



CBGBOA NEWSLETTER

The Official Publication of the
Chesapeake Bay
Grand Banks Owners' Association

June 2007

President's Message:

Bill Hohwiesner

It should now be all about enjoying your boat. The bottom painting is done, the new electronics are installed and working, the nav instruments are operational, the water purifier is installed, and the old lines have been replaced. Sounds like good advice, yes? No. This was clear and specific direction from Patty to me to stop fiddling with the stuff on the boat, and to start weekend cruises.

So we've already had a few delightful outings: First to the Rhode River where Dr. Nick and



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BreakAway joined up with new members Steve & Cynthia Shafer (Braveheart) and their three children and with Bob & Ginny Skord (Outcaste). Next was the lawn Party at the Sarnowski's on Dyer Creek where we collected nine Classics, Eastbays, and Europas and 22 hungry and thirsty souls. The two accompanying photos show the beautiful Lawn Party setting, and our website shows about twenty more photos. Check it out.

Volunteers! We need volunteers to help with the rendezvous this year, as well as with several other things. It's fun work, so if you think you might be interested, please contact Lynn Hendershot.

CBGBOA Maintenance Advisory Group

Many of us do much of our own repair and maintenance, and while it's often been hard-won knowledge, we do have expertise with many of the fixes and repairs that most GB boaters are likely to come across. So, the purpose of the CBGBOA Maintenance Advisory Group (CMAG) is to provide a listing of knowledgeable volunteers that the members can turn to for advice on items such as teak deck repair, varnishing, batteries and chargers, window repair, sanitation systems, etc..etc. The list will be posted within the members only area of the CBGBOA website with both phone number and e-mail address.

But first we need to develop the list. Some of you are well known, and you easily come to mind. But I know there are others of you with good electrical/mechanical/painting skills. If you have successfully fixed something, consider becoming a volunteer advisor. Just e-mail to bill@cbgboa.org, tell me what skills you have or systems on your boat (e.g. batteries, electronics, GPSR, water system, etc) you've repaired or have knowledge of, and I'll add you to the list. We'll post the list on the password protected section of our website at "About CBGBOA" then "CMAG".

Burgees

Send me an e-mail (or call me) if you need a Club Burgee. They are \$25 each, and we have several still on hand.

Website Update

Our association website, cbgboa.org is pretty much up-to-date. The Member Directory now includes member's phone and e-mail addresses to help us coordinate cruises, and it's password protected so that only CBGBOA members can access it. Check the "What's New" section periodically as we post items of interest to the members. Also check the Picture of the Week – as we get more photos, we'll change it every week more frequently. And as a lawyer will tell you, "Picture of the Week" only implies a new picture every week, it doesn't promise a new one.

The Cruising schedule now correctly reflects the 2007 cruises, you can see who is planning to go to each of the cruises, and you can add your boat to these lists. BTW, "Remove" enables you to remove your name if you later change your mind.

Please e-mail the webmaster (or me) if you need any help with the website, with logging on to the protected section, or if you have suggestions for improving it.

Upcoming Events:

Two upcoming events are noteworthy:

1) **Third Weekend Cruise- July 14-15:** This cruise to Fairlee Creek, a wide anchorage which hosts the Great Oak Landing and Yacht Club, will be one of the most interesting mini-cruises this season. The creek is beautiful in its own right, but it also accommodates a Yacht Club and docks with clubhouse and small golf course, great water's edge entertainment with bands, dancing, and abundant adult beverages, and the go-fast power boaters which often provide more entertainment (often unintended) than you could buy in a month. And you'll tell your friends of your prowess navigating the entrance for weeks. A challenge, not too hard, but Lots of FUN.

You should plan to anchor, but if your windlass isn't working (a blown fuse, maybe), slips are available. Don't miss this one.

2) **Rendezvous 2007- Sept 19-23:** We start in Rock Hall at Haven Harbor Marina; journey to Eagles Nest by Gibson Island for a night on the hook with group dinners aboard; then move to Inner Harbor East for Friday and Saturday nights. We've arranged for Katie and Gene Hamilton to talk at the banquet about their adventures making the Great Loop Cruise aboard High Life, their 36-ft GB Classic. These St. Michaels' residents, who are field editors of Power Cruising magazine, have pictures to show, adventures to share, and they welcome questions about this amazing 5,000-mile plus circumnavigation of eastern U. S. and Canada.

Correspondence & Cruisers:

We are introducing a new section with this edition to capture the correspondence from member cruisers as well as to pass on particularly interesting letters we receive.

C1. Katie and Gene Hamilton (High Life) have just returned from their year-long Great Loop cruise. We'll hear all about it at the September Rendezvous after the Saturday evening banquet. When asked about the condition of the ICW between Florida and the Chesapeake as she and Gene returned, Katie noted: "ICW trip was great. Only shallow water we saw was on the Okeechobee Waterway; actually on the lake; it was really shallow, but we got through OK."

C2. Charlie and Bonnie Burk (Sonata) have just set out on their Great Loop cruise and as Charlie notes below, you can follow them on their blog at

Sonatacruising.blogspot.com. When I last checked the blog, they were headed up the Hudson.

SONATA with its two Captains, Bonnie and Charlie, will depart Ocean Marine in Portsmouth, Virginia, during the morning hours (weather permitting) of Friday, May 25th. We will spend some time on the Chesapeake and arrive in the C&D canal and Chesapeake City on June 9th. From there the Delaware Bay, New Jersey to New York and anchorage in the shadow of the Statute of Liberty. Up the Hudson to Waterford and the Erie Canal to the Oswego Canal to Lake Ontario and Trent, Canada. The Trent-Severn Canal to Georgia Bay over to Lake Michigan. Down to Chicago . . . the Illinois, the Mississippi, the Ohio, the Tennessee up to Knoxville for Thanksgiving, then the Tombigbee to Mobile. Christmas in New Orleans then the Florida panhandle to Key West. Then up the East Coast back to the beginning to arrive in May of 2008.

C3. Jim and Judy Watson (Castoff) are cruising a modified loop – up the Hudson to Montreal, then east out the St Lawrence to the Atlantic and then a clockwise cruise back home. Jim and Judy hope to be back in time for the September Rendezvous. And we're hoping to be able to hear all about their Alternative Loop then.

C4. In an effort to recruit new members that live locally, Lynn Hendershot, our Membership Chair, sent out an open mailing to non-member Grand Banks owners of record, and she received this very charming reply from an Annapolis Grand Banks boater:

Thank you for the letter about CBGBOA. Sounds like you are into a good thing. Unfortunately my cruising days are over. (This month I started my 90th year.) I must decline your kind invitation to join and cruise.

When you cruise up the Severn River and are half-way between the bridges blow your horn. I live on the Severn. Been here 57 years. My pier is the fourth one down the Severn from the mouth of Weems Creek.

I retired in 1981 after 40 years of teaching mathematics. The last 34 years were at the U.S. Naval Academy.

I called my boats **AFTER-MATH**.

I have owned 5 GBs. In 1981 my first GB was a 1973 32'. On this we cruised the Chesapeake Bay. Then a 1984 36' GB was purchased new. We cruised North to Cape Cod and South to Florida on the Intra Coastal Waterway several times. What fun!. After several years a 1970 42' GB was purchased. My son and I worked on it and put it in better condition. (I never felt I was wasting my time as the GBs are so well built.) A lot of the Chesapeake Bay was covered in that boat for 6 or 7 years. The next GB was a 1969 42'. More fun work. Some small cruises on the Bay. In 2002 a 1973 36' GB was acquired. Another cruise to Florida. That boat was sold in 2004.

Now I have a 1963 36' Bay fishing boat. Great for rides on the Severn.

Again thanks for your letter.

Have fun cruising!

Sorry I can't join you.

Nate Niles

Wouldn't we all wish to be able to enjoy boating like Nate has been able.

Membership News:

Lynn Hendershot

Our membership as of this newsletter consists of 89 boat families, 68 of which are local to the Chesapeake Bay. We also have 12 associate members. Our membership year goes from January through December, so if you've not yet paid your dues, please send it in now. A complete list of the members can be found on our CBGBOA website. If you check your own listing and find any element you want changed (phone number, e-mail address, boat information), just e-mail me (membership@cbgboa.org) and we'll fix it.

Recent additions to the association include

- Bob & Ginny Skord
- Cynthia and Steve Shafer
- Bill and Mary Ann Harris
- David Maxwell & Cathy Green
- Terry Powers

Please send your check for \$25 for the 2007 calendar year dues payable to CBGBOA to our new address:

CBGBOA
Attn: Sam Nicholson
PO Box 265
Mt. Vernon, VA 22121-0265

Meet Our New Members:

Each month we will feature a short bio of the recently joined new members. These bios are also posted on our website at "About Our New Members". If you've recently joined, please look at the bios of other new members, and please send us a similar write-up of yourself so that we can introduce you to the association and integrate you into our activities. A picture of you and/or The Boat would be really nice, too.

April and Joe Denny

We are April and Joe Denny. We live in St. Davids, Pa., a western suburb of Philadelphia.

Our new boat is a 47 Europa, named Liberty, which we just got last August. Besides our Grand Banks, we have a 38 foot Tiara, also named

Liberty, (which is currently for sale if anyone is interested!) in which we cruised quite a bit with another couple. We keep our boat in Rock Hall in the spring and fall, we take it to Avalon on the Jersey shore in July and August, and we will cruise down to Florida for the winter. We generally take a summer trip to New England, and have cruised to Newport, Block Island, Sag Harbour and Martha's Vineyard. We are planning to go to Nantucket this summer.

April is fairly new to cruising, just getting her start six years ago, when we got the Tiara. I first started cruising on the Chesapeake 50 years ago with my father and siblings, when he would charter a boat, and we would spend a week exploring the bay. He later got a 33 Ft. Century, on which we spent many seasons on the bay and the Jersey coast. Boats were always a part of my growing up. We have had some type of boat for the last 20 years, a Mako outboard, a Regal I/O, used for fishing, water skiing, or just going for rides.

I have been in commercial real estate for most of my career, and have begun working a reduced schedule in the last couple of years. April was a teacher many years ago, and then stayed home to raise our daughter. We are looking forward to spending more time cruising on the Chesapeake, and hope we are able to participate in some of the events planned by the CBGBOA, and get to know some fellow GB owners.

Steve and Cynthia Shafer

We are Steve and Cynthia Shafer. We just bought our first boat, a 43 Eastbay FB named Braveheart. We live in Doylestown, PA (Bucks County) and are keeping the boat at Osprey Point Marina in Rock Hall, MD. We have three YOUNG children- Anna Catherine (9), Charles (6), and Olivia (2). Right now, they are adapting to commuting every weekend to Maryland- it's such a joy... they just love I-95 traffic on Fridays. We have a few hobbies- Steve enjoys biking, but boating is his primary passion. I spend most of my time being a stay at home mom and preparing for our time on the boat- you can imagine traveling virtually every weekend with three

children- we're slowly figuring it out. We also just added another member to our family. After losing our 15 yr old lab in January, we brought our new puppy home this week. He's a burly, block headed chocolate lab named "Moe." We decided that it would be easier to train a puppy to be on a boat for the first time instead of an 80 pound defiant adolescent!

Steve is in sales. He sells large environmental equipment. His company is in Illinois and most of his business is in the Gulf region. He travels extensively and we're hoping that the boat is our chance to spend quality time together as a family. Steve grew up on boats. His father is semi-retired and lives part time aboard his 46 Tartan in Key Biscayne, FL. We used to charter boats out of St. Thomas and "island jump" as a family- that was before children. We hope to take our boat south next winter and eventually, to the Bahamas.

We look forward to meeting all of you, and enjoying our first summer on the Chesapeake.

Carol Williamson and Carolyn Bowden

We're Carol Williamson and Carolyn Bowden ("C.B") and we've recently given up sailing Brethovaire (our Pacific Seacraft Crealock 37) to join the ranks of GB owners. Having sailed for a number of years aboard other previously owned boats – a San Juan 21, Tanzer 7.5, and Bristol 32, we were wooed away from sailing when passed by a snappy looking trawler named Sea Glory, a GB 36 Classic, owned and captained by Francis and Georgia Williamson. Sea Glory was such a beauty and the tipping point for our decision move from sail to power. With the help of Rob Begore and John Shannahan, Brethovaire was sold immediately and the search for a GB36 was on. Lily Pad is just the boat we were searching for and she was purchased within the month. She's been getting a number of upgrades (as can be seen on the OYA web site), and we're eager to introduce her this summer to other GB owners. Although we live in Salisbury, Lily Pad is berthed in Oxford.

After 27 years at Salisbury University (Carol the Vice President of Student Affairs, and "CB" a

Professor in Education) we are now retired and have more time to enjoy cruising the Bay and Carribean. We love the islands and have spent a lot of time cruising in the Bahamas and the British Virgin Islands over the past several years. We both also enjoy golfing, reading, music, theater, and Bridge.

As licensed USCG MM50T captains, we spent a number of years teaching sailing to incoming freshman students at Salisbury University. Students lived aboard for a week at a time learning the basics of sailing, seamanship, and what it takes to become successful university students. Those experiences enriched all of our lives and resulted in adventures none of us will ever forget including weathering a hurricane in our two chartered boats!

Now, as we enter the world of "power" cruising, we're eager to expand our trawler skills and look forward to making new friends with other GB owners. Look for us all over the Bay along with our first mate, Sally (a five-year-old standard poodle) who would never consent to being left behind!



Information & Observations **Heat Exhaustion & Sun Stroke**

By Dr. Jim Watson

Now that spring has arrived we are all looking forward to warmer weather and getting out on the water. As the weather turns to hot summer days it may be wise to spend a minute thinking about the dangers of excessive heat and its effect on the

body. These conditions are commonly called heat exhaustion, sun stroke, or heat stroke. They all occur when the body's natural mechanisms for maintaining a constant body temperature are overstressed. Most boaters are well aware of the effects of cold exposure (hypothermia) but we often overlook the effects of heat exposure (hyperthermia).

Heat exhaustion is the milder of these conditions and often occurs when people who are not well adjusted to the heat, exercise in a hot, humid environment. (e.g. the office worker who goes out to work on the boat for the weekend). The body's usual cooling mechanism of sweating leads to dehydration and over heating. The symptoms include pale moist skin, profuse sweating, feeling faint, and possibly headache, weakness, thirst and nausea. The treatment includes getting the patient to a cool location, cool non-alcohol liquids, and loosening or removal of clothing. Prevention is always the best treatment which includes wearing loose light clothing, avoid working in the hottest part of the day, and drinking plenty of fluids.

Sun stroke or heat stroke is a **LIFE THREATING** medical emergency in which the body's temperature regulating mechanisms are overwhelmed leading to marked elevation in core body temperature, collapse, organ failure and death if not treated aggressively. The symptoms can occur in healthy individuals undergoing strenuous exercise in a hot environment or people whose cooling mechanisms are impaired, such as those on medication for high blood pressure, depression or antihistamines. The symptoms of heat stroke are unconsciousness, or sudden onset of severe confusion, flushed hot and dry skin, rapid heart rate, rapid shallow breathing, and body temperature of 105 or more. Treatment requires rapid cooling by moving the patient to a cool environment, bathing with cool water (do not use alcohol rubs) and immediate transport to a medical facility.

Although a totally different problem associated summer boating, don't forget to protect your skin with sunscreen. (see "Summer Skin Care" in the

Spring '05 Newsletter)

Everyone Needs a Battery Monitor

How's your battery? Probably not a common question, but the answer should always be on the tip of your tongue. We depend extensively on that heavy ballast down somewhere in the engine room, but mistreatment of this workhorse can, at the simplest, cost you money, and at the worst, leave you stranded.

So, you ask, what's the minimum effort that you must put into babying this prima donna? Well, you should have a rough understanding of batteries, but you don't have to be an electrical engineer to accomplish this. Nigel Calder in [Boat-owner's Mechanical and Electrical Manual](#) provides some of the most readable discussion about the multiple battery types, configurations, chemistries, and handling guidelines. It's good reading (ok, maybe after a couple of days at anchor), and it will help you to understand the essential elements, characteristics, and behavior of batteries.

Next, you need to know how your battery is: what's its "State of Charge?" This is the fundamental question. Amps go in (charging) and amps go out (using), and you need to know when you've withdrawn all that the battery should be asked to give. A rough rule of thumb is that a standard 225 amp-hour battery should not be drawn down much below 40 % of full charge, or you start to break the battery and you shorten its life. You can't use all of those 225 amp-hrs.

Xantrex (and others) makes several good monitors that tell you the battery voltage, the present current flow (number of amps in or out), and most important, the total amp-hours that you've pulled out so that you know how close you are to that 40% limit. Some also have warning lights that quickly and easily alert you that you're approaching the battery's limits.

So do yourself (and your friend Mr. Battery) a favor, and install a battery monitor. It's not hard, you can do it yourself, and your local CMAG can help.

From My Boat to Yours

Galley Talk

Patty Hohwiesner



Grilling is great no dishes to speak of. This fabulous recipe is all cooked on the grill, infusing both the relish and salmon with a bit of smokiness.

Grilled Salmon with Roasted Corn Relish (from Cooking Light)



- 4 Anaheim chiles
- Cooking spray
- 2 shucked ears corn
- 1 c diced tomato
- ¼ c chopped fresh cilantro
- 6 T fresh lime juice
- 1 tsp salt
- ½ tsp freshly ground black pepper
- 1 tsp ground cumin
- 4 (6oz) skinless salmon fillets

1) Prepare Grill

2) Place chiles on grill rack coated with cooking spray; grill 5 minutes on each side or until blackened. Place chiles in a heavy-duty zip-top plastic bag; seal. Let stand 5 minutes. Peel chiles; cut in half lengthwise. Discard seeds and membranes. Cut chiles into ¼ inch strips.

3) Place corn on grill rack coated with cooking spray; grill 10 minutes or until lightly browned, turning occasionally. Cool slightly. Cut kernels from cobs.

4) Combine chiles, corn, tomato, cilantro, and juice; toss gently. Add ½ teaspoon salt and ¼ teaspoon black pepper.

5) Combine remaining ½ teaspoon salt, remaining ¼ teaspoon black pepper, and cumin, stirring well. Rub spice mixture evenly over both sides of salmon. Place salmon on grill rack coated with cooking spray; grill 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve with relish. Yield is: 4 servings (serving size: 1 fillet and ¾ cup relish).

Curried Chutney Spread

This dip always gets rave reviews!

- ½ lb cream cheese, softened at room temp
- ½ lb extra-sharp cheddar cheese, shredded
- 4 T unsalted butter, softened at room temp
- 1 tsp curry powder
- ¼ tsp salt or to taste
- 1 T sour cream
- 1 T dry sherry
- ¾ c mango chutney
- ½ c trimmed and minced scallions

1) Beat together the cream cheese, cheddar, butter, and curry powder at moderately high speed for 3-4 minutes or until quite light and well blended. Beat in salt, sour cream and sherry. By hand, fold through the chutney and minced onions.

2) Refrigerate, covered, for at least 4 hrs. Serve at cool room temp, accompanied by toast, crackers, crisp pita toasts or crust slices of a French bread.

Women At The Helm

Patty Hohwiesner

“Man overboard!”

There is good reason for that nautical term,” says Suzanne Pogell, founder of Womanship Sailing School. “Statistics show that men typically account for more than 80% of all boaters who fall overboard,” she explains. “Safe boating is the primary issue for women.” (Southern Living Magazine)



So the more you know about how your boat operates and how to use it, the more confidence you will have concerning the safety factor and boating in general.

At the Fall Rendezvous Roy Alder of the Annapolis Powerboat School has volunteered to present a two hour seminar to “First Mates” Saturday morning following the Business Meeting. He’ll cover such topics as:

- Safety and emergency procedures
- Navigation and Rules of the Road
- Anchoring
- Knots
- Boat handling
- Hands-on- maintenance

More information concerning this seminar will be included in your Fall Rendezvous packets.

Cruising With Children

Cynthia Shafer

When we bought our first boat last October, I would wake up at night in a cold sweat wondering if we had completely lost our minds. We have three young children: Anna, age 9, Charles, age 6, and Olivia, age 2. We also just added to our family a hyper chocolate Labrador puppy named "Teak." With all of that said, I think that it's safe to say that with each weekend on board, we learn something new about cruising with children. Hopefully my article will shed some insight on

how to survive such an experience, and how to make it an enjoyable and safe endeavor for all involved.

The most important and obvious subject in regards to boating and kids is safety! We have a pool, so I have learned along the way that "zero tolerance" for certain infractions is a must. This is serious stuff, especially with a toddler on board. The three "major no-nos" are the following:

1. **Any child on deck has to wear a life jacket.**

No questions asked. I have made this process easier to remember for the children by placing a laundry basket with handles (looks like a big plastic beach bag)



by the door. When the children come inside the cabin, they toss their life jackets and shoes in the basket.

It's their responsibility!

2. **Nobody on the fly bridge without proper adult supervision.** This sounds like a no brainer, but you would be surprised by how many parents think that it's perfectly OK for a 2 yr. old to scale a fly bridge ladder!
3. **Nobody allowed on the bow while underway.**

There is one particular gadget that has helped me feel more comfortable with a toddler on board. It's called the **Terrapin "Safety Turtle."** We discovered this pool alarm before we owned a boat, and I feel that it's a wonderful "last line of defense" when it comes to water safety. The web site is www.safetyturtle.com. It's expensive, but worth every penny. The child simply puts this wristband/alarm on their wrist (it goes on with a key), and if the watch becomes submerged, an alarm will go off so loud that it will wake up the entire marina. The base unit simply plugs in and is the size of a baby monitor.

The second, most fun topic to consider when having children on board is entertainment. We have

found that small, simple, easy to store toys are the best. The "top 5 things to have on a boat with kids" are the following:

1. Kite (best place is the front lawn at the Inn at Perry Cabin in St. Michaels - just clear it with the front desk)
2. Fishing Rod
3. Croquet Set
4. Scooter
5. Pilates band /Water balloons- tie the band to something secure and launch the balloons like an ENORMOUS sling shot. Not environmentally friendly, but what a life experience! (We do make an effort to clean up the dead balloons so we don't pollute the Chesapeake). We promise not to partake in this activity at any Grandbanks events!!!

If the weather gets ugly- we keep a "storm bucket" on board. The bucket contains items like sea life books www.dk.com, paint by number kits, card games, and sticker books. I add new items to the bucket monthly. The ONLY time that the children get the bucket out is if it's raining. It makes being stuck on board in bad weather a little more tolerant, and the children actually get excited when the clouds start to roll in.

The last thing that I would like to talk about is educational activities while cruising. Being a mom of three, I have found that the following activities appeal to a wide variety of ages.

1. Marina Scavenger Hunt- get a list together, and a 1 gallon zip-lock bag and let the kids go nuts! I feel more comfortable when my older ones have walkie talkies- this way I can check in on them every couple of minutes to make sure all is OK.
2. Boat Bingo- if you go to www.teachnet.com, you will find free and easy to download bingo templates - just come up with 25/30 different nautical specific squares (light-house, pelican, jet ski) print off several different versions and you've got yourself a happy hour!

3. Boat Knot Game- go to www.boatsafekids.com, and print off the different kinds of knots to tie or buy a knot tying book- give each child a piece of rope and let them practice. Our 6 yr old is quickly becoming the preferred first mate!
4. Parts of Boat Game- Write down on several stacks of post-it notes the different parts of a boat- each in a different color ink- give each child their stack and see who gets the most guesses right- (bow, head, galley, stern, port, starboard) One of our young guests enjoyed this so much that the next week he did a report on the topic at school.
5. Before every weekend cruise, we go online and look at calendar of events for those particular dates. My children are quickly learning how to manipulate our destinations- our favorite place to go with kids is St. Michaels. On the first and third Saturday of every month, the Maritime Museum does children's activities- call Susan Harrison, Dock Master for more specific information. The website is: www.cbmm.org

I hope that this information has been helpful- cruising with children can be a wonderful experience, just remember to be consistent, patient, and organized!!! We hope to meet all of you soon!

The Shafers (**Braveheart**)



UPCOMING EVENTS:

- **Third Weekend Cruise- July 14-15:** to Fairlee Creek
- **Fourth Weekend Cruise – Aug 4/5** to join with Carinya in the Annapolis region
- **Fall Rendezvous – Sept 19 - 23**
 - Sept 19: Haven Harbor, Rock Hall
 - Sept 20: Anchorage by Gibson Island, Magothy River
 - Sept 21-23: Inner Harbor East marina, Baltimore