offshore sailor)

Skipper SOS First Mate Crew

4. Skipper

Spring Training Volunteer

Speaker

Indicate your course preference by the course **number**; use zero if you don't have a preference.

Example: Under First Choice A: **1** B: **2** C: **7** D: **3**

First Choice

Second Choice

Third Choice

Class Period A:	_____	A:	_____	A:	_____
Class Period B:	_____	B:	_____	B:	_____
Class Period C:	_____	C:	_____	C:	_____
Class Period D:	_____	D:	_____	D:	_____

Cost:

\$55.00

Member

\$75.00

Nonmember and all after deadline

Please tell us how your first learned about SOS Spring Training? \_\_\_\_\_

**Online registration is available at [www.singlesonsailboats.org](http://www.singlesonsailboats.org)**

If you are not registering on line, send this completed paper form *and* a CHECK payable to SOS, Inc. to:

SOS Spring Training  
P O Box 5708  
Annapolis, MD 21403

Mail registration DEADLINE: postmark dated Friday, March 4, 2016