

May 2024, Vol. 46, No. 5

CRUISING CORNER
Carole Jordan and Dennis Krizek

By the time you are reading this May issue of the Whisker Pole, the 2024 Cruising Calendar (Eighty-eight days of sailing) will have already been launched, with a Day Sail on May 1 and the first Weekend Cruise (May 4-5) departing for the South River. Flare/Safety/Fire Extinguisher, Dock Side, and Spring Training will be in our wake.



If that sounds good to you, the Chesapeake Bay Domestic Bareboat is for you! We will join the June 8 raft-up on the Rhode River and leave Sunday morning for points south. Likely stops are Solomon's, St Mary's, Rappahannock, and Onancock.

We will close with a gathering at a waterfront home near Solomon's. All costs will be shared by crew/skipper on individual boats.

While you enjoy the forecasted "greater than normal excellent sailing weather spring/summer 2024,"* take time to thank the tireless committee members working to make this happen from behind the scenes. I am a rookie at the inner workings of SOS.

I am also amazed at how many members work to make this club happen. A big thank you to all!

Despite the forecasted fine sailing weather, some fiscal weather is just over the horizon.

The ship Chief Purser constantly converses with committee chairs to keep SOS on a fiscal even keel. All committee chairs and the board of directors' welcome input/suggestions from the membership.

The June 8-21 Cruise (Extreme Extended, CBDB (Chesapeake Bay Domestic Bareboat) is non-coordinated. Any skipper/crew that wishes to sail or has any questions should contact Laura Gwinn (laura.gwinn1953@gmail.com) directly. Please see the following article for more details.

**Old Chesapeake Bay Waterman's Almanac, Spring Weather Forecast Issue, Vol. XXIV*

**Domestic Bareboat Cruise
 Something New This Year!**

Does lots of sailing without the cost of flights or charters appeal to you? How about exploring new rivers, creeks, ports of call in the comfort of a boat you are familiar with.

SKIPPERS: contact Laura Gwinn to advise that you will join and identify your crew. If you need crew, she will send you the list of interested persons.

CREW: if you would like to crew contact Laura Gwinn; she will put you on the list to be shared with skippers seeking crew.

There will be a gathering mid-May amongst participants to discuss logistics, etc.

Questions? Contact Laura Gwinn laura.gwinn1953@gmail.com

VIEW FROM THE BRIDGE

Susan Zevin, Commodore



Hello Crew
Mates,

As we embark on another exciting cruising season, it's essential to consider not only the condition of our vessels but also our own physical and cognitive abilities. Here's my favorite topic: Functional Fitness for Sailors. From lifting provisions at the start of the cruise, to tying up safely at home port, let's ensure we're ready for the challenges the sea may throw our way.

Sailing demands physical strength and agility, whether we are hoisting sails, maneuvering in tight spaces, or bracing against a tempestuous sea. To enhance sailing performance and prevent injuries, consider strength, and power training exercises. Focus on strength exercises that target key muscle groups—core, shoulders, and legs. Cardiovascular workouts like swimming or rowing can improve endurance for long days on the water. If we practice multiplying speed with strength, we get power! On a boat, very often, speed, i.e., reaction time is more important than strength.

Functional aging is about staying strong, flexible, and mentally sharp to continue enjoying the activities we love, both on and off the water for as long as possible. Incorporating functional and cognitive exercises into your fitness regimen can improve balance, coordination, and

overall mobility, ensuring you can manage basic boating tasks for many years to come. You should exercise at least 150 minutes a week! Look at the article imagining a Sailor's Functional Aging Workout on page 15.

Remember, maintaining fitness and cognition is an ongoing journey. By incorporating these into your daily routine, you'll enhance your SOS sailing experience and ensure a healthier and more fulfilling (albeit aging) lifestyle!

Here's a thought: Try the workout with friends—a fitness party! (Then you can have HH...)

Susan, Commodore

WELCOME NEW MEMBERS

Kathi Allen - Pasadena, MD
Dana Anderson - Chester, MD
David Bernhardt –
Washington, DC
Mel Berry - Baltimore, MD
Dan Brail - Arnold, MD
Desiree Cantwell –
Downingtown, PA
Diane Corning - Baltimore, MD
Diane Hall - Pasadena, MD
Suzanne Kloud - Avondale, PA
Tina Lavato - Annapolis, MD
Jef Pavlat - Bethesda, MD
Angela Prudhomme -
Columbia, MD
Wayne Schatz - Pasadena, MD
Melissa Schmaedick
Annapolis, MD
Terri Weaver - Avondale, PA

Whisker Pole NEWSLETTER

Published Monthly

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Boat US Discount code #GA80619S

Anniversary Party	4
Board Notes	3
Classified Ads	18
Contacts	19
Dinghy Dance	5
DNR Cruise and Party	4
Fitness	15
Fleet Exercises	6-10
Happy Hours	17
.io group	5
Photos	11-14
Spring Training Wrap-up	16
Weekly Blasts	5

Unofficial Board Notes April 5, 2024
Official April minutes will be posted on the SOS website when approved in May by the Board of Directors.

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Commodore: Susan Zevin — No report

Secretary: Doug Gage — Minutes of March 7 BOD Meeting were approved.

Vice Commodore: Karl Scible

Deadline for membership renewal was further extended, from March 1 to March 8.

Treasurer: Craig Coltharp

**Treasurer Report
April 2024**

Club Checking Account	45,176.83
Hi-Yield Savings Account	73,591.11
Club Credit Card	(19,915.66)
Bareboat Account	61,868.76

Insurance for 2024, final payment for AACB facilities for Spring Training, and balance of food for Spring Training have been paid. 2023 Federal and State income taxes have been completed and filed.

COMMITTEE REPORTS:

Bareboat – Deb Kauffman

Spring 2024 BVI Coordinator: Emil Becker
 BVI trip and accounting completed. Trip loss to bareboat account was \$3,367

Fall 2024 Mallorca Coordinator: Janet Pennewell
 August 31 – September 7. Reminded participants of second payment deadline. Waitlist is 5 people. Orientation meeting to be held at Janet’s house on May 11 from 2pm – 4pm.

Brunch: Suzanne Vaughn
 April 7 is the last Brunch of the series.

Cruising: Carole Jordan and Dennis Krizek

- Will host a "Cruising Table" at Spring Training this weekend.
- Cruising Kick Off meeting on Saturday, April 13 at the Galesville Memorial Hall, for Coordinators, Skippers, and First Mates. We are reminding all skippers to update their boat activation.
- Cruising Co-chairs have eliminated any charge for Pop-up sails (not worth the hassle). Pop-up Sails are non-coordinated and not an official SOS event.

Database: John McDonald

Membership:

	April 2024	April 2023	April 2022	April 2021
Members	214	204	212	174
Skippers	59	60	56	47
Lifetime Members	78	85	98	106
Lifetime Skippers	21	22	25	20
Inactive Members	17	17	21	18
Totals	389	388	412	365

Education: Jean Gough
 Fire Side Chats, Seminars, Dockside Training - scheduled through April.

Spring Training: 146 registered as of March 27, 121 paid. Reductions in costs of printing (Digital Presentations), in number of "free" attendees, and in costs of facilities and catering.

Volunteer LINKS KISS Project (How Can I Support or Volunteer for SOS?) KISS descriptions and links to volunteer opportunities (via Committee Chairs) are being developed with the help of Teresa Scofield.

First Mates: Lora Donia
 Actively recruiting members to the First Mate Candidate program. Five SOS members are working on their FMC applications.

The quarterly First Mate’s Log was sent to First Mates, First Mates Emeritus and First Mate Candidates discussing upcoming FM activities.

The FM Candidate Coordinator, First Mate and Skipper’s Advisory Chairs are working together to review and update the First Mate Candidate evaluation form and the First Mate Candidate Five-Year Renewal evaluation form. A meeting is scheduled for April 18, 2024, to discuss the suggested changes.

Membership – Pat Tracey, Gail Williams

Nine new members, and 2 Skippers joined in the month of March 2024, Membership Committee finished making contact with members to renew their dues, resulting in 20-25 renewals, about the same number as last year.

Several people informed the Membership Committee that they were not able to get their renewals to go through SOS. Possibly they missed both renewal deadlines, or they did not get contacted.

Newsletter: Shirley Brooks-Hollendursky
 The 20-page April Whisker Pole was mailed to 32 members and 25 copies to Happy Hour coordinators for \$571.81 which equals to \$10.03 for each printed copy. New choices for photo release in the members’ profiles have not yet been implemented.

Public Relations: Karl Scible, Janet Gonski
 In early March we provided 1000 Spring Training postcards to education for distribution by Suzanne Vaughn. We will have a presence at the April 26-28 boat show in the shared tent with Chesapeake Bay sailing clubs. We are also in contact with SpinSheet to obtain a table at the April 28 crew party. Discount code for the Boat Show is on Whisker Pole; Stout Gear is offering Majorca T-shirts and hats.

Safety: Joan Tannen
 Flare and Safety Day will be held on Saturday, April 27 at Camp Letts. The Flare Exchange will take place at the Cruising Kick-off this year.

64 skippers (out of 81 skippers in the database) have had their boats activated so far.

Skippers Advisory: Sandy Rosswork

- Three skippers joined, or rejoined in March 2024 (One of these apparently joined as a regular member, so trying to clarify)
- We have plans for a skippers table, with some handouts, at Spring Training.
- Emil Becker (skipper helper program) has published information regarding boat helpers for the spring.
- Bill Ostrander (skipper mentor program) is contacting each new skipper and offering both a mentor and information/guidance.

Social: Janet Pennewell
Spring Training After Party - Over a hundred people signed up; registration closed because we are at maximum capacity for the venue.

DNR – Wye River, May 18: caterer will be Annapolis Smokehouse again this year. Dane Skagen has asked that we do a memorial for Ursula as part of the event.

Anniversary Party – Port Annapolis, June 29.
 Member Julie Day proposed having her cousin’s vineyard host a wine tasting for us as part of this event — Knudsen in Willamette Valley Oregon. Participants would register and pay for this separately from the party. Port Annapolis requires that we have at least 15 boats docked at their marina the night of the event in order to get the discounted pricing for the use of their facility. Discussion seemed to indicate that filling 15 slips should not be an issue.

Seafood Feast – Lankford Bay Marina, August 17: caterer confirmed, DJ booked

Old Business:
 None.

New Business:
 Extensive discussion of New Zealand trip, one focus being concern for not incurring a loss. No formal motion at this time. Deb Kauffman, Heide Harper, Janet Pennewell, and Doug Gage will work together to articulate the plan going forward.

CRUISE and PARTY – DNR on the Wye River May 17-19, 2024

Event Manager: Meeps Yox

Many know the beautiful DNR (Department of Natural Resources) Natural Resources Management Area setting overlooking Granary Creek, and I know our new members will come to love the venue as we “seasoned” members do! Those cruising in will anchor and dinghy ashore to join those who drive to the event. A timeline of the evening’s events will be included in the May Whisker Pole article.



Please join Dane Skagen in saying a final goodbye to Ursula Skagen during the DNR Cruise. There will be a simple sailors' ceremony. It will include some words, some music, and an offering to the Sea Gods on her behalf. The ceremony will commence at about 3 PM on Saturday, May 18, and last about 20 minutes.

The schedule for the day is:

3:00 PM – Memorial Service
5:00 PM – Happy Hour
6:00 PM – Dinner
7:00 PM – Dancing

Those who are there early Saturday will be VERY welcome to participate in the party prep and/or hike/bike around the grounds. It's also great fun to watch the fleet arrive! Those driving in, please bring folding chairs so there is plenty of seating for relaxing by the creek and sitting around the firepit!

Any questions or if you would like to volunteer to help, please contact Meeps Yox at mpsyx3@gmail.com

Click here to register: [May 18-19 DNR](#)

Whether you are cruising or driving in, get ready for great food, drinks, and merriment with good friends and some new ones! Dinner, dessert & drinks will be provided. Lots of great bar-b-que food: Pulled Pork, BBQ Chicken, Salads, and Desserts **. Since S'mores have been a popular addition to the time we spend around the firepit later in the evening, they'll be included again this year...a double dessert! **For **vegetarians**, an entrée option will be available. **PLEASE NOTIFY MEEPS IF THIS OPTION IS CHOSEN.**

Music will be provided by DJ Infinite Sounds, the same company that has been getting us to dance the night away at recent parties!



Port Annapolis – Anniversary Party destination

CRUISE and PARTY 46th Anniversary Port Annapolis June 29-30, 2024

Event Managers: Noreen McGuire
and Melinda Zimmerman

Mark your calendars now for our 46th Anniversary Cruise and Shore Party June 29-30. We are excited to announce that this year we will be back on the Western Shore for this party, at Port Annapolis! Click here to register: [Anniversary Party](#)

Skippers, we hope you will plan to spend the night at the marina even if your home dock is close by – we need at least 15 boats to qualify for their special (read affordable!) rate for the use of their party space. And as a benefit, those who sail in will also get the use of their beautiful swimming pool. Of course, just coming for the party is an option as well, so don't miss out.

We will be providing great food (vegetarian option will be available) and drinks. You provide the good friends and fun! Our popular DJ *Infinite Sounds* will be providing the music to get the dancing started – feel free to email us with requests!

We are also excited to offer a special wine tasting as part of the event. Our hosts will be Knudsen Vineyards from the famous Willamette Valley, Oregon – known for their fabulous Pinot Noir as well as Chardonnay. This will be an optional extra since we know not everyone will want to participate. We'll be tasting 3 different wines plus appetizers for a cost of \$10.

Watch for more details, including the event schedule, in the next issue. For questions, or if you would like to volunteer to help with set-up or clean-up, please contact Noreen at nmcgny@gmail.com or Melinda at melbay22@gmail.com.

Fewer SOS Blasts!



You spoke and we listened!

SOS is excited to announce a change in the Club's digital communications to better serve you! Starting in mid-

April, we transitioned from sending several blasts throughout the week to just one blast that you will receive each Sunday evening. This communication will contain details about upcoming events and links to click on for easy registration.

What This Means for You:

- **More Value:** Our new weekly blast will ensure you receive the most important updates, news, and details all in one place.
- **Less Clutter:** Your inbox will no longer be flooded with multiple blasts from the Club. Instead, you can look forward to one comprehensive announcement each week.
- **Improved Organization:** The weekly blast will provide you with a clear, organized snapshot of the upcoming weeks, making it easier for you to find what you need.

We hope you enjoy this new format and find it even more helpful in keeping up with everything happening.

If you have any feedback or questions, please don't hesitate to reach out to Esther Massey at estheraamd@gmail.com

The 2024 "Dinghy Dance!"

Are you good at getting into a dinghy in deep water? That's one of the things we work on at the Dinghy Dance.

This fun training session focuses on the effective and safe use of dinghies. The training starts with a presentation on what a dinghy is, safety in a dinghy, what the legal requirements are in a dinghy, dinghy etiquette, and more.

Then, since the training is held at a member's private pool with a real dinghy, we are able to jump into the water and practice getting in and out of a dinghy on land and in deep water.

We test some of the techniques that experienced dinghy users rely on, like a stepping strap or a line with knots in it tied across the dinghy. Last year almost every participant who tried to get into the dinghy in deep water was able to using our tried-and-true techniques!



In addition, we have videos on different types of PFDs, how to put a PFD on in the water, which PFDs will give you the most protection if you fall out of a boat, and a video on how to inspect and maintain your Inflatable PFD. We jump in the pool wearing different types of PFDs to experience how they vary. We even have two people jump in with an inflatable PFD so participants can observe how the inflatable reacts.

The Dinghy Dance is scheduled for **Sunday, July 21 from 1:00 to 3:30**. Bring a towel and wear a bathing suit because we are not offering a place to change your clothes. Space is limited, so sign up soon!

Contact Joan Tannen, SOS Safety Chair, with any questions at safety@singlesonsailboats.org



There are **three "io" groups** for unofficial online communication among SOS members, providing a convenient way for discussion of various sailing related topics.

sos.groups.io is used by the entire membership. To become a member of this group, go to sos.groups.io and click the blue "Apply for Membership In This Group" button. A moderator will verify that you are an SOS member and then send you a confirmation email.

[SOSskippers@groups.io](https://sos.groups.io)

You must be an SOS skipper, First Mate, Board Chair or selected committee chairs to participate. To join, go to groups.io and follow the instructions.

sos.groups.io/g/daysails

NEW! An exciting, new program for Pop-up Day Sails has been put in place as a way to quickly take advantage of a great weather day for sailing on short notice.

When skippers want to sail on a day when there is not a scheduled SOS Day Sail, they can announce their plans and find SOS crew by joining and using this new group. There are no fees, registration, or coordination.

To join, go to groups.io and follow the instructions to join.

For questions contact Chuck Fort at saillrn@comcast.net

Fleet Exercises and Shore Leave

Please email your questions and request for directions to the coordinator.

If you are paying by check for any sailing event, a paper Sailing Registration Form must **accompany the check** mailed to the **coordinator**. A copy of this form can be found on the SOS website. All checks are to be made payable to **SOS, Inc.**

The postmark is used as the mail in cutoff/deadline date.

Note: Individual request for refunds will incur a \$3 Administration Fee.

SOS Wellness Protocol Revised (3/7/2024)

All participants attending SOS in-person events should be feeling well. They should not attend an event if they have symptoms of a communicable respiratory or gastrointestinal illness, are “feeling like something is coming on,” have a recent significant exposure to someone with a communicable respiratory or gastrointestinal illness, or have not waited a recommended isolation time after a recent respiratory or gastrointestinal infection. In addition, a skipper/host may have further requirements or request other preventive measures (for example, crew or guests having received the currently recommended COVID-19 vaccine or wearing masks when below deck). All in-person participants should expect to be denied admission without a refund if they fail to comply with this policy.

In addition, a skipper/host may have further requirements or request other preventive measures (for example, crew or guests having received the currently recommended COVID-19 vaccine or wearing masks when below deck).



May 1

Wednesday

Mid-Week Day Sail

Destination: Skipper's Choice.
Deadline: Mail and Online registrations must be received by April 24 (9:00pm).

Cost: \$19 - Member or Non-Member.

Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.

Coordinator: Barbara Wingrove bkwingrove@outlook.com
To register and for more details, (**Log on first**) click here. [May 1 Day Sail](#)



May 2

Thursday

Board Meeting

Location: Zoom option only. Contact Commodore if interested in attending.
commodore@singlesonsailboats.org

Time: 6:00pm to 7:00pm.
Note: Open to all Members.



May 4-5

Saturday – Sunday

May Day Cruise

Destination: South River.
Deadline: Mail and Online registrations must be received by Apr. 23, (9:00pm).

Cost: \$38 - Member or Non-Member.

Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.

Coordinator: Susan Vasco suvasco@comcast.net
To register and for more details, (**Log on first**) click here. [May 4/5 May Day Cruise](#)



May 8

Wednesday

Mid-Week Day Sail

Destination: Skipper's Choice.
Deadline: Mail and Online registrations must be received by May 1, (9:00pm).

Cost: \$19 - Member or Non-Member.

Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.

Coordinator: Michael Sommer msommer414@gmail.com
To register and for more details, (**Log on first**) click here. [May 8 Day Sail](#)



May 11

Saturday

Weekend Day Sail

Destination: Skipper's Choice.
Deadline: Mail and Online registrations must be received by May 5 (9:00pm).

Cost: \$19 - Member or Non-Member.

Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.

Coordinator: Laura Gwinn laura.gwinn1953@gmail.com
To register and for more details, (**Log on first**) click here. [May 11 Day Sail](#)



May 11

Saturday

Regional Backyard Gathering

Location: Private home, Arlington, VA.
Directions upon registration.

Host: Dorothy Nicholson.

Deadline: Mail and Online registrations must be received by May 8, (9:00pm).

Coordinator: Dorothy Nicholson Dorothy.m.nicholson@verizon.net

Cost: No cost.
BYO: Chair, Drink & Snack.
(Check with Host for Preference).

Time: 4:00pm to 6:00pm.
Limit 20 persons.

Note: Non-Members must be accompanied by Member. No Smoking, no walk-ins.

To register and for more details, (Log on first) click here. [5/11 Backyard Arlington](#)



May 11

Saturday

Regional Backyard Gathering

Location: Private home, Western Howard Co., Mt. Airy, MD.
Directions upon registration.

Host: Karl Scible.

Deadline: Mail and Online registrations must be received by May 8, (9:00pm).

Coordinator: Janet Gonski JGSunset@yahoo.com

Cost: No cost.
BYO: Chair, Drink & Snack.
(Check with Host for Preference).

Time: 2:00pm to 5:00pm.
Limit 12 persons.

Note: Non-Members must be accompanied by Member. No Smoking, no walk-ins.

To register and for more details, (Log on first) click here. [5/11 Backyard Mt Airy/Woodbine](#)



May 12

Sunday

Weekend Day Sail

Destination: Skipper's Choice.

Deadline: Mail and Online registrations must be received by May 5, (9:00pm).

Coordinator: Laura Gwinn laura.gwinn1953@gmail.com

Cost: \$19 - Member or Non-Member.

Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.

To register and for more details, (Log on first) click here. [May 12 Day Sail](#)



May 18-19

Saturday – Sunday

DNR Cruise/Party

Destination: Granary Creek, Wye East River.

Deadline: Mail and Online registrations must be received by May 7, (9:00pm).
Party only by May 13.

Coordinator: Cherie Comly mectwist@aol.com

Cost: \$90 - Member or Non-Member.
\$52 - Party only.

Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.
Party Manager - Meeps Yox

To register and for more details, (Log on first) click here. [May 18-19 DNR](#)



May 22

Wednesday

Mid-Week Day Sail – Blue Angels

Destination: Skipper's Choice.

Deadline: Mail and Online registrations must be received by May 15, (9:00pm).

Coordinator: Heide Harper heide.patternpro@gmail.com

Cost: \$19 - Member or Non-Member.

Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.

To register and for more details, (Log on first) click here. [5/22 Blue Angels Day Sail](#)



May 25-27

Saturday – Monday

Memorial Day Cruise

Destination: 5/25 Chester River.
5/26 Magothy River.

Deadline: Mail and Online registrations must be received by May 14, (9:00pm).

Coordinator: Patty Stott Pattycogan21@gmail.com

Cost: \$57 - Member or Non-Member.

Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.

To register and for more details, (Log on first) click here. [May 25-27 Memorial Day Cruise](#)

**June 1****Saturday****Weekend Day Sail**

Destination: Skipper's Choice.
Deadline: Mail and Online registrations must be received by May 27, (9:00pm).

Cost: \$19 - Member or Non-Member.
Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.

Coordinator: Cindy Turner cynthia.turner@verizon.net
 To register and for more details, (**Log on first**) click here. [6/1 Day Sail](#)

**June 2****Sunday****Weekend Day Sail**

Destination: Skipper's Choice.
Deadline: Mail and Online registrations must be received by May 27, (9:00pm).

Cost: \$19 - Member or Non-Member.
Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.

Coordinator: Cindy Turner cynthia.turner@verizon.net
 To register and for more details, (**Log on first**) click here. [6/2 Day Sail](#)

**June 5****Wednesday****Mid-Week Day Sail**

Destination: Skipper's Choice.
Deadline: Mail and Online registrations must be received by May 29, (9:00pm).

Cost: \$19 - Member or Non-Member.
Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.

Coordinator: Barbara Wingrove bkwingrove@outlook.com
 To register and for more details, (**Log on first**) click here. [6/5 Day Sail](#)

**June 6****Thursday****Board Meeting**

Location: Zoom option only. Contact Commodore if interested in attending. commodore@singlesonsailboats.org

Time: 6:00pm to 7:00pm.
Note: Open to all Members.

**June 8-9****Saturday – Sunday****Steamboat Emma Giles Cruise**

Destination: Rhode River
Deadline: Mail and Online registrations must be received by May 28, (9:00pm).

Cost: \$38 - Member or Non-Member
Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.

Coordinator: Jeff Strauss jeffs47@aol.com
 To register and for more details, (**Log on first**) click here. [6/8 Emma Giles Cruise](#)

**June 8-21****Two Weeks****Chesapeake Bay Domestic Bareboat**

Destination: Solomons, MD, St Mary's, MD, Rappahannock, VA, and Onancock, VA.
How to participate: Participating skippers contact Laura Gwinn to advise of participation. Interested crew contact Laura Gwinn. She will share interested crew list with skippers seeking crew.

Cost: No Club cruising fees. Expenses shared amongst each boat.
Note: Skippers and crew will organize their own boats.

Arranger: No Online coordination.
 Contact Laura Gwinn laura.gwinn1953@gmail.com if interested.

**June 15****Saturday****Regional Backyard Gathering**

Location: Private home, Annapolis, MD. Directions upon registration.

Cost: No cost.
 BYO: Chair, Drink & Snack. (Check with Host for Preference).

Host: Meeps Yox.

Time: 2:00pm to 5:00pm.
 Limit 15 persons.

Deadline: Mail and Online registrations must be received by June 10, (9:00pm).

Note: Non-Members must be accompanied by Member. No Smoking, no walk-ins.

Coordinator: Meeps Yox mpsyx@earthlink.net
 To register and for more details, (**Log on first**) click here. [6/15 Backyard Annapolis](#)



June 15

Saturday

Weekend Day Sail

Destination: Skipper's Choice.
Deadline: Mail and Online registrations must be received by June 9, (9:00pm).
Coordinator: Samia AbdelWahed Samia.wahed@gmail.com

Cost: \$19 - Member or Non-Member.
Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.

To register and for more details, (**Log on first**) click here. [6/15 Day Sail](#)



June 16

Sunday

Weekend Day Sail

Destination: Skipper's Choice.
Deadline: Mail and Online registrations must be received by June 9, (9:00pm).
Coordinator: Samia AbdelWahed Samia.wahed@gmail.com

Cost: \$19 - Member or Non-Member.
Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.

To register and for more details, (**Log on first**) click here. [6/16 Day Sail](#)



June 19

Wednesday

Mid-Week Day Sail

Destination: Skipper's Choice.
Deadline: Mail and Online registrations must be received by June 12, (9:00pm).
Coordinator: Heide Harper heide.patternpro@gmail.com

Cost: \$19 - Member or Non-Member.
Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.

To register and for more details, (**Log on first**) click here. [6/19 Day Sail](#)



June 22

Saturday

Weekend Day Sail

Destination: Skipper's Choice.
Deadline: Mail and Online registrations must be received by June 16, (9:00pm).
Coordinator: Pamela Ledford Ledford.pamela@yahoo.com

Cost: \$19 - Member or Non-Member.
Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.

To register and for more details, (**Log on first**) click here. [6/22 Day Sail](#)



June 23

Sunday

Weekend Day Sail

Destination: Skipper's Choice.
Deadline: Mail and Online registrations must be received by June 16, (9:00pm).
Coordinator: Pamela Ledford Ledford.pamela@yahoo.com

Cost: \$19 - Member or Non-Member.
Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.

To register and for more details, (**Log on first**) click here. [6/23 Day Sail](#)



June 29-30

Saturday – Sunday

46th Anniversary Cruise & Party

Destination: Port Annapolis Marina, Back Creek, Severn River.
Deadline: All mail and Online registrations must be received by June 18, (9:00pm) (Party limit 100, Vegetarian option available).

Cost: \$94 - Member or Non-Member Party only: \$56, Wine Tasting: \$10
Note: Non-Member may sail once with a member and must mail a separate Registration form with a check to the coordinator.
Party Managers: Noreen McGuire & Melinda Zimmerman

Coordinator: Molly Harrison & Ned Schwartz mollyned@verizon.net
 To register and for more details, click here: [June 29-30 Anniversary Party](#)



July 4

Thursday

Board Meeting

Location: Zoom option only. Contact Commodore if interested in attending. commodore@singlesonsailboats.org

Time: 6:00pm to 7:00pm.
Note: Open to all Members.


July 3-7 (5 day) Wednesday – Sunday 4th of July Cruise

Destination: Cambridge, Dun Cove, Oxford, Trippe Creek.

Cost: \$95 - Member or Non-member.

Deadline: Mail and online registrations must be received by June 25, (9:00pm).

Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.

Coordinator: Samia AbdelWahed Samia.wahed@gmail.com

To register and for more details, click here: [4th July Cruise](#)


July 10 Wednesday Mid-Week Day Sail

Destination: Skipper's Choice.

Cost: \$19 - Member or Non-Member.

Deadline: Mail and Online registrations must be received by July 3, (9:00pm).

Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.

Coordinator: Samia AbdelWahed Samia.wahed@gmail.com

To register and for more details, click here: [7/10 Day Sail](#)


July 13-14 Saturday – Sunday BFFs (+/- Benefits) Cruise

Destination: Round Bay, Severn River.

Cost: \$38 - Member or Non-Member

Deadline: Mail and Online registrations must be received by July 2, (9:00pm).

Note: Non-Member may sail once with a Member and must mail a separate Registration Form with a check to the coordinator.

Coordinator: Bev Nash Beverlynash@verizon.net

To register and for more details, (Log on first) click here: [July 13-14 BFFs Cruise](#)


July 13-14 Saturday – Sunday First Mates' Sail

Destination: Round Bay, Severn River.

Cost: No cost. Open to First Mates, First Mate Emeritus and First Mate Candidates.

Deadline: Mail and online registrations must be received by July 2, (9:00pm).
BY INVITATION ONLY.

Note: Spend the day honing FM skills, as well as enjoying the day. First Mates to join BFF Cruise Raft after the Saturday sail.

Coordinator: Bev Nash beverlynash@verizon.net

To register and for more details, click here: [First Mates' Sail](#)


August 31- Sept. 7 7 - Day Trip 2024 Fall Bareboat Cruise

Destination: Mallorca, Spain.
for details, go to: [Fall Bareboat Cruise](#)

Cost: Members \$1,700. Boat Cost and Admin Fee. Air Fare and Insurance are separate.

Note: Contact Janet if interested.

Note: **To Download Registration Form with Payment Information, go to:** [Fall Appl.](#)

Coordinator: Janet Pennewell - fall.bareboat@singlesonsailboats.org


Wye Island, Department of Natural Resources (DNR) facility:

632 Wye Island Road , Queenstown, MD 21658
<http://dnr.maryland.gov/publiclands/eastern/wyeisland.html>

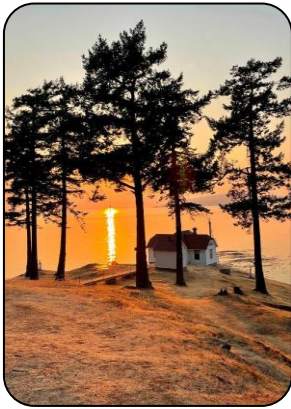
From Bay Bridge (East bound):

Travel 12.5 miles eastbound on Route 50 and turn right onto Carmichael Road. Travel 5.1 miles on Carmichael Road until you cross the Wye Island Bridge. From the Wye Island Bridge, travel south on Wye Island Road for approximately 4.2 miles. Numerous public parking areas are available along Wye Island Road.

From Easton (West bound):

Travel westbound on Route 50 to the Maryland Route 213 traffic light. Continue west on Route 50 for three miles and look for sign (Wye Island NRMA). Turn left onto Carmichael Road. Travel 5.1 miles on Carmichael Road until you cross the Wye Island Bridge. From the Wye Island Bridge, travel south on Wye Island Road for approximately 4.2 miles. Numerous public parking areas are available along Wye Island Road.

2023 Photo Contest (top awards only)



GRAND PRIZE WINNER
Michael Sommer

1st Place – Bay Scene
Cindy Kalkwarf

1st Place – Destinations
Emil Becker



1st Place – People
John Parsons

1st Place – Sailboats
John Parsons

BVI Bareboat Trip

Photos submitted by Betsy Schreitmueller



Betsy Schreitmueller,
Esther Massey, staff from
Harris, and Emil Becker



Commodore
Susan Zevin
serves the crew.



Katarina Stein, Gene Jacobs,
Susan Zevin, Emil Becker,
Geoff Tobias, Victor Kit, Betsy
Schreitmueller, Sandy
Rosswork, Esther Massey

Spring Training & After-Party

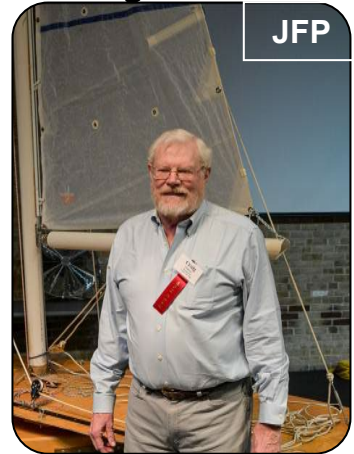
(All names are listed L to R)



Morning meet and greet over breakfast



Introduction by **Jean Gough**, Education Committee Chairperson



Craig Coltharp in front of "Not to be Sailed"



Welcome 'Patty' (NM)



Chuck Fort Speaker/Instructor



Cindy Turner and Margery Schwartz (NM)



Mindy Kinsey (NM)



Spring Training After-Party – Inside Folks



Spring Training After-Party – Outside Folks

(NM) denotes New Member

Photographs submitted by John Parsons (JFP) or Samia AbdelWahed (SAW)

NOTE FROM PHOTO EDITOR: Please include names with your photos so we can learn everyone's names.

Sock Burning

(All names are listed L to R)



Nancy Briggs, Teri Dunn, Jody Hutchinson and George Hollendursky (Host)



THE FOOD - Lauren Harbom, Bev Nash and Soren Harbom



Shirley Brooks-Hollendursky (Host) burning her socks



Susan Zevin, Commodore, reading the Sock Burning Proclamation



Susan Zevin, Commodore, rapping (with music) to the Sock Burning Proclamation



Susan Zevin, Commodore, burning her socks



The Group



Jody Hutchinson and Susan Zevin, Commodore



Shirley Brooks-Hollendursky claiming all leftover cookies as hers (just for fun)

Photographs submitted by George Hollendursky (GH); Pam Ledford (PL) and Bob Wright (RAW)
NOTE FROM PHOTO EDITOR: Please include names with your photos so we can learn everyone's names.

April Brunch & General Membership Meeting

(All names are listed L to R)

SAW



Melinda Zimmerman and Kathy McFadden (NM)

JFP



Silent Auction Photos donated by Speaker Mark Hergan

JFP



Photo Judge, Mark Hergan and Commodore, Susan Zevin



Emil Becker and Hope Andruss



The buffet line.



Cathy Childs and Debra Roane



Bill Small, Chuck Fort and Craig Coltharp



Samia AbdelWahed, Anne Bastian and Meeps Yox

JFP



John McDonald, Kathy McFadden (NM) and Melinda Zimmerman

Photographs submitted by Samia AbdelWahed (SAW) or John Parsons (JFP)

NOTE FROM PHOTO EDITOR: Please include names with your photos so we can learn everyone's names.

A Sailor's Functional Aging Workout

Susan Zevin, ACSM CPT

With a buddy to spot you, try this workout. NOTE: (If you have NOT been exercising regularly for the last 6 weeks, please try only one set of each, maybe a few repetitions. If you are exercising regularly, try 5 reps per progressive set.)



Lifting and Loading Provisions:

Practice proper lifting techniques to avoid strain. Squats!!! Bend your knees, head up, hip hinge, back straight (never bend at the waist), weight on your heels, lift with your legs rather than your back. Start with the basic squat. Then follow with another set, arms straight up overhead. Third set squat again with arms overhead with small weights. For power, add a little jump at the end of each repetition. On the last set, squat, arms up with weights and turn to the right and then left.

Maneuvering on Deck and Companionway:

Improve your balance and stability with single leg stands or yoga poses. Try with your eyes open, then closed (remember to have a partner). Add lunges. First set, lunge forward single leg each side, recover to standing position. Head up, back flat, hip hinge (do not bend from the waist!). Second set, lunge forward then backward on the same leg

without stopping. Add power by exploding off the leading or trailing leg. Third set repeat with arms overhead, and turn to the right, then left. Not so easy, is it??

Mooring and Anchoring:

Develop upper body strength through exercises like rowing and swimming. Try this: On a mat or floor on your belly, arms outstretched overhead; head, shoulders, and knees off the floor. Simulate swimming, or (flying) Superman. Think of lying on the starboard or port bow, arm and boat hook outstretched to pick up the mooring. Pull the mooring eye up to thread your line. Get up on your knees or haunches, turn and cleat the line.

Maintain your engine:

Stay limber and agile with Yoga; target your hips, knees, abs, and lower back. Think about crawling around cramped spaces like engine rooms and deep

hatches. Bear Crawl into the engine compartment on hands and feet (not knees). Imagine you are working with tools on the right, your project on the left, you are half sitting up, leaning back. Move arms from right to left and back. If you left the screwdriver behind, draw your legs up, spin around on your “tushy,” pick up the tool and spin back to your work. Finished? Starting on your butt, Crabwalk backwards to get out of the compartment.

Cognitive exercises: Keep your mind sharp. Do your exercises counting backwards from one hundred by sevens. Or twelves, or sixes. Or balance on one leg and tap 5 times with the other heel on the cardinal points of an imaginary compass—N, NE, E, SE, S. Then on the other foot, complete the circumnavigation from S to N on the west side. Here's another: Chair sit and then sprint to different colored marks in your exercise area while your buddy randomly calls the different colors.

Remember to always stop if it hurts. You might wish to consult a certified personal trainer for a month or so. Also, if you get stiff or sore from your workout, it worked!! Soreness is expected, and can be addressed with cold, then heat. It'll go away in 48-72 hours. Have fun!

Spring Training Wrap Up



Thank you to all presenters, attendees, volunteers, and advisors for a Sensational Spring Training!



Here are the stats:

157 Total Registrations

14 Paid No Shows

130 Total Paid Registrations
(122 Members; 8 Non-Members)

5 Walk-ins and 1 refund.

Thanks to you, it looks like we'll have a nice net income and can look forward to planning for 2025!

To give you a glimpse of how well received the curriculum and presenters

were, here are some of the comments from some of the Class Surveys:

- ▶ Great info! ▶ Perfect combo of video with inspiring talk and her personal experiences + tips as well! ▶ Great idea to include in Curriculum. ▶ Informative and Historical! ▶ Excellent! Very interesting presentation. ▶ Delightful! Got what I needed to know. Definitely invite again. ▶ Very interesting, I learned a lot. ▶ Nice job with presentation, practical tips. A wonderful course! ▶ A lot of information: could be a double session, add more hands on, so knowledgeable, Thank you.
- ▶ Communications are critical - great.

presenters. Maybe should be one of the longer classes because there is a lot of good info to be discussed. SOS needs more classes on communications.

- ▶ Very well-presented A+ ▶ Super interesting and well put together, I wish it were longer! /Great info! ▶ Great fun! Invite for 2025. Good for boat owners/skippers. ▶ Well versed presentation, interesting & lively but too advanced if you don't have a boat.

Thank you for your impressive feedback. It is highly valued! Both the numbers from the Class Survey as well as the comments are being shared with each of the presenters.

On behalf of the SOS Spring Training Committee, we wish to acknowledge the following vendors & organizations which contributed to our recent successful 2024 Spring Training event.



[WindowDreams - Etsy](#)

We also wish to acknowledge additional vendors & organizations that contributed to Spring Training:

- Chesapeake Sailmakers
- Bacon's Sails
- Casa Rio Marina
- Maryland Department of Natural Resources (DNR)



Welcome to the SOS Happy Hour page!
Be sure to check here for a Happy Hour event in your area.
Send any changes, updates or new information about Happy Hours to Jill Montgomery
jill.montgom@gmail.com



Virtual Happy Hours on ZOOM VARIOUS DATES: Get in touch with your Area Contact, listed in back of your Whisker Pole to be put on their HH notification list. Or check out the SOS Web site for dates and ZOOM links to all the Virtual Happy Hours.

KEY WEST, FL: SOS HAPPY HOUR place and time to be Determined. **Contact: TERRI AND KARL, 410-707-4319 or 267-221-6312**

1st Wednesday
NOVA/DC: **May 1st 5:00-7:00 PM**
MYLO'S GRILL, in the back dining room, 6238 Old Dominion Dr, McLean, VA. 22101. (in the Chesterbrook Shopping Cntr) 703-533-5880 www.mylosgrill.com
COORDINATOR: HOPE – hoped@verizon.net

1st Wednesday **NEW LOCATION******
BALTIMORE: **May 1st 5:30-7:00 PM**
MT WASHINGTON TAVERN, 5700 Newbury St., Baltimore, MD 21029. 410-367-6903. Email coordinator to be added to notification email. www.mtwashingtontavern.com
COORDINATOR: JOSH singlesonsailboats@JoshuaGraff.com

2nd Thursday
ELLCOTT CITY: **May 9th 5:00-7:30 PM**
La Palapa Grill, 8307 Main Street, Ellicott City MD 21043 410-465-0070 www.lapalapagrill.com
COORDINATORS: KATHY - mskathha@gmail.com
JANET - jgsunset@yahoo.com

3rd Wednesday
WILMINGTON: **May 15th 5:30 PM**
TIMOTHY'S Restaurant and Bar, 930 Justison Street, Wilmington, DE 19801 Wilmington Riverfront by Blue Rock Stadium, facing the waterfront. Drink and appetizer specials until 7PM. 302-429-7427 www.timothysontheriverfront.com
COORDINATOR: JULIE - jafort@comcast.net

3rd Thursday
ROCKVILLE: **May 16th 5:00-7:00 PM**
Seasons 52, 11414 Rockville Pike, Rockville, MD 20852 301-816-0369. Free parking at Whole Foods.
www.m.seasons52.com
CORDINATOR: DEBBIE - hidebbieg@yahoo.com

3rd Thursday
KENT ISLAND: **May 16th 5:00-7:00 PM**
THE DOCK HOUSE, 110 Piney Narrows Road, Chester, MD 21619. 443-446-4477 www.dockhouserestaurant.com
COORDINATOR: GAIL – gail@islandship.com

4th Thursday
PHILLY AREA: **May 23th 4:30 PM**
DiFabios, 1243 Providence Road, Media, PA 19063 (location of the Old Rose Tree Inn) 484-444-0850. Great food, lots of parking. Gather in patio area.
www.difabiosevents.com
COORDINATORS: PATTI - evansapatti@gmail.com
MARY – mary.payne@comcast.net

4th Thursday **NEW LOCATION******
ANNAPOLIS: **May 23rd: 23th 5:00-7:00 PM**
Coconut Joe's Bar & Grill (formerly The Pier), 48 South River Rd, Edgewater, MD. Rt 2 on south side of South River bridge. If we're not in the bar area we'll be in the enclosed, heated UPPER deck. 443-837-6057 www.coconutjoesmd.com
COORDINATOR: JEAN- jgough4you@gmail.com



Rockville Happy Hour-

Debbie Goldberg, Marge Stembel, Jon Bernheimer, Bill Merritt, Barry Herling, Mark Gordon, Bill Small, Barbara Wise, Steve, Barrie, Debra Roane, Jill Montgomery, Phil Smith, Judy Barral and (Wendy Adams, photographer)

TO PLACE A CLASSIFIED AD:

- **Due 10th of month** for publication the following month
- Send email to NancyBriggs@hotmail.com with "classified ad" in the subject line
- You will receive a confirmation email back
- Ads will appear for only three months unless you notify me earlier to delete or continue.
- 75 word limit

Nancy Briggs, Classified Page Editor

BOATS FOR SALE

BOAT FOR SALE: 1982 Canadian Sailcraft CS-36T "Triton" This 36 ft. shoal draft 4'11" classic is perfect for the Chesapeake Bay. Well maintained with new salon flooring in 2023. Asking price reduced to \$37,000. <https://www.yachtworld.com/yacht/1982-canadian-sailcraft-36-t-8800830/>

Contact Richard Green at ragreen01@gmail.com or 703-328-1399, or contact Rick St. Cyr, Integrity Yacht Sales at rick@integrityyachtsales.com or 443-294-5161 5-24

BOAT FOR SALE: The time has come, "Drambuie" needs a new owner. One owner, 1985 Bavaria 960 (32') Sloop. Great sailing, well-built boat with nearly new sails. Sailed hard for many years, needs some TLC. Severn House slip on Back Creek available to new owner. Realistically priced at \$12,500. For details, contact John Halstead at jhalstead@mindspring.com or 410-336-3675 7-24

BOAT SLIP

BOAT SLIP FOR RENT: Available NOW. Large, 6' deep boat slip in a protected Mill Creek cove off the Severn River. Safe harbor in bad weather. Water, electricity, and plenty of parking available. Can accommodate a boat up to 50' long. Contact Bev Nash at 410-349-1467 7-24

FOR RENT

FOR RENT: Modest 4-bedroom cottage on the shore of Keuka Lake in the Finger Lakes of central NY. Great swimming, fishing, kayaking, canoeing, paddle boarding, bicycling, walking. Beautiful view of the lake, very nice dock, swim raft. Close proximity to wineries, breweries, restaurants. Located on a quiet road. Contact Joan Tannen at jtkeuka@gmail.com 6-24

FOR SALE

FOR SALE: Marinco Y adapter, slightly used, bought by mistake, 2-30 amp/125V female plugs with sealing collar to 50 amp/125/250V male plug. \$100. Picture available. E-mail Karl Scible at kscible2@aol.com 5-24

FOR SALE: 5HP Honda Outboard with fuel tank. Low hours. Always starts. \$600 or best offer. Contact Chuck Fort at sailrn@comcast.net or 302-584-3938 5-24

Sailors Know the True Definitions

Cruising - Fixing your boat in distant locations. Leaving boat, returning home by train for several weeks and then collecting boat when the not-forecasted storms finally ease.

Crew - People working on your vessel, usually friends who don't find out about the "work" part of the trip until you are away from the dock. Crews have a high turnover rate, and normally will never want to see you again, let alone set foot on your boat again.

GPS - An electronic device that allows you to navigate out of sight of landmarks just before the batteries die.

Anchor Light - A small light used to discharge the battery

Flashlight - Tubular metal container used for storing dead batteries prior to disposal.

Backstay - The last thing to grab as your falling overboard.

Bilge - A storage area in the bottom of the boat for all the things you cannot find. Also a mixing area for water, fuel and head output.

Bow - Best part of the boat to ram another with.

Caulk - Any one of a number of substances introduced into the spaces between planks in the hull and decking of a boat that give a smooth, finished appearance while still permitting the passage of a significant amount of seawater.

Chart - A type of map which tells you where you are aground or what you just hit.

Companionway - A hole to fall into.

Personal Floatation Device - A multifunction device normally used as a cushion, packing material or sponge. Coastguards require one for each person on board to ensure they have something soft to sit on in case seating is limited.

Porthole - Glass-covered opening in the hull cleverly designed to let in water when closed.

Contacts

YOUR BOARD OF DIRECTORS

Name	Office	Liaison to Committee	E-mail Address
Susan Zevin	Commodore	First Mates	Susanzevin@comcast.net
Karl Scible	Vice Commodore	Public Relations	Kscible2@aol.com
Craig Coltharp	Treasurer		coltharp2@gmail.com
Doug Gage	Secretary	Newsletter & Brunch	douggage@gmail.com
Nancy Bromberg		Membership & Skippers' Advisory	nbromberg78@gmail.com
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Bob Morrow		Cruising	cogito28@aol.com
Michelle Watters		Education & Safety	michelle.watters@gmail.com
Bob Wright		Social	Robert.Wright.Bowie@gmail.com

YOUR COMMITTEE CHAIRS

(Click on the committee name to be linked to the committee description)

Committee	Name	E-mail Address
Bareboat Cruising	Deb Kauffman	bareboatchair@singlesonsailboats.org
Brunches	Suzanne Vaughn	suzyvaughn2@gmail.com
Cruising Co-Chairs	Carole Jordon Dennis Krizek	seajay2844@gmail.com denniskri@msn.com
Database Internet	John McDonald	dbchair.sos.org@gmail.com
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Safety	Joan Tannen	safety@singlesonsailboats.org
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Social Chair	Janet Pennewell	janet.pennewell@gmail.com

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Eastern Shore, North East	Chuck Fort	saillrn@comcast.net

Singles on Sailboats, Inc 410-798-4098 www.singlesonsailboats.org

Facebook: www.facebook.com/groups/268838264195

Instagram: https://www.instagram.com/Singles_on_sailboats

Meetup: <https://www.meetup.com/Singles-on-Sailboats>



P. O. Box 5708
Annapolis, MD 21403

Let The Sailing Begin!

May 1, 8, 11, 22 – Day Sails

May 4/5 – May Day Sail

May 18/19 – DNR Weekend Cruise

May 25/27 – Memorial Day Cruise