



The Bosun's Whistle

Submitted by Ron Reinsel, Commodore

WELCOME TO A NEW YEAR

As a new year dawns, we at MVYC have much for which to be thankful - a strong and vibrant membership, a beautiful Club that is always teeming with activities, and most of all, the greatest group of people to call our friends and fellow Club members.

Many thanks go to all who made the holidays so joyous - from decorating the House and dressing the Club Christmas tree, to caroling in the season with a wonderful Christmas Party and throwing the Club's ever spectacular New Year's Party - it was a superb finish to a great year.

Now, Santa has come and gone and so has an old year. As we gather up the Christmas wrappings and grudgingly contemplate taking down the holiday decorations, we welcome the New Year with great anticipation. Although winter's chill surrounds the Club, we are busy making plans for the coming year, and, as distant as it may seem now, the coming boating and swim season.

An important step to making those plans happen will be the consideration and approval of our 2012 operating budget at our first membership meeting of the year on Thursday January 5th. A copy of the proposed budget will be (and, by the time you receive this month's Beacon, hopefully has been) separately distributed to all of the members. Please plan to attend the January meeting since a vote on the budget requires a quorum of the membership.

As a year-end fiscal update on 2011, I am very pleased to report that we finished the year very much on target. My great thanks go to all of last year's Board members, Committee Chairs and project managers who very responsibly stewarded the Club's activities and monies for such a great result.

continued on Page 4....

Happy New Year!

MVYC Holiday Party Poem

By Marianne Ketels



'Twas 15 days before Christmas and all through the club
the members were talking and sharing their grub.

Mary Galloway was moving all about
hoping the beer and wine wouldn't run out.

The committee was nestled all snug at their stations
ready to serve the edible creations.
And the Commodore in his suit with his fine lady fair
Had settled the group for a party extraordinaire.

When out of the group came some personal tales
Of good and of bad and childhood travails.
The prizes were given with praise and with laughter
For those who did well and those who missed disaster.

The décor so lovely and the members so sweet
Gave the clubhouse a warmth and a feeling of peace.
The food was delicious, the singing sublime.
Everyone had such a wonderful time.

Now Galloway! Now Mayer, now McCormick, and Skelly!
On, Young! On, Moran! On Owens and Zebrowski!
Yea Ketels, Ross, Wise, Castor and Sudhoff
To this party committee we do take our hats off!

And so the night ended with a wink and a yawn
It was time for some rest and sweet dreams until dawn.

Many thanks to all for a lovely December 2011 MVYC holiday party!

The BEACON

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RON REINSEL, COMMODORE

BEACON STAFF

Editor: Bart Hewitt
Production: Blair Beggan
Photographer: George Holthaus
Photographer: Russell Poe
Circulation: Delong Litho

BEACON EDITOR

9123 Cherrytree Drive
Alexandria, Virginia 22309
Phone 703-799-0401

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Beacon@MountVernonYachtClub.com

WELCOME ABOARD

Submitted by Lauren Bazel, Membership Chair



"Motivation is what gets you started. Habit is what keeps you going."
- Jim Rohn

Happy 2012! Regular Beacon readers know that I start each column with a quote, and I chose the one above for a very deliberate reason. As we look ahead to an exciting and fun new year, now is the time to motivate and get energized about being an active member of the Mount Vernon Yacht Club. Make it a habit to attend the monthly membership meetings so you can help decide the direction we take as an organization. Make it a habit throughout the year to help plan and attend social events, TGIF and fleet events. There really is nothing better than spending time with old friends, making new friends and really enjoying the beautiful club grounds, pool and marina.

We start the year with 223 total member families. The three honorary member families set a wonderful example by their long-time service and continued commitment to the club. Following their lead, I hope that each of the other 220 active members in good standing will motivate on January 5th at 8pm, and come to the first membership meeting of the year. The main topic will be a discussion of our 2012 budget, but this will also be a great opportunity to talk with all the current committee chairmen, hear about their plans for the year and think about what part you want to play in those plans.

This will give you a leg up when you receive the annual dues and fees notice, along with the annual volunteer form, which will be sent out mid-January. MVYC relies on its volunteers. It is expected that all members will volunteer in some capacity so that the Club can continue to provide quality activities and maintain our grounds and facilities. As the saying goes, "Membership has its privileges" and one of those privileges is working together on a social event, or keeping the grounds maintained, or helping with marina and house projects, or becoming active in the power or sail fleet. The time you spend at MVYC is definitely well spent building the sense of camaraderie that makes this Club unique.

Once again, in order to reduce the costs of printing and distribution, we will continue to expand our ability to handle the annual billing process electronically, so keep an eye on your email for more details in coming weeks. If you have not been receiving Club emails, please send a message to membership@mountvernonyachtclub.com to ensure we have a current email address.

Welcome New Members - see next page!

Upcoming Meetings...



Membership Meetings

January 5
February 2
1st Thurs of the month

Board Meetings

January 16
February 20
at 7:30 pm
3rd Mon of the month

Social Committee Meetings

January 9
February 13
at 7:30 pm
2nd Mon of the month



Welcome Aboard continued from Page 2...

Welcome, Dan and Nyree Martinez

As membership chairman, the happiest task I have is the ability to introduce and welcome our newest members. Many of you have already had the chance to meet Dan and Nyree Martinez, but for those who have not here is a little bit about them.



Nyree is from the Seattle area and Dan is originally from Puerto Rico. Nyree and Dan met in Washington, D.C. in the summer of 1994 during a break from their studies. After finishing graduate school in Florida, Dan moved to Tacoma, WA where they lived until moving to Mt. Vernon this summer. During the past 17 years, Dan and Nyree's love for road trips, sailing and boats has taken them throughout the United States, Bahamas, Caribbean, and Mexico.

Nyree has a background in arts and education and served as the Director of Arts Education at the Broadway Center for the Performing Arts. She is currently an account executive with BenComm Communications. Dan has a background in program management and finance. In 2008 he joined the State Department and deployed to Iraq as a senior advisor in economic development. Today, he is an assistant project director with the Logistics Modernization Program, an Enterprise Resource Planning project at the DoD/Army.

We are excited to welcome them to the club!

Time to Update Our Membership Process?

Submitted by Lauren Bazel

As you know from this month's Welcome Aboard article, we currently have room for seven new member families before we hit our cap of 230. More importantly, we know that despite our best efforts some families do resign, so there is a constant need to replenish our ranks.

Since becoming membership committee chairman last year, several members have approached me with suggestions for ways to update and improve our membership process, so I wondered whether there are other good ideas to be had. Are we doing enough? Is there a different, better way to recruit and vet prospective new members?

I would like to take an informal survey of all the members and collect thoughts anyone may have on this topic. Any comments sent to me (ldbazel@gmail.com) will be kept confidential, so please feel free to be candid. Also please be specific and constructive – suggest tangible improvements if you identify shortcomings. I would appreciate having comments in writing so I can keep track and quickly identify any areas that may urgently need to be addressed.

If there is sufficient momentum behind making changes, I will convene a membership committee meeting later this spring and compile a consensus package to present to the Board. We have been very successful over time in our recruiting of members and hope we can continue that winning streak; but even the best system can use a refresh, and now is as good a time as any to give this some serious thought.



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Bosun's Whistle from Page 1...

In fact, as a result of some budget savings we were able to take on a couple of additional and, much needed, projects around the Club. Most particularly, as you may have noticed, we recently completed the rebuild of the second floor entrance deck. Many thanks to Jim Hamrick for the design, materials selection and project oversight, and also to House Chair Don Basham and consultant Alexi Stavropoulos for their input and support in making the project possible.

We had hoped to complete the second additional project, rebuilding of our brick entrance gates, before the Christmas holiday; however, due to weather-related delays that project will now get underway about mid-January. With any luck we will be able to present our new face to the world shortly thereafter.

On the marina improvements front, as this month's Beacon is being written we have just received and are in the process of reviewing bids from prospective contractors on the proposed marina dredging project and have submitted our permitting application. Because the bidding submissions required various alternatives to the scope of work, there will be some period of analysis and negotiation before we will have final numbers to present to the membership. I am pleased to report, however, that it appears that the costs for deepening the marina basin and the adjoining Outer-W area will be approximately within the range that we originally contemplated. Our great appreciation goes to Jim Borches, Bill Gard and Jeff Kirkland for continuing to spirit this important measure along.

While our immediate dredging concern is our own marina area, as a part of our efforts we have undertaken the marina surveying and permitting, and have also requested separate bid submissions to include the entire canal area so that our neighbors, if they wish, can also participate in the benefits of deeper water access at their own expense. In early December we initially met with many of the canal neighbors to share our information on the project with them and to gauge their interest in participation. We will be continuing that dialogue as the numbers and the project develop. Hope to have more detailed information on the dredging initiative for presentation at the January membership meeting.

In the meanwhile, enjoy what's left of the Holiday season and get ready for great New Year. Believe it or not, Commissioning Day is only four months away.

From the House Guy

by Don Basham, House Chair



Well, we have the house in order, after all but the last yearly event. Many thanks to Jim Hamrick for the new 2nd floor "Fogged Window" replacement, and for the new deck on the 2nd floor side entry from the parking lot.

We have cleaned and secured the ice machines at the pool for the winter, and I have requested our Ice Machine Service Guy to keep a lookout for a high capacity ice machine at a reasonable cost. If the right match is found, we may get another large machine for use during the summer.

We still encounter lights burning when nobody is present in the club, and the blinds are not always being closed upon departure. I guess that is a never-ending dilemma that we will have to accept.

As always, if you see something that needs attention that I have missed, or if you have recommendations to improve on the quality of the House, please do not hesitate to contact me. I WILL take your comment under consideration.

YOGA AT MOUNT VERNON YACHT CLUB

By Mary Galloway



Yoga is a spiritual science of self-realization. It comes from India and goes back over five thousand of years. Yoga methods encompass the entire field of our existence including physical, emotional, mental, and spiritual. Its methods include ethical disciplines, physical postures, and breath control as well as meditation. While all yoga styles seek to balance the body, mind, and spirit, they go about it in various ways. The regular practice of physical poses (asanas), and breathing exercises (pranayama), makes the body strong, supple, and healthy. Anyone can do Yoga, no matter the body type or fitness level.

I principally teach Iyengar, with some introductory poses in the Viniyoga style: B.K.S. Iyengar developed this yoga style, which stresses understanding the body and how it works. Students focus on symmetry and alignment, using props like straps, blankets, blocks, or chairs to achieve the benefit of the postures. Viniyoga is a gentle form of flow yoga that places great emphasis on the breath and coordinating breath with movement. Viniyoga's flowing movement or vinyasa is performed at a greatly reduced pace and stress level.

We'd love for you to join our yoga class. All you need is a yoga mat and comfortable clothing. Class times are Tuesdays at 9AM and Fridays at 9AM. You can pay \$12 per class or pay monthly if you prefer. Schedules are handed out at the beginning of the month.



Power Fleet

By Alexi Stavropoulos

It's the beginning of a new year, and in a few months our boats will be back in the marina ready for another year of fun with family and friends on the water. Who says we have to wait for those few months to go by before we get together?



Let's kick off the new year with our annual frostbite at the point. This year's frostbite will be on the 28th -- save the date. In years past, we have had warm days, rainy days and frozen days. Who knows what the end of the month will bring; but one thing is for sure: it will bring out MVYC members dressed for whatever Old Man Winter has in store for us, and we will have a great time with good food, drinks and a raging fire at the point. There will be more information to come for this event.



In keeping with that theme, in an effort to stave off the winter blues, we should continue the fun with family and friends by going on an overland cruise. Tim's is currently closed for some much needed renovations. Why wait until the dog days of summer to see what Tim has done to his distinguished establishment? After being closed for a few weeks, I am sure Tim and his crew will be happy to see the bar and dining area full friends from MVYC. So, come rain, sleet or snow, let's get together for our annual overland cruise to Tim's on Saturday, February 11th.

Every year we meet and put together an events calendar for the up-and-coming boating season. I would like to invite all boaters, power, sail and even the single tooner (if he dares to show himself) to come to the meeting to discuss and come up with some fun events for 2012. I'd like to hold the events planning meeting at the clubhouse on Thursday, January 12, 2012 at 7:30 at the clubhouse. Hope to see you at the meeting and subsequently on the river.

Toon Fleet News

By Bart Hewitt, Little Olde Shorte Guy

This month there is a lot of Toon Fleet news. You might not think that is possible, given the fact that the entire MVYC Toon Fleet is up on blocks down Route 1 someplace. But think about it. Due to the immense popularity of Toons throughout the Earth, the Solar System, the Known Universe, and maybe even the unknown universe there certainly must exist an astrologically gigantic number of Toon Fleets. I mean, if astrologers can extrapolate, or exinterpolate, or exframmigate the existence of stars and planets and little green men like Alexi, they can certainly assume with scientific accuracy the existence of far-off Toons. That's how Republicans and Democrats and Presidential Candidates and Redskin Quarterbacks achieve their (many) successes. So don't sell Toons short. There are enough short things around already.



- When?** January 28th, 12:30 pm
- Where?** MVYC Point
- Why?** Eat, drink, enjoy winter
- Cost?** Adults \$15
Children \$8 (12-under)

U. S. Coast Guard Auxiliary Boating Safety Training Schedule

The final schedule for Coast Guard training has been released, and is as follows:

- January 7 and 21
- February 4 and 18
- March 3 and 17



Kids Christmas Central

By Dawne Ragland and Julie Thomas



Thank you to all.....Kids, Moms, Dads, Grandparents, Uncles, Aunts, Friends and Friends of Friends for coming to our annual Kids Christmas Party in December. We do believe it was the best turnout ever! We missed some familiar faces at the party, and welcomed many new ones.



"Thank you" to Pam Beggan, who led a choir of beautiful voices and percussion. I, personally, always look forward to watching the children gather 'round the Christmas tree to sing Christmas carols with Pam and her infectious smile. The children also enjoyed snacks, decorated holiday cookies and did crafts while patiently awaiting Santa's arrival. Thank you to Santa from everyone!! All of the children were so pleased with their gifts and seeing you, and I know they are spooled up for next Christmas, when you will come again.

Thank you to Santa's Helpers..... Elves, Captain and Body Guards. Santa could not have done it without you. Also a huge thanks to George Holthaus for capturing the event with his photography skills, and to Mary Galloway and her mini-helpers for providing the beautifully-decorated gingerbread-men cookies.



You'd think it was Thanksgiving all over again from the many "Thanks" I've mentioned. But seriously, without our kids we couldn't call it a Kids Christmas party. Without parents we wouldn't have kids, without grandparents we wouldn't have parents or kids or uncles or aunts, and without friends we wouldn't have friends of friends. So thanks to all in making this wonderful occasion a success! What a great kick-off it was to the holiday season. Happy New Year and only Great Wishes for 2012!!



Holiday Party Photos
courtesy of George Holthaus





January 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 9 am Yoga Class	4	5 8:30 am Yacht Haven Garden Club 8 pm Membership Mtg	6 9 am Yoga Class 7:30 pm TGIF	7
8	9 AM Closed for Cleaning 7:30pm Social Cmte Mtg	10 9 am Yoga Class	11	12 7:30 pm Power Fleet Planning Mtg	13 9 am Yoga Class 7:30 pm TGIF	14
15	16 AM Closed for Cleaning 7:30 pm MVYC Board Mtg	17 9 am Yoga Class	18	19 7:30 pm Coast Guard Auxiliary Mtg	20 9 am Yoga Class 7:30 pm TGIF	21
22	23 AM Closed for Cleaning	24 9 am Yoga Class	25	26	27 9 am Yoga Class 7:30 pm TGIF	28 12:30 pm Annual MVYC Frostbite BBQ 
29	30 AM Closed for Cleaning	31 9 am Yoga Class				

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 8:30 am Yacht Haven Garden Club 8 pm Membership Mtg	3 9 am Yoga Class 7:30 pm TGIF	4
5	6 AM Closed for Cleaning	7 9 am Yoga Class	8	9	10 9 am Yoga Class 7:30 pm TGIF	11 12pm Overland Cruise to Tim's Rivershore 
12	13 AM Closed for Cleaning 7:30pm Social Cmte Mtg	14 9 am Yoga Class 	15	16 7:30 pm Coast Guard Auxiliary Mtg	17 9 am Yoga Class 7:30 pm TGIF	18
19	20 AM Closed for Cleaning 7:30 pm MVYC Board Mtg	21 9 am Yoga Class	22	23	24 9 am Yoga Class 7:30 pm TGIF	25
26	27 AM Closed for Cleaning	28 9 am Yoga Class	29 	<h1>It's Leap Year!</h1>		



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