



The Bosun's Whistle

Submitted by
Bill Gard, Commodore

Distinguished Volunteer

The Mount Vernon Yacht Club Board of Trustees has recognized Don Basham with its Distinguished Volunteer award. Don started his volunteer efforts several years ago by repairing a number of pieces of furniture around the clubhouse. For the last two summers Don has single-handedly repaired many of the picnic benches on the grounds and has refinished most of them. He has fixed the ice machine in the bar room and he even resurrected an old, discarded ice maker and got it working again. Don took over hosting TGIFs when Joan Jones was disabled and continues to consistently contribute to the TGIF experience. He's served on security committees, presenting a risk assessment report to the Board last March and the Security Committee's report to the MVYC Membership last May. Don has donated security equipment, and he provides security services to the club whenever asked. In addition, Don has been active in the Wounded Warrior picnics for the last few years and took the lead in organizing boat rides for the soldiers and their families. Don is also an Oktoberfest party volunteer.

You'll find Don's biography elsewhere in this issue of The BEACON, as he has volunteered to serve on the board, and was nominated as a Director by the search committee. You have to be careful around Don, though. If you start musing out loud about something that needs doing around the club, Don will have it done before you can finish your thought.

continued on Page 7...



Introducing the Candidates for the 2011 MVYC Board of Trustees...

The Nominating Committee is proud to nominate the following slate of candidates for the 2011 Mount Vernon Yacht Club Board of Trustees (in alphabetical order):



Candidate for Director, Don Basham

Don has been instrumental in keeping the picnic tables for the Grounds Committee in shape and ready for use by all members. He has repaired many tables and provided the necessary preservatives to keep them in good condition. Don also provided a needed Risk Assessment, pro bono, during times of security concerns, that could have cost the club several thousand dollars. His recommendations were considered and many were incorporated into the security budget that is now being instituted. He has also provided skills in keeping the house in good condition, such as repair of the entrance stair railings and repair of the second floor outdoor chairs, which would have required replacement had they not been repaired. He assisted the House Chair in recent coordination of repairs of the second floor ice machine, and got the machine back in operation, as well as ensuring maintenance was performed on the other two ice machines. Don has assisted in many MVYC functions, such as coordinating rides for Wounded Warriors for the last two Wounded Warrior events. He has volunteered and assisted in the setup of tents for the past two Commissioning Days, and also assisted in the takedown of tents and restoration of grounds. He assisted the TGIF Chair when called upon to set up and provide the required logistics for the TGIFs during a recent illness of the TGIF Chairperson.

Candidate for Director, Lauren Bazel

Lauren and her husband, Chris, have been members of the club since June, 2004. When they first walked in to the Cinco de Mayo TGIF that year, they knew they were hooked. Without a boat, at first, they jumped in to join the club's social events. They have hosted theme TGIF's, served on the Commissioning Day, Oktoberfest, New Year's Eve, Mardi Gras and and Newcomers party committees. Lauren was also a member of the planning committee for the club's 50th anniversary celebration. They joined the marina ranks in 2006, and became regular "A" dock fixtures on their boat, Naut-A-Care. They are regular attendees at power fleet events, and have taken their annual turn as gas dock attendants. Chris has contributed his talents as a former associate editor of the Beacon. Lauren continues to be an active participant on the Social Committee, the Nominating Committee, and the Membership committee, which interviews and welcomes our new members. Lauren is currently the Associate Director of Government Affairs at the Center for American Progress, a progressive policy think tank, and the proud owner of Lucky, a feisty, two-year old Jack Russell Terrier.



continued on Page 2...



MVYC mourns our friend the Ron Jones and extends love and sympathy to Joan and their family.

Board Candidates from Page 1...

Candidate for Director, Clay Collier

Clay and his wife, Jennifer, joined MVYC in 2005 after moving to Mount Vernon from Collingwood with their children: Nick, a former Marine who served in Afghanistan, Jonathan, Catherine, a sophomore at Sweet Briar College, Robert, a freshman at Catholic University and Chip, who attends Riverside Elementary School. Clay's favorite place to be is on the water, and although he is a sailor at heart, he currently takes the family out on their 26 ft. Bayliner, Coll'yer Mama!, as often as possible. Clay and Jennifer have chaired the annual Newcomers' Party for the past 3 years. They have also participated in Oktoberfest, the Children's Halloween Party, an occasional TGIF, Spring and Fall clean-ups, and served on the Membership Committee. Currently a Senior Vice President with the Cable and Telecommunications Association for Marketing, Clay previously worked as Vice President of Research and Program Development for Discovery Networks, and in the grocery and private label industry as Director of Marketing and Research. Clay and Jennifer both feel that the club and its members have done so much for their family that it is time to give more back to the club and look forward to serving.



Candidate for Vice Commodore , Jerry Gray

Jerry and his wife, Petra, joined MVYC in 2004 and are active participants in club social activities and power fleet events. Having served on the MVYC Board as Director 2005-2007, Jerry chaired the Security Committee in 2006, and co-chaired the Marina Committee in 2007. Jerry served as Rear Commodore in 2009-10, also serving as Marina chair, and has been responsible for the Gas Dock operation for three years. He has been closely involved with the update of the access system and the cable and phone systems. This past year Jerry lead the installation of a wi-fi Ethernet system that serves the entire club property. Jerry, Petra and daughter Alexandra relocated from the Del Ray neighborhood to Mt. Vernon in June 2005 and now reside in Woodland Park. Owners of a 36-ft Carver, the Alex J III, and a 17ft Boston Whaler, the Grays spend a lot of time on the water. Jerry is a 6-year veteran of the Marine Corps and has been with The Washington Post for 28 years where he is a Director in the IT department. Jerry's hobbies include bicycling and boating.



Candidate for Secretary - Lu Anne Dawson Kirkland

My husband, Jeff, and I have been members of MVYC for four years and can be seen moving at very high speeds on our Yamaha Jet Boat out on the Potomac. I lived in Waynewood as a Navy Brat with my family from 1964 forward, graduated from Fort Hunt High School, and later Strayer College with a degree in Court and Conference Reporting. Since that time I have used my crafty Stenograph shorthand machine (you've seen it on those court TV shows) and computer software to report and transcribe loads of proceedings including: White House Press Corps briefings (Reagan & Carter), various United States Senate Committee meetings – even went to Three Mile Island. I met Jeff at Belle Haven Marina In the nineties and we jointed hands and ended up just off the GW Parkway on Riverside Road, aka Slave Quarters Building # 41 on the River Farm, Mt. Vernon Estate. I have participated in the Wounded Warriors events (Caesar salad queen), Grounds Spring Clean-Up and have been a member of the Mardi Gras Committee with a talented team of decorators and blendmasters. I would be honored to serve at proceedings at the Club. I am also a part-time cat trainer, which may just come in handy!



continued on Page 4...

The BEACON

PUBLISHED MONTHLY BY
THE MOUNT VERNON YACHT CLUB
4817 TARPON LANE
ALEXANDRIA, VA 22309

BILL GARD, COMMODORE

BEACON STAFF

Editor: Bart Hewitt
Asst Editor: Blair Beggan
Asst Editor: Chris Lewis
Photographer: George Holthaus
Photographer: Russell Poe
Circulation: Delong Litho

BEACON EDITOR

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

All Club members may submit articles, letters and notices for editorial review and possible publication. Submission by e-mail or compact disc is encouraged.

© COPYRIGHT 2010

MOUNT VERNON YACHT CLUB
ALL RIGHTS RESERVED.

Cover artwork by Don Cannavaro

Deadline for Next Issue:
15th of the month

Beacon@MountVernonYachtClub.com

Upcoming Meetings...



Membership Meetings

October 7
November 4
at 7:30 pm
1st Thur of the month

Board Meetings

October 18
November 15
at 7:30 pm
3rd Mon of the month

Social Committee Meetings

October 11
November 8
at 7:30 pm
2nd Mon of the month



Social Committee Report

Contributed by Amy Walker, Social Chair

A fellow Yacht Club friend called me mid-summer and said, "Let's take the girls to see the Jonas Brothers at Nissan Pavilion." I VERY reluctantly agreed. We got there with no problems. As we wait for the opening act to start, the skies released the rain that falls sideways for 20 minutes. (Yes, we had lawn seats.) Due to our less-than-efficient rain-wear, we got soaked to the bone. I hoped I could salvage my flooded leather shoes. After 1.5 hrs of brainwashing by the Disney Corporation, the Jonas Brothers finally took to the stage. It started to rain AGAIN. Believe it or not, they put on an excellent show, and even did a rendition of a Beatles song. The girls were bouncing around, singing, giggling and having a grand time, as was I. Our own little preteen Woodstock in Virginia!

So where am I going with this story? Sometimes we reluctantly agree to do things and end up having a great time. There are many opportunities to host an event and /or attend a party that you may find are more fun than you thought. Grab your best bud at the club and host a themed TGIF, or sign up for a party setup. It is a great way to meet people and get to know the ins and outs of the club. I have received updated volunteer lists, so you will probably be called upon. We have some great opportunities for you in the the near future. Hope to see you and your smile there!

Upcoming Events: Oct 24 : Kid's Halloween Party/ Poyster fest: A family fun event that kicks off at 2pm with the kids party and followed by the Oyster Roast at 4pm. Oysters, burgers, hot dogs, beer and sides for \$15. Kids enter for free. We do need shuckers and grillers.

Oct 29: Halloween theme TGIF, hosted by the O'Keefes. Wear a costume and take on a new personality!

Oct 31: Jazz Brunch with MVYC's Cold Fusion. 10 am.

Nov 13: Commodore's Ball: you will be receiving a formal invitation in the mail. A great opportunity to dress up, enjoy some cocktails, fine food, dancing and you don't have to clean up.

Dec 11: Adult holiday party - more info to follow.

Dec 12: Kid's holiday party - more info to follow.

As I write this article, the **Oktoberfest** party has not happened. Thanks in advance to Peter Esser, Stephan Tahmassebi and their crew. The party always produces good stories.

Thanks to Petra Gray for hosting a last-minute kids' movie night on the point. We tried to contact as many families as possible in 6 hrs. My apologies if we missed you. We will try to plan those events better. As always, you can contact me at 703-780-8904 or via email deewalk11@verizon.net.

If you would like to host a TGIF please contact Joan Jones at NCCNL@aol.com.

Peace, Amy Walker

P.S. I was able to salvage my leather shoes. Traci N.- thanks for dragging me to the show.



SUNDAY JAZZ BRUNCH AT THE YACHT CLUB

Featuring the Cold Fusion Jazz Quartet

Sunday, October 31 @ 11am-2pm

\$15.00/person

Bring the whole family and join many of your fellow members on Sunday, October 31 at 11 AM for a wonderful brunch and a chance to hear Mount Vernon Yacht Club's own hot jazz combo -- the Cold Fusion Jazz Quartet. The Omelette Man will prepare individual made-to-order omelettes, French toast, assorted fresh baked bagels, a beautiful fresh fruit display...and more. A Bloody Mary and Mimosa bar will also be available. Raffle tickets will be provided to attendees for a 3-night mountain get-away for 8 people...must be present to win!

Please RSVP by October 22. Make checks payable to MVYC and mail to:

Mary McGowan
9420 Forest Haven Drive
Alexandria, VA 22309



Save the Date!

2010 Commodore's Ball

Saturday, November 13, 2010
Mount Vernon Country Club

Cocktails start at 6pm

Dinner and dancing
to follow

Look for your invitation
in the mail



Board Candidates from Page 2...

Candidate For Director - Stuart Matthews

Stuart was born in London, England at a very early age. He came to the USA with his wife Kaye in 1974 to set up the US subsidiary company of a major European aircraft manufacturer. He ran that organization for 20 years and during that time was successful in selling a large number of commercial jet and turboprop airliners to major US airlines - over 300 aircraft worth over \$5 Billion. Subsequently he ran a major international non-profit organization related to aviation safety, from which he retired some years ago after 53 years in the aviation industry. Apart from receiving numerous industry and international honours, in 1974 he was knighted by the Queen of the Netherlands for his services to aviation, so when he is called "Sir Stuart", (or his wife is called "Lady Kaye"), it is for real.



For many years Stuart and Kaye lived next to MVYC in the Mt. Vernon on the Potomac sub-division. However, the advantages of downsizing into one level living appealed and three years ago they moved to a high rise apartment in Crystal City overlooking the airport, the river and the whole of Washington. They joined MVYC in August, 1981. At that time they were on their second power boat, a 24 ft cuddy cabin which, being left out in the rain over the years, swelled up into a 43ft motor yacht. However, in line with downsizing their home, they also dispensed with their floating condominium and now have a perfectly adequate 30ft express cruiser which floats in a slip on B Dock and keeps them very much in boating.

During their time at MVYC, Stuart and Kaye have been very active members, serving on numerous committees and arranging or participating in many social parties. Over the years Stuart has been particularly involved in the Commissioning Day ceremonies, which he has organized and run on at least 12 occasions. He was the first to invite the US Coast Guard Honour Guard and Silent Drill Team to MVYC and their display is now an annual event. Together with Kaye, he has hosted many TGIF gatherings and it was he who initiated the practice of combining them with special events or major milestone birthdays.

Stuart was MVYC Power Fleet Captain for some 17 years during which time he organized and led numerous annual ten-day MVYC Power Fleet cruises around the Chesapeake Bay. In those days, MVYC was known for its large cruise fleets with as many as 15 boats that, when underway in line astern, would stretch for over two miles and take 15 minutes to pass by. As Power Fleet Captain, to liven up the winter months, it was Stuart who initiated the annual "Overland Cruise" and "Frost Bite BBQ" parties, both of which are now an integral part of the club's social calendar.

He was Chairman of the Club Member Group that re-established the MVYC Charter in 1995 and he was the person primarily responsible for revising and rewriting the Club By-laws in use today.

Stuart has served on the MVYC Board previously for several years and was Commodore for two years. During this time he oversaw a major refurbishment of the pool and, most importantly, the start of the MVYC club house rebuilding project that, after three years, culminated in our present outstanding facility. Official Club positions that Stuart has held are:

- Fleet Captain 1985 - 2002;
- Commodore 1996 - 1998
- Vice Commodore 1994 - 1996;
- Participant (and frequently Chairman) of too many committees to enumerate.

In the interests of full disclosure, it should be mentioned that while a MVYC member, Stuart has had one major failure. Regrettably, and despite all of his persistent and valiant efforts over the years, he still has not been successful in changing the accents of other MVYC members that would enable them all to speak proper English.

In standing for the Board for the coming year, Stuart believes that his long involvement with the club will help it to draw on past experience as well providing valuable insight and continuity. He will continue to work to ensure that MVYC's boating activities are conducted safely. For this, his own boating experience, combined with his aviation safety background, is very relevant. Finally, he feels that his extensive national and international business background will be a useful asset for the club's normal corporate operations.

Candidate For Rear Commodore - Jack Sanders

Jack and Brenda Sanders, members since 1997, live in Yacht Haven and enjoy boating on a 24' Sea Ray as well as taking weekend trips in their camper. Jack is on the MVYC board, with responsibility for grounds. He has served on several club committees, including Pool, Commissioning Day, Nominating, St. Patrick's Party and New Member Party. Jack is a past president of the Sycamore Island Club, an organization founded in 1885 on two five-acre islands in the Potomac near Little Falls. He continues on the board there and also volunteers at a local grief support organization. Professionally, Jack has been a college professor and administrator and currently spends most of his time as executive director of an association of universities with advanced geospatial research labs.



continued on Page 5...

MVYC OKTOBERFEST PARTY

THAT'S RIGHT VÖLKS!

IT'S TIME FOR ANOTHER
OOMPAH-PALOOZA at MVYC!
SO SAVE THE DATE!

SATURDAY OCTOBER 2ND
7PM TIL MIDNIGHT

COME CELEBRATE WITH SOME
GÜT GERMAN FOOD, BEER and MUSIC

More details to come.
So check
your email and flyers
for more info.

PROST!



Bosun's Whistle from Page 1...

Please join me and the Board in thanking Don for his contributions to the Mount Vernon Yacht Club.

Volunteer Opportunities

There will be plenty of volunteer opportunities for members to help with club activities in the upcoming months. In addition to the fall cleanup in mid-October, please see Director Amy Walker's Social Committee article in this issue of The BEACON and find something on her social calendar that you would like to be involved in.

MVYC Leukemia Cup Participation

My previous Bosun's Whistle talked about last month's Distinguished Volunteer, John Leary, participating in the annual Leukemia Cup Regatta, held this year September 10-12. I am happy to report that Team Aphrodite (John's team) won the Leukemia Cup, which is awarded to the team that raises the most funds for Leukemia research. Three of the top 10 individual fundraisers were members of Team Aphrodite, and results of the sailboat races put Aphrodite (John's boat) in 4th place out of 10 boats in its class, while Windwatch (Doug Borden's boat) was 5th out of 10 boats in its class. Ann and Des Wassell, their son Steve, and John's wife Andrea Steierman are also members of Team Aphrodite and contributed to the success of the fundraising and the race.

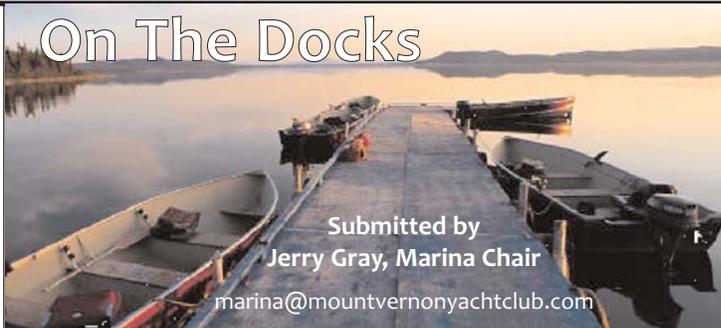
Security

We've put some final touches on the parking lot entrance and exit gates. The fourteen-foot wide span of the gates left them vulnerable to being pried open to let people slip inside the secured area. Security Director Jack O'Malley recently had magnetic locks installed on the gates that now prevent anyone from prying them open. When a member presents a valid card at the entrance gate, or someone exits the parking lot, the magnet lock on the respective gate will release and the gate will open. In case of power failure, the magnetic locks fail in the open position, and the secured gates now give us a good sense of security.

Toon Fleet News

Contributed by Bart, Evelyn and Misty Hewitt

The Toon Fleet raftup a couple weeks ago was a huge success. It was somewhat unique, in that there was only one Toon in the raft up. That is because there is only one Toon in the fleet. That is because the other Toon (aka "The Basham Toon") seems to have mysteriously disappeared. Don says he thinks it is downriver someplace. But when you think about it, I mean, why not a single-Toon raft up? After all, a Toon IS a raft. It's a raft that is also a boat; or, if you prefer, a boat that is also a raft. Anyway, once a Toon drops anchor, you have a raft up. The Toon Fleet plans to have several raft ups per week for the rest of the season. To join the Toon Fleet, (1) acquire a Toon, then (2) call Bart, Evelyn or Misty.



Submitted by
Jerry Gray, Marina Chair
marina@mountvernonyachtclub.com

As we enter the fall season the marina activity remains high. Favorable weather has allowed members to enjoy their boats nearly every weekend so far. Weather wise it's been hot, and we are still in hurricane season. We had a near miss with hurricane "Earl" in early September, and storms continue to form in the Atlantic. If a hurricane approaches the eastern seaboard, review the information on the Boat US website: <http://www.boatus.com/hurricanes/> to ensure that you are doing everything possible to protect your boat and others around you.

I will be looking for volunteers to help remove growth from the bulkheads and docks. The tides wash up seeds and nourish weeds that take hold in and around the bulkheads and docks. If you are interested in helping out let me know and we can pick a day to sweep the area. If you see growth around your slip remove it before it gets too embedded.

The Gas Dock will remain open through the weekend of October 23 -24 and we will schedule a special date for those that want to gas up prior to winterization. 

Nautical term of the month: Port and starboard

Port and starboard are shipboard terms for left and right, respectively. Confusing those two could cause a ship wreck. In Old England, the starboard was the steering paddle or rudder, and ships were always steered from the right side on the back of the vessel. Larboard referred to the left side, the side on which the ship was loaded. So how did larboard become port? Shouted over the noise of the wind and the waves, larboard and starboard sounded too much alike. The word port means the opening in the "left" side of the ship from which cargo was unloaded. Sailors eventually started using the term to refer to that side of the ship. Use of the term "port" was officially adopted by the U.S. Navy by General Order, 18 February 1846.

Valuable Information On BoatTEST.com

Contributed by Stuart Matthews

Stuart Matthews recently viewed the 2009 USCG Annual Accident Report 08/25/2010 - News page on BoatTEST.com, and thought you might be interested to review the information. This is a good article that may help save a life. Please click on the link below to view the page.

http://www.boattest.com/Resources/view_news.aspx?NewsID=4257

Board Candidates from Page 4...



Candidate For Treasurer - Alexi Stavropoulos

Alexi and his wife Christine joined MVYC in the spring of 2004. They have lived in Hollin Hall since 1993. Alexi is co-owner of Canal Group Builders. In 2005, Alexi volunteered many hours rebuilding C & D docks in the marina. He also served as committee boat for the sail fleet. In 2006, Alexi was elected to the Board of Trustees. In his first year as Director, he was the House Chair. At that time, he was able to take care of various projects for the clubhouse including the additional storage shed. Other projects he was involved with were the rebuilding of A & B docks as well as outer W. In 2007 as Director, he was the Marina Co-chair. During that time, he was involved with various marina projects including the rebuilding of several finger piers on inner W and updating the gas pump and fuel hose reel.

This past year, Alexi volunteered and was then selected to be the Power Fleet Captain. To date, as PFC, he has enjoyed keeping the traditions that his predecessors had established, and has also added some new events that continue to bring the Power Fleet and all members of the club together for some good times. Alexi enjoys assisting in various projects as well as events throughout the club, including Power Fleet, TGIFs, clean up day, swim team and the Fourth of July pool party. One event in particular that he has enjoyed for the past three years is being Captain of the boat that brings Santa Claus into the lagoon for the children's Christmas party. Alexi can be found at the club on weekends enjoying friends and boating and is always willing to lend a helping hand. Alexi, his wife Christine and daughter Zoe love power boating, and thoroughly enjoy many raft-ups and cruises. They can be found on the Potomac River on their boat Triada.

Candidate for Commodore - Ron Reinsel

Ron and his wife, Claudia, are original Mount Vernon area natives. They joined MVYC in early 2005 and jumped right into the swing of Club activities. Almost immediately after joining, Ron became a hammer-swinging volunteer on the reconstruction of C and D docks, and since then has been involved in most all of the Club's social and volunteer functions, including annual Commissioning Days, New Member Parties, Clean Up Days, an active hand in a multitude of the Club's construction and maintenance projects, a Master Oyster Shucker for a number of events on the Point, and a regular at Friday night TGIFs. For the Club's 50th Anniversary celebration, Ron originated, designed and spearheaded the sales of our Commemorative Burgee, that symbolized the celebration of the Club's first half century, and whose proceeds helped fund the 50th Anniversary party. Ron also serves as the designated bard of MVYC's annual Sock Burning Festivity that marks both the spring equinox and the semi-official beginning of the Club's preparations for the boating year.



Ron is now completing his second year as Vice Commodore. In 2007-2008, Ron also served a two year term as a member of the Board of Directors. During his tenure on the Board, Ron has served as the Chair of the House Committee, two years as the Co-Chair of the Marina Committee, and is the current Chair of the Membership Committee. He has also worked extensively on liability and insurance matters for the Club.

Ron is a partner in a D.C. law firm, and for the past thirty years has served on its board. He is currently the Vice President of the Claude McDonald Foundation, a non-profit corporation that owns and operates a youth camp in the foothills of the Blue Ridge Mountains. However, when time and tide permit, Ron and Claudia would much rather be sailing their Catalina 25, Hoo's Here.



ART SHOW COMING TO MVYC

An Art Show is being planned for next year, in February or March. So all of you artists out there - now is the time to get started on your projects. Further details will be made available soon. For more info, contact Madeline O'Malley, Carol Hamrick, or Jerri Pogue.



Calling All Club Members!

Fall Grounds Clean-Up Day
Saturday, October 16th
9 am until til Noon

Bring your gloves and tools!

Upcoming Halloween Events at MVYC!



HALLOWEEN TGIF

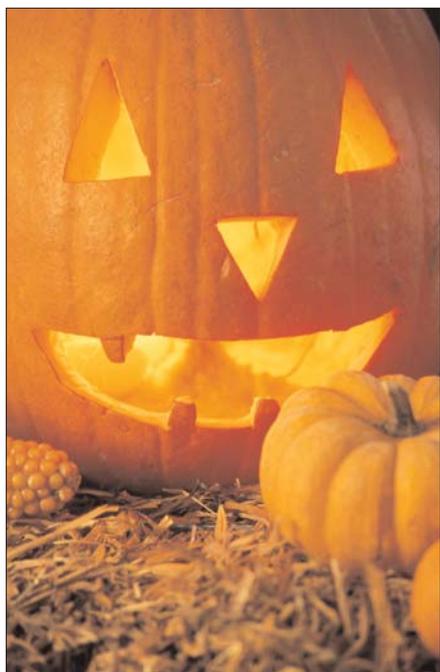
FRIDAY OCTOBER 29TH

JOIN YOUR FELLOW MYVC GHOSTS AND GOBLINS
FOR A HOWLING GOOD TIME

BRING A GOULISH GOOD DISH TO SHARE

COSTUMES HIGHLY ENCOURAGED

HOSTED BY DAN AND CHRIS O'KEEFE



HALLOWEEN FESTIVAL AND OYSTER ROAST

The Halloween Festival is Sunday October 24, 2010 2pm-4pm, immediately followed by the Oyster Roast, 4pm-whenever the beer and oysters run out!

Halloween Festival menu includes: hot dogs and hamburgers, caramel apples, popcorn balls, hot cocoa.



Activities include pumpkin painting (BYOPumpkin), costume parade, bobbing for apples, fear factor table, 3 legged sack races, hanging donut race, and any other games I can think of between now and then.

The Oyster Roast will be accompanied with great sides this year, as well as the burgers and dogs.

Anyone interested in volunteering please contact Jeannine Simmons or Russell Poe.



October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10 am Cold Fusion Concert 31				8:30 am Yacht Haven Garden Club 8 pm Membership Mtg	1 9 am Yoga Class TGIF Cancelled	2 7 pm Oktoberfest 
3	4 AM Closed for Cleaning	5 9 am Yoga Class	6	7 8:30 am Yacht Haven Garden Club 8 pm Membership Mtg	8 7:30 pm TGIF	9
10	11 AM Closed for Cleaning 7:30 pm Social Cmte Mtg	12 9 am Yoga Class	13	14	15 9 am Yoga Class 7:30 pm TGIF	16 9 am - Noon Fall Grounds Clean-Up Day 
17	18 AM Closed for Cleaning 7:30 pm MVYC Board Mtg	19 9 am Yoga Class	20	21 7:30 pm Coast Guard Auxiliary Mtg	22 9 am Yoga Class 7:30 pm TGIF	23
24 Kids Halloween Party and Annual Poyster Roast	25 AM Closed for Cleaning	26 9 am Yoga Class	27	28	29 9 am Yoga Class 7:30 pm Halloween TGIF	30



November 2010



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



THE MOUNT VERNON YACHT CLUB
4817 TARPON LANE
ALEXANDRIA, VIRGINIA 22309

MOUNT VERNON YACHT CLUB YOGA CLASSES

TUESDAY AND FRIDAY MORNINGS
9:00am – 10:15am



Monthly Cost for October:

Tuesdays (4 classes): \$48.00

Fridays (4 classes): \$48.00

Both Days (8 classes): \$96.00

OCTOBER SCHEDULE

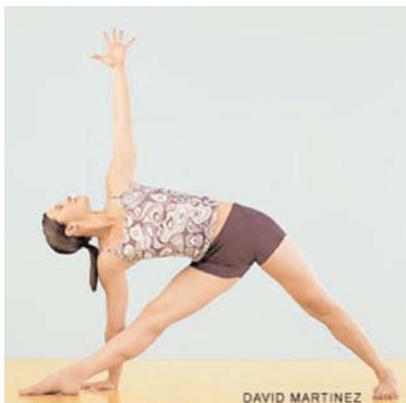
TUESDAYS:

October 5, 12, 19, 26

FRIDAYS:

October 1, 15, 22, 29

(No class October 8)



Ed Saul, BA, JD, RYT, Registered Yoga Teacher
703.472.0111 (Cell/Text)

ed4yoga@cox.net