



MARCH 2015 VOLUME 55 ~ ISSUE 03

Commodore: Dave Wardlow  
Editor: Liz Campbell  
Asst: Frank & Sharon Sullivan  
Asst: Pat Korecky

# Channel Islands Yacht Club

CIYC is located at Lat. 34° 09' 48.9" N; Long. 119° 13' 35.6" W  
4100 Harbor Blvd., Oxnard, CA 93035.  
Phone (805) 985-2492

## *Currents*

published monthly



SCYA MIDWINTER REGATTA  
February 21 & 22



## Message From The Commodore Dave Wardlow



Well, we are off and running. Congrats to Jack Borkowski and his crew for doing Super Bowl. The food was great, the turnout was outstanding and the game was amazing. Barbara and Joyce did it again, another successful Valentines Day Social. These events are in sync with my three P's motto for this year. "Plan, Promote and Participate" are key to having a successful turnout. We can make a profit when attendance is high; and it's worth the effort for those volunteering their time and expertise.

Now that it is March, it is time once again to get our club ship-shape for Opening Day. So, watch for the ship-shape dates and come help make our facilities shine.

I hope by the time your read this, the news will be that we have our lease and we can then move forward. Look forward to seeing you all soon.

Happy Trails and Safe Sailing.

Dave Wardlow

Super Bowl Sunday  
February 1







## Message From The Vice-Commodore Vidar Bech



**What a Month - Super Bowl-Super Party-Super Food-Super Game.** What more is there to say?

**Barbara Brauns** and **Jack Borkowsky**: sure know how to put together an EVENT and let's not forget all the people that put the delicious food together. **Sheldon and Nancy Berger, Joyce and Gary Johnson, Elyse Gonnello, Les Hardwick, Bunni DiResto, Harry Krum, Jim Lee, Joyce Sheridan, Barbara and Jack.**

**Valentine's Dinner Social** organized by **Barbara Brauns** and **Joyce Sheridan**. A Party with Love and Affection as the main ingredient; sit down dinner with 110 people in attendance. Unfortunately, more members and guests wanted to come but with space limitations and food planning, it had to be cut at 110.

**Jim Carlson** stepped in at the last minute and with his crew of **Carol Lazzarevich, Olga Siefke** and a few more, they made a fantastic dinner. **Bill Crier**, (the Judge) was leading the program of separating the "Legals" and those that "Live in Sin" as he put it. It was a great evening with our favorite dance music by **Susan Ray**.

Since we are mentioning members that step up and cook, let us not forget this month's Wednesday night cooks. **Karen Farrell** (2 Wednesdays in a row) that bailed us out, with the help of **Mike, Marnie, Jim Lee** and me (unbelievable), **Bob Ridenour** and **Jairo Mazariegos, Jim Carlson**(again), **Bill Brayton** and **Cindy Arosteguy** and their respective crews.

**WE NOW HAVE A WEDNESDAY NIGHT DINNER SIGN-UP BOARD FOR COOKS ON THE KITCHEN DOOR DOWNSTAIRS, PLEASE SIGN UP.**

We also had a concert by the Ventura British Brass, arranged by **Frank Sullivan**, Let us not forget our Bartenders **Cecile and Lynda**; they sure step up when needed. If I have forgotten somebody, please forgive me. **MARCH CALENDAR**: Please look for Frank's Weekly announcements, watch the Bulletin board for upcoming events, and Please Support Our Club.

**SHIP-SHAPE SATURDAYS** will be coming up more frequently before OPENING DAY, APRIL 12, so please be ready to help. We need our Club to look its best again this year.

**TOOLS**: I have done a little work around the club and I am surprised at how little tools are in the Tool shed and some of them are old and rusty. If some of you have usable tools you no longer need or are duplicates, it would be nice if you could donate them to the Club. Please let Bill Crier, Jerry Wood or me know, or simply bring them to the Club. It would be greatly appreciated and save the Club the expense of having to buy new ones.

**Until next time,**

**Vidar VC**





## Message From The Rear-Commodore Jim Lovins



The Mid-Winters will begin the day after the deadline for the March edition of Currents. The results of the two-day event will be announced the evening of February 22. I want to thank all who participated in the race, setting up the club and hosting all of the racers.

Other News: **February 14 – Spring Series #1 took place.** The club was represented by Bill Brayton and crew on *Maverick*. By mid-race, with no wind and the direction of the current, the boat was only making a speedy 2 knots. Race day became practice day.

### Sailing News:

- ♦ March 1 – Opening day Santa Barbara Yacht Club
- ♦ March 7 – Spring Series #2
- ♦ March 11 – Wet Wednesday begins. All members are invited to participate
- ♦ March 14 – St. Patrick's Regatta
- ♦ March 15 – TGIS Winter Series #4
- ♦ March 21 – Spring Series #3 in addition Regatta one design
- ♦ March 22 – Spring Regatta (PHRF)
- ♦ March 28 – Pac COR Cup #1 (McCune Distance Race)

This is a lot of information regarding racing. Further information can be found in the **AS-BCYC Sail Race Calendar**. All CIYC members are encouraged to participate.

And don't forget the **Whale Watching Cruise on March 22**. Meet at GINA at 11am and then back to the clubhouse at 2pm for stories, tacos and chocolate chip cookies.



# Anglers' Corner - March 2015

*By Frank Sullivan*



## Fishing Report:

So far, the big fish for February is the fish that Joyce Johnson caught, off Santa Cruz Island on 2/7/15, it was a 15lb. Halibut. Gary managed to gaff his foot in the process. He had left the gaff in the halibut to make sure it wouldn't travel far, flipping around the deck. His bat was inside the cabin and he was baiting a hook with a live squid when the Halibut started flopping next to him. He went to subdue the fish by stepping on its head when the fish jerked and the gaff went through the bottom of his shoe and out through the side of his foot. The moral of the story is to be prepared, have the equipment you need at hand, and realize that we are dealing with wild animals and sharp instruments.

## WSB grow out pen update:

We have completed a retagging and recount of the fish in the pens. We have 7634 fish left out of the original 8014 that were delivered, only a 4.7% loss! We had a small die off of some fish with a condition called bubble eye. I understand that this is not a contagious disease, but a condition called Gas Super Saturation and shows up in some of the populations. Thanks to those who helped with the count.



Joyce Johnson  
with 15 lb Halibut

## Island Style Halibut Recipe:

1 box light brown sugar, Kikkoman soy sauce, fresh ground ginger, fresh smashed garlic, 1/3 jar orange honey.

Mix the glaze, working the sugar and honey into the soy liquid. Add ginger and garlic, lots and lots. Let fish soak in solution for four hours for B.B.Q. or 24 hours for smoking!

B.B.Q. with hot fire, to sear in juices and flavor. Add freshly ground macadamia nuts to sprinkle on top. Serve with fresh garlic bread, steamed asparagus, and twice-baked cheese potatoes. Now I'm hungry, time to go catch a flattie.

## Upcoming events:

March 7 <sup>th</sup>	Anglers' Lobster Dinner
May 17 <sup>th</sup>	Ladies' Fishing Tournament
June 7 <sup>th</sup>	Men's Fishing Tournament
September 11 <sup>th</sup>	Channel Islands Bill Fish Tourney Kickoff Dinner
September 12 <sup>th</sup> to 16 <sup>th</sup>	Channel Islands Bill Fish Tournament
September 18 <sup>th</sup>	Channel Islands Bill Fish Tourney Awards Dinner
November 21 <sup>nd</sup>	Anglers' Awards Scampi Dinner



## Message From First Mate Pam Nast

Greeting CIYC Members and Channel Islanders,

As of today, 2/16/2015, we have 41 Islander Members! Of course, we hope to have more members, but this is a terrific start!

March 19<sup>th</sup>, 2015, is our ISLANDERS ANNIVERSARY DINNER! All CIYC members are invited ... a wonderful, delectable menu is planned. Mark your calendars! We hope to see all our Islanders in attendance.

Our next proposed outing with Primrose Excursions is SANTA BARBARA CULINARY SCHOOL on March 12<sup>th</sup>, 2015 from 9:30 a.m. – 6:30 p.m. Enjoy a gourmet luncheon at the Santa Barbara City College Culinary School before the bus drops us off at Paseo Nuevo on State Street for shopping and exploring ... Trip includes lunch and escorted transportation. \$45.00. **SIGNING UP EARLY IS ABSOLUTELY A MUST!!!** Our last proposed excursion sold out early and some members were disappointed! Please contact Primrose Excursions or Second Mate Olga at Falzone-Siefke at [onecontesa@sbcgobal.net](mailto:onecontesa@sbcgobal.net) or (805)746-0621.

We are hoping all of our members will be actively participating in excursions, fund raising events and dinners. Most especially, we are looking forward to everyone helping make another fabulous **Opening Day** on April 12<sup>th</sup>, 2015! For Opening Day this year, we have planned a wind theme ... featuring kites of all kinds. If you have kites ... wind surfer kites, any kind of kites ... please get in touch with me at [ciyc.pam@hotmail.com](mailto:ciyc.pam@hotmail.com) or 805-984-5147 so that we can start inventorying our supplies. And of course, we need cooks and decorators, so let us know what you can do to help. As you know, CIYC is known for the best Opening Day Ceremony and Party in Channel Islands Harbor. We absolutely intend to make the 2015 Opening Day one of the best ever!

Hope to see you soon!

Pam Nast  
First Mate, 2015





## Message From Fleet Surgeon James “Jim” Lee

### What You Should Know About Measles

On February 3, 2015, the on going measles outbreak may have started at Disney Park, but the Center for Disease Control (CDC) says it's not just for children.

Since the outbreak of measles early this year, one hundred and two cases were reported in 14 different states. It's the second largest number of this decade. The outbreak at the Disney theme park is responsible for 92% of these cases. According to the CDC 62% of these cases in California are Adults.

Measles is a highly contagious disease that is transmitted through the air by coughing and sneezing. The first signs appear to resemble flu-like symptoms: fever, cough, runny nose, and red watery eyes. As the red rash appears it travels down from the neck and then onto the back and stomach.

Vaccinations have been proven to almost eliminate the virus compared to the rate before the vaccination was introduced in 1963. Parents who do not wish their children to receive the MMR vaccination for religious or the now prevalent fear of autism, the CDC and the American Academy of Pediatrics state that there is no link to the MMR vaccination and autism comparing it to the flu vaccine. There is no live virus in receiving the vaccination.

If you're not sure if you or your children have received the vaccination, medical experts suggest, if not implore, you to get the vaccination, even though it's low cost, safe, effective, and proven to lower the rate of the disease.

#### Measles facts;

- ♦ Measles is one of the leading causes of death among young children.
  - ♦ In 2013, there were 14,700 deaths worldwide.
  - ♦ During 2000-2013, the measles vaccination prevented an estimated 15 million deaths.
- The vaccine is one of the best buys in medicine, so do yourself, your children, and the public a favor. Get vaccinated today.

Doyle, A (2015, February 5). Contagious. VC Reporter, 8-10.

Goodman, B, MA. (2015, February 5). Measles, Adult Outbreaks. Retrieved





Super Bowl Sunday  
February 1







Super Bowl Sunday  
February 1



## EPICUREAN ANNOUNCEMENT WOMAN IN CHARGE FOR 2015

*Karen Farrell will be the Epicurean Woman In Charge (WIC) for 2015. Karen has been an Epicurean for the past three years steadily taking on more responsibility, proving herself to be well organized, resourceful and an innovative cook, especially for large venues. Please welcome her in her new position and support her in any way you can. You can contact her at 805-512-7795 or [karenfar@ymail.com](mailto:karenfar@ymail.com)*



## Roster for 2015

If your name is on the list below, I don't have your picture and your listing will look like this:



Missing

**Please take your picture and email it to me at [c-naylor@hotmail.com](mailto:c-naylor@hotmail.com).**

Aiu, Rene & Benjamin  
Alba, Andina & Dean  
Anderson, Evelyn  
Aronson, Steve  
Beaver, Carolyn & Shirley  
Campbell, Russell & Margaret  
Edwards, Harold  
Foley, Mark  
Glover, Larry & Cynthia  
Heatherly, Sherry  
Horwitz, Stuart & Nancy  
Japinga, Ronald & Susan  
Julian, Maurice & Barbara Stephenson  
Kleinpeter, Gordon  
Landry, Annie  
MacDonald, Richard & Martie  
Mahan, Ronald  
Mann, Christine  
Martin, Larry & Judy  
McKendry, Mike & Donna  
Milman, Pat & Barbara

Morales, Ray & Hope  
Morris, Dale & Kimberly  
Olcovich, Jennifer & George  
Olds, Logan & Cheryl  
Palamountain, Mark & Lisa  
Palmer, Aleta  
Pope, Brian  
Reed, John  
Richardson, John & Beverly  
Sasson, Marty & Patty Soto  
Smuckler, Howard  
Sosothikul, Janette & Gerald Adams  
Stephenson, Larry  
Swanson, Brent & Nancy  
Trautman, Johnathan & Nicole  
Vogel, Norm  
Wallace, Randy  
Weisfuss, Linda & Nancy Forrester  
Wilkey, Jim  
Wilson, John & Danielle  
Wilson, William

**Thanks for your help.**

**Carole Naylor, Roster Editor**







## Doc Lines

### Autophagy

No, it has nothing to do with motor vehicles. Translated from the Greek, it means, “consuming oneself.” Consuming what, exactly? Dysfunctional, old cellular garbage. Some diseases, associated with old age, are thought to result from the **lack of autophagy**. This results in a decades-long buildup of toxic cellular debris. And this cellular garbage is the responsible culprit for at least some of these diseases.

Well, what can possibly turn autophagy on? It appears that a single gene can. A gene called AMPK turns autophagy on, and it helps the body get rid of cellular debris.

The bad news is that, although humans have the AMPK gene, the darn thing seems to be turned off. With little or no autophagy, there is more and more cellular garbage accumulating as we age. Not good.

Can anything be done to turn the AMPK gene on? Yep, UCLA has done it again. Not in humans, but in fruit flies. So, it can be done. Because fruit flies have been genetically mapped, it was easy to turn on just that one gene. Some 100,000 fruit flies were used in the experiment. And the results? The darn flies increased their life spans by a whopping 30%. Translated to humans, whose average life expectancy in the US is 78, we could expect to live to 101 years of age.

Will that happen? Well, it could. But as always we’ll have to wait some 20-30 years for research to be completed. And will this bankrupt Social Security. And will Medicare pay for it?

But the latest research is also of great interest. It started a few years back with a “5/2 diet.” One eats normally for 5 days, but interspersed are 2 days of either fasting, or reducing caloric intake to 25% of normal. The medical community was very skeptical.

But those who tried it did lose weight, and lots of it. Then the researchers found that when the body senses a lack of food (as the stomach growls), it clamps down, expecting famine. It goes into a defensive mode. It starts to repair damaged tissues, preparing for the worst. And it does that by inducing autophagy, and getting rid of damaged cells. Why this happens, we are not quite sure yet. Maybe hunger turns the above-mentioned gene on.

Think about it. As cavemen, we did not have the luxury of having breakfast. Rather, we would wake up hungry and spend the rest of the day searching for food, often not finding any. Our bodies evolved to cope with hunger. Interesting that some religions promote intermittent fasting. Maybe we should consider it, too.

Zoran

Thanks to Erika for editing.





# March 2015

## Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 6-9pm Room Rental (no bar)	4 Wed Night Fun night Dinner 6:30 Bingo 7:00	5 6:30pm Movie Night	6 5-7pm Happy hour 7PM British Brass Concert	7 7pm Anglers Lobster dinner
8 Daylight Savings	9	10	11 Wet Wed. Begin 4:30 pm Islanders Board 2pm Bridge group Wed Night Fun night Dinner 6:30 Bingo 7:00	12 6:30pm CIWSA Meeting	13 5-7pm Happy hour Birthday Bash	14 7pm St. Patrick's Day Celebration with Corned Beef Dinner & Irish Claddagh Dancers
15 Currents Article Due	16	17 St. Patrick's Day 6:30pm CIYC board meeting	18 Wed Night Fun night Dinner 6:30 Bingo 7:00	19 6pm Islanders Anniversary Dinner	20 5-7pm Happy hour 7pm General Meeting	21 7pm Epicureans Dinner
22 9am Whale Watch Cruise 2:30pm Story telling and Tacos in the bar	23	24	25 2pm Bridge group Wed Night Fun night Dinner 6:30 Bingo 7:00	26 6:30pm Movie Night	27 5-7pm Happy hour	28 Shipshape Variety Show
29	30	31 Cesar Chavez Day	<div> <p>Bar Hours</p> <p>Sunday 3pm to close, Closed Mon &amp; Tue, except special events Wednesday-Thursday 5pm to close Fri &amp; Sat 4pm to close</p> </div>			







# April 2015

## Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>5 Easter Sunday</b>  <b>1pm LUNCHEON</b>	Bar Hours Sunday 3pm to close, Closed Mon & Tue, except special events Wednesday-Thursday 5pm to close Fri & Sat 4pm to close		1 <b>4:30 pm Islanders</b> <b>Board</b> Wed Night Fun night Dinner 6:30	2 6:30pm Movie Night	3 Good Friday 5-7pm Happy hour <b>TCIF Fish fry</b>	4 Passover begins  <b>Shipshape</b> <b>NO DINNER</b>
	6	7 <b>7PM British Brass</b> <b>Concert</b>	8 <b>4:30 pm Islanders</b> <b>Board</b> 2pm Bridge group Wed Night Fun night	9 6:30pm Movie Night	10 5-7pm Happy hour <b>Birthday Bash</b>	11 Passover ends <b>Shipshape and set up</b> <b>for opening day</b> <b>NO DINNER</b>
12 <b>CIYC OPENING DAY</b>	13 Jefferson's BD	14	15 Currents Articles Due Wed Night Fun night Dinner 6:30 Bingo 7:00	16 6:30pm Movie Night	17 5-7pm Happy hour	18 <b>Noon to 5pm Dining</b> <b>Room rented PTSA</b> <b>NO DINNER</b>
19	20	21 6:30pm CIYC board meeting	22 2pm Bridge group Wed Night Fun night Dinner 6:30 Bingo 7:00	23 6:30pm Movie Night	24 5-7pm Happy hour <b>Newport 2 Ensenada</b> <b>Race</b>	25 <b>Shipshape</b> <b>Newport 2 Ensenada</b> <b>Race</b> 7pm Dinner
Maritime Captains Class						
26 <b>Newport 2 Ensenada</b> <b>Race</b>	27	28	29 Wed Night Fun night Dinner 6:30 Bingo 7:00	30 6:30pm Movie Night	Maritime Captains Class	

**Saturday. March 7th, 2015**  
**7:00 p.m.**



## CIYC's Annual Lobster Dinner

### Menu:

Clam Chowder, **Whole Maine Lobster**, Rice Pilaf,  
Asparagus, Broccoli, Bread and butter, and Dessert

Prepared by:

**Gary Johnson, and the CIYC Anglers**

**\$30 with confirmed reservation**

**\$35 At the door if seating available**

*Chicken available if we are notified in advance*

**Lobsters dinners Limited to 75**

Please make your reservations early

in the Dinner book or by e-mail to [reservations@ciyc.com](mailto:reservations@ciyc.com)

Reservations will be confirmed only after the club receives payment.

(Cash, Check Credit Card or Club Account)

Call 805-985-2492 or see Bookkeeper at the office to pay.

**Raffles and drawing to support the WSB Growout Pens**

Join us in '  
The Wearin' O'  
The Green!



**ST. PATRICK'S  
DAY  
CELEBRATION  
At CIYC**

**Saturday, March 14th, 7:00 pm**

**Dinner & Irish Claddagh Dancers**

Vera Cline and crew will prepare...

Fresh Green Salad  
with Green Goddess Dressing  
and Homemade Garlic Grounons

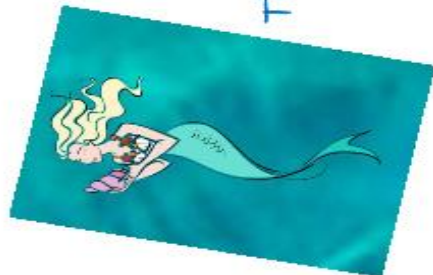
Brown Sugar Glazed Corn Beef  
with Filled Cabbage Wedges

Braised Red Potatoes  
and Baby Carrots  
Pistachio Mousse

**\$20.00 per  
person**

**Happy  
St. Patrick's  
Day!**





# Channel Islanders Anniversary Dinner

Thursday, March 19, 2015, 6:30 pm

\$15.00

~ Menu ~

Mixed Mediterranean Salad

Roasted Cornish Game Hens

Scallop Potatoes Florentine

Braised Carrots

Fresh Strawberry Sundae

Sign Up in the Bar



March 21<sup>st</sup>, 2015

7 p.m.

Fabulous Epicureans  
Dinner!

Roasted Squash Ribbons with Greens,  
Pancetta and Pine Nuts Salad

Wonderful chilled soup

Mozzarella Stuffed Pork with Polenta and  
Tomatoes

Sublime dessert to be announced later

Don't miss this!

\$20.00



## A TALE OF THE WHALE

Whale Watching Cruise  
Sunday, March 22, 2015

Get your boats ready for this outstanding water event - a CIYC traditional day of merriment also known as the...

"Whale Watching Cruise"

- All boats will rendezvous around GINA at 11:00 a.m.
- Spot whales while monitoring Ch. 68 with our master whale watching captain
- Meet back at the Clubhouse at 2:00 p.m.
- Traditional "Tale of the Whale" contest starts at 2:30 p.m. • Judges will vote for the best story (fact or fiction), poem or song.
- Team winners get their names engraved on the Moby Dick Trophy.

Complimentary homemade soft tacos,  
refried bean and Ruth's famous chocolate  
chip cookies

immediately following the trophy presentation.

**Everyone is welcome!**

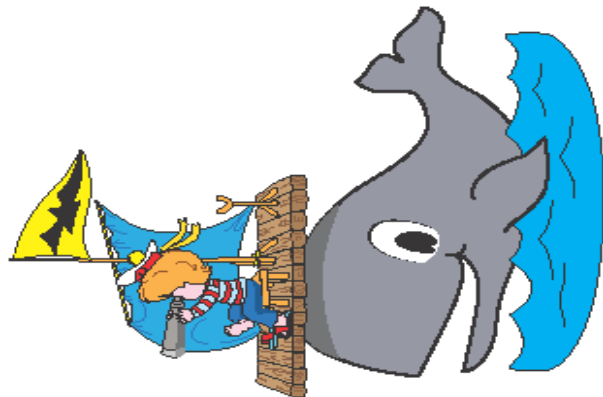
All skippers who wish to participate and those members that would like to be a guest on a participating boat should send an RSVP email to Cruise Director, Cindy Arosteguy at [cinarost@yahoo.com](mailto:cinarost@yahoo.com).

For more info contact:

Ruth Hatcher,  
Whale Watching Cruise Chairperson  
[ferritin3@roadrunner.com](mailto:ferritin3@roadrunner.com)

Should the water event be cancelled due to weather, we'll still meet in the bar to tell stories of what might have been!

Let's hope for smooth seas and sunshine!



Variety Show  
2015

CIYC  
goes to

THE  
WILD  
WILD  
WEST

Put on your best western  
duds and join the  
hootin' and a hollerin'!  
Saturday, March 28th  
6:30pm  
Vittles & Libations  
7:30pm  
Show time!

We got...  
The CIYC Band  
a pickin' & a grinnin'  
gunslingers & cowpokes,  
mighty fine singers  
comedy, guitar playin'  
dancing' girls and more...





SCYA Mid Winters Race  
February 21 & 22











SCYA Mid Winters Race  
February 21 & 22





SCYA Mid Winters Race  
February 21 & 22





SCYA Mid Winters Race  
February 21 & 22





## Birthday Bash - "March, 13<sup>th</sup>"

*Come and join us for our monthly celebration  
for members whose birthdays and/or anniversaries are in February.  
Bring "munchies" to share, and there is always a great birthday cake!*



**This year Connie Calo is going to do the Birthday Bash.**

**MARCH Birthday Celebrations are:** Marnie Bech, Carol Lazzarevich, David Erickson, Ken Thomas, Elyse Gonnello, Debi Howarth, Melodie Crier, Keith Moore, Mary Sensabaugh, Elese Childs, Rita deCaussin, Ellie Babbe, John Reed IV, Dale Morris, Jennifer Olcovich, Madeleine Waddell, Curt Ingram, Les Hardwick, Martie MacDonald, Frayne Higgason, Brian Pope, Jim McCulley, Lois Lovins, Nancy Berger and Diane Merrill.



**MARCH Anniversaries are:** Annette and Edward Staples, Dan and Shelly Ward, John and Lisa Marie Medlen, Vidar and Marnie Bech, Bill and Vera Cline & Tom and Carole Naylor .

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**Lana Lynch**  
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lanalynch5180@gmail.com

**Club Rental**

The **CIYC dining room facility** is available for rent

for private parties to members, or non-members sponsored by a member.

Please contact **Rental Manager, Sharon Sullivan 805-985-6155**

for scheduling and rates.

**Help us help the Club to be Prosperous!**

**Bill Lynch**  
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Somis, CA 93066  
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REFINANCING AN OUTSTANDING LOAN,  
OR CONSOLIDATING DEBT. THEY CAN HELP!



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# Channel Coast Marine

**Electronics and Services**

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- Engine Controls
- Satellite Systems

*Authorized Dealer*

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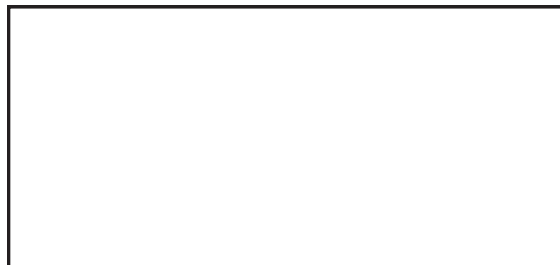
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