

OCTOBER 2013

VOLUME 53 ~ ISSUE 10

Commodore: Tom Warden

Editor: Liz Campbell

Asst: Frank & Sharon Sullivan

Asst: Pat Korecky

Channel Islands Yacht Club

CIYC is located at Lat 34° 09' 48.9" N; 119° 13' 35.6" W

4100 Harbor Blvd., Oxnard, CA 93035.

Phone (805) 985-2492

currents

Ventura Cup/Santa Barbara Challenge
September 14 & 15



Maverick, skipper PRO Bill Brayton with CIYC crew members Cindy Arosteguy and Tim Haapanen



Message From The Commodore Thomas Warden



The **election of your Bridge for 2014** will be held at the General Meeting on **Friday, October 25, 2013**. We need all voting members to attend.

Thanks to all who joined us on the cruise to Prisoner's Cove over the Labor Day weekend. We had eight boats and 21 participants. The weather could not have been better for our excursion. A special thanks goes to Cruise Director Cindy Arosteguy for her organizational efforts. Also, special thanks to our new member, Penny Lipp, for volunteering her boat, "*Mystique*", as the party boat and for utilizing it for the special dingy cruise to the painted caves on Santa Cruz Island.

We are now entering the festive part of 2013 with several socials, holiday parties and events planned. Keep your eye on "The Currents" for your holiday plans.

To cut overhead costs, 'The Currents' will no longer be mailed out to everyone. This decision was voted on at the last General Meeting by the members. We can access "The Currents" on the CIYC website, www.channelislandsyachtclub.com. Also, copies of "The Currents" are available at the Club on the first day of each month. The 'Currents' can be mailed to a member, if the member pays for the postage. Keep your email address up to date with the Club, so you will continue to receive our many announcements.

Each week, Frank Sullivan sends out the calendar of events for that week's activities. Be sure to sign up early for the dinners and events.

'See you at the Club', Tom....





Message From Keith Moore The Vice-Commodore



Great News..... CIYC is growing.....now numbers 130 memberships!

Do you remember Marianne & Paul Morgan? They're back! We also wish to welcome new July / August members: Jan Bryant, Dan & Sue Potter, Penny Lipp, Ronald Mahan, Tom & Leslie Webb, Larry & Judy Martin. Say hello when you see them at the club.

Many thanks also go to Jerry Wood for keeping up with his **CIYC Open House** efforts each month. Mark your calendar for **Sunday, October 20**. Jerry is planning a **Sunday Open House Party** for Club members to meet and welcome new Club members.

Thanks go to the **Epicureans**, Elyse Gonnello and her crew for a great Italian dinner featuring the Dean Martin crooner John Hendrickson for entertainment.

There is always the **British Brass Band** WOW! Great performances as always, plan to see them when they visit again.

Ship Shape Saturdays can always use your help.....our thanks to Frank Sullivan and Cary Verstynen for fixing the dining room lights.....and to Vidar & Magnhild Bech for helping out and joining me to clean the dust off the fans. There is always a lot happening..... Frank Sullivan E-mails revised calendars..... Print a copy and stick it on your refrigerator.... Check it each week, so you don't miss anything.

September 27 was the **General Meeting** and elections for the Board of Directors. **October 25th** will be the meeting for election of the Bridge see you there.

Also, keep sharing the "Invitation to visit CIYC and have a Drink" cards. They really work.....Check with me if you need more cards!

Finally, here is **Kyle Crockett** – **CIYC's Front Office**, and his proud grandparents, Sandy & Bill Crockett and Wendell Morrisset. They are wishing him well and sending him back to school. Now that we have taught him how to count, Kyle plans to take Financing at Cal Poly, San Luis Obispo.



See you On Deck! Keith Moore ... Vice Commodore





Message From The Rear Commodore Jane Thomas



On-the-water activities for the month of September began with the CIYC Cruise-Out to Prisoner's anchorage at Santa Cruz Island over Labor Day weekend. MYSTIQUE (Penny Lipp) made her first overnight trip as a member of the CIYC fleet, driven by our sailor-turned-power-boat skipper, Commodore Tom Warden. Not only did they host several CIYC guests and get-togethers, they also transported a flotilla of dinghies and kayaks with CIYC and AYC members over 10 miles to the Painted Caves and waited while they explored the Caves. Check out the photos elsewhere in this month's Currents.

CIYC hosted the kick-off and awards dinners for the annual Billfish tournament, September 7 – 11. Check out Frank's Angler's Corner report and photos.

CIYC Racers (FUSÉE, Harry Krum; MAVERICK, Bill Brayton; VELERO, Brent Swanson; LIQUID ASSET, Owner Bill Crocket, Skipper Jane Thomas) competed in the 2-day Ventura Cup/Santa Barbara Channel Challenge on September 14 and 15, taking 5th place among the 8-team competition, as well as 5th and 7th in Spinnaker B and 1st and 6th in Non-Spinnaker classes, respectively.

The annual Lady at the Helm Race, co-sponsored with Channel Islands Women's Sailing Association, was held on Saturday, September 21. Our regular Principal Race Officer (PRO), Bill Brayton, was called to the East coast, and back-up Jane Thomas entered the race with the only all-women crew. Our guest PRO, Joe Underwood & wife Joanne (AYC) joined Tom Warden, Bob Ridenour, and Bobbi Balderman (CIWSA) comprised the Race Committee on VALKYRIE (Frank Sullivan) for another perfect day for racing in Ventura County. CIYC participants included Spinnaker entries TROUBLEMAKER (Skipper Roxanne Vettese) and QUIET TIMES (Skipper Chris Williams), as well as Non-Spinnaker entries JULIET (Skipper LeeAnne Clark with Charlie Clark & Curt Ingram) and LIQUID ASSET (Skipper Jane Thomas with Bonnie Chaney).

To complete our summer event schedule, Eric and Sherie Ireland hosted the final dinghy party at their home in Mandalay Bay on Sunday, September 22nd, which was masterfully organized by Gary and Joyce Johnson.

Reminder to All CIYC Cruisers: Get your boats (cars, vans, or RVs) ready for the cruise up to Santa Barbara on October 5th! Contact Cindy Arosteguy to RSVP.

Watch your emails for more details on upcoming activities. See you on the water!



Anglers' Corner September 2013

By Frank Sullivan



WSB Update

September 5th we moved the WSB pens from the area in front of the recently reopened launch ramp to a slip away from the noise pollution and boat traffic. The predator net was cleaned and lifted, so it wouldn't get snagged on anything during the move. With the help of two Harbor Patrol boats the move was successfully completed, and we are now the first thing you see when walking down the gangway from the park to the docks on the same side as before. Thanks to all who came out to help.

CIBFT:

Similar to last year, most teams in the 5 day **Channel Islands Bill Fish Tourney** headed to Catalina Island where we found water temps in the 70 to 75 degree range with excellent clear blue color. Again this year, there seemed to be a lack of schooling bait fish to form the bait balls that attract and concentrate the bill fish into particular areas; however, there were a lot of squid in the area. The Church Mouse Tournament caught and released 9 fish in their tourney but they had 90 boats in the two day event. On the fourth day of the tourney, things finally started to pop. **Team Ruckus** at 7:48 am, near the 277 fathom spot, caught the 1st Marlin on bait and released it. The same day, **Team TightRiv** got the 2nd Marlin on a jig and **Hydrocarbon** got the 3rd Marlin on bait.

There were 17 teams signed up for the tournament, 5 of the boats competing were from CIYC: **Dawn Patrol** (Skip Miser), **Mizpah** (Bill Byron), **Margaritaville** (Don Johnson), **JoySea** (Gary Johnson), and **Valkyrie** (Frank Sullivan).

Team Valkyrie (Frank Sullivan, Don Dickey, Bob Ridenour and Don's son Matt Dickey) took the Big Fish side pot with a 6.29lb. Yellow Tail caught under a kelp paddy almost to the 43 Fathom Spot. We found 2 kelp paddies while trolling and caught 9 YT, but they were all about the same size. We released 3 or 4 of them.

Team Joy Sea won the **Farmers' Award** when they lost a big fish. Their rod holder broke because a drag was set too tight, not only losing the fish but the rod, reel and lure. \$\$\$\$\$

A short history of the CIBFT: (Plagiarized from their website)

The Channel Islands Billfish Tournament was started in 1970 as a spin-off of the Channel Islands Angling Club and for ten years was known as the Channel Islands Invitational Broadbill Tournament. Only broadbill swordfish were targeted in the seventies and the largest one ever taken was 443 lbs. caught in 1975 by Ted Naftzger. The last swordfish caught in the tourney was taken by Eve Radon in 1978 and it weighed 336 lbs.

In 1980 marlin were added to the tourney to spice things up, and it was then that this event became known as the Channel Islands Billfish Tournament. Since then, many marlin have been caught and many others released. The C.I.B.F.T. is unique because it is a relatively small tournament fished primarily by local anglers. The competition among boats is only exceeded by the camaraderie shared between crews.

"Big Fish of the Month" \$50 prize

is awarded at the end of every month...however, you can only win once per year. Legal fin fish only and no sharks.

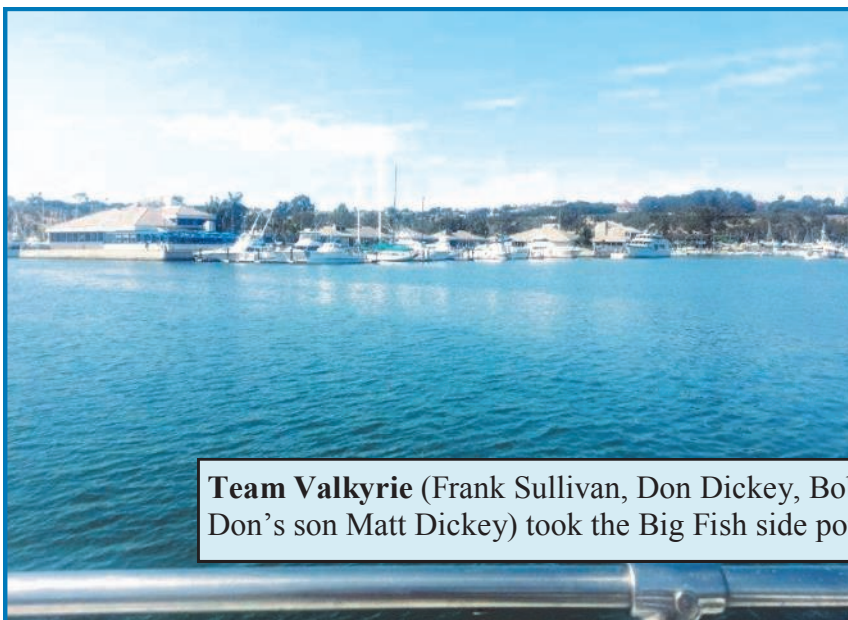
"Big Fish of the Year"

At the end of the year there will be a Big Fish of the Year award for \$100.00, it does not have to be one of the monthly winners, it can be a tourney fish or not, so if you win one month don't quit, the next fish you catch may be worth \$\$\$\$





CI Bill Fish Tourney
September 7th-11th



Team Valkyrie (Frank Sullivan, Don Dickey, Bob Ridenour and Don's son Matt Dickey) took the Big Fish side pot with a 6.29lb.

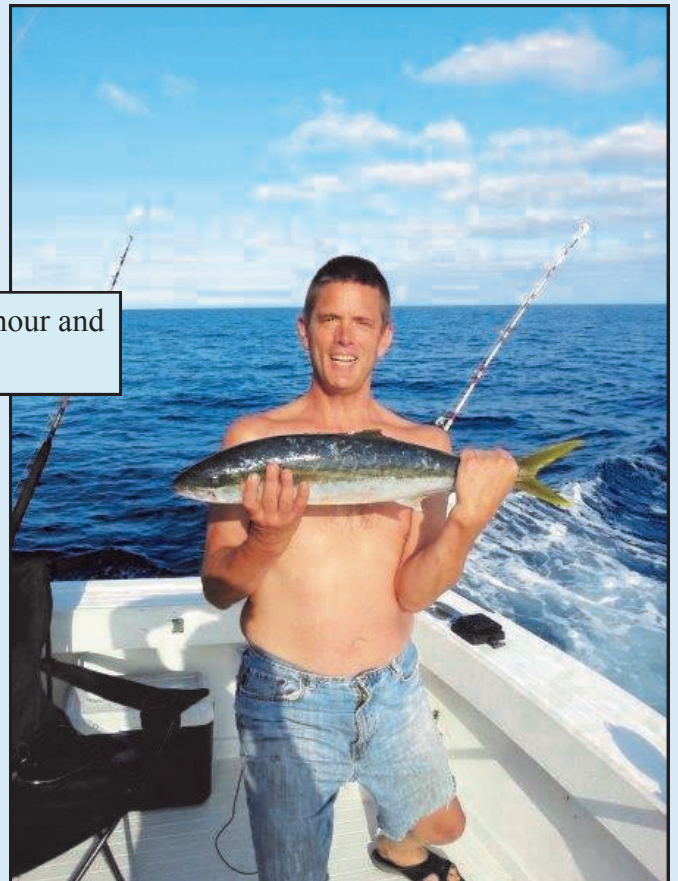




CI Bill Fish Tourney
September 7th-11th



Team Valkyrie (Frank Sullivan, Don Dickey, Bob Ridenour and Don's son Matt Dickey).





Message From Channel Islanders First Mate **Mary Ann Moore**

Hello Islanders,

September was a great month for us. Our fund raiser, the **BILLFISH TOURNAMENT DINNER**, was a great success. This is one of my favorite fund raisers to work on. The group of fishermen are very nice.

I have to admit to you all, the best part of this fund raiser for me is working with the TEAM. This event takes place over two Friday night dinners. Some of our team had such a BLAST they worked both Fridays.

This year our players were busy, busy, busy..... buying groceries, setting tables, cooking, serving, cleaning-up tables and taking pictures.

Here is the TEAM: **Ericka Barbaric, Johanne Berg, Shelly Berger, new member Jan Bryant, Bette Byron, Bonnie Chaney, Vera Cline, Kitty Frallic, Elyse Gonnello, Ruth (THE HOBBLER) Hatcher, Sherie Ireland, Phyllis George, Keith Moore, Pam Nast, Clark Owens, new member Dan Potter, new member Sue Potter, Joyce Sheridan, Frank Sullivan, Sharon Sullivan and yours truly.** Our volunteers did an outstanding job.....we did "SWEAT" a lot, but gosh..... we sure "LAUGHED" a lot too.

We will be doing this fund raiser next year.....why don't you think about joining us-----you will be surprised at the fun you will have !!!!!!!

Your Board is still working on our project for the club so stay tuned.....

HAPPY HALLOWEEN !!!!!!!

**As Always be safe on land, air and sea,
Mary Ann (All Day All Night) Moore
First Mate**



Doc Lines

The Bugs in Our Gut

A whole bunch of microbes live within our intestines. How many? A lot: 3.5 lbs of them there buggers. Who knew? And there are so many different varieties, too: about 100 different types of microbes. What the heck are they doing down there? Well, having a good party for sure, but also helping us with digestion, boosting our immune system, and producing good bio-active compounds which are absorbed into our system. Obviously this is a symbiotic (good for both parties) relationship.

Well, what happens if there are not enough bugs or not enough bug diversity in different individuals? Scientists in Belgium found that those individuals with lower “richness of species” in the intestinal flora were more susceptible to developing obesity-related conditions and chronic inflammation. Overweight peeps with poor bacterial flora were at higher risk of developing cardiovascular conditions than overweight peeps with very rich and diverse flora.

Apparently, about a quarter of people (“one in four” for the people in Rio Linda) have a significant lack of intestinal bacteria. What to do? Well, eating plenty of vegetables and some fruit leads to more richness and diversity of the flora. Increasing one’s consumption of high-fiber foods gives microbes a longer time to party and propagate. Also, eating some pro-biotic, plain yogurt (not sugary ones with fruit on the bottom), and consuming less sugar are useful. After taking a course of antibiotics, it’s important to repopulate our intestinal flora.

Become a Blood Donor and Help Prevent Heart Attacks and Strokes?

All is not well in “statin land.” Statins are a group of drugs that reduce circulating cholesterol (especially LDL – the “bad” cholesterol). Is reining in cholesterol and preventing heart attacks in a population with **no known cardiac disease** worth it? Several papers point to marginal (if any) benefits in this group and highlight unwanted effects such as increased risk of developing diabetes, liver damage, muscle damage which leads to kidney damage. Also, cataracts and even erectile dysfunction (horrors).

Furthermore, some scientists suspect that atherosclerotic plaques may not be due to that old nemesis, cholesterol (although cholesterol is the main constituent of plaque in the arterial wall), but rather to an excess of stored iron in muscles and other organs, in the form of a compound called **ferritin**. The circulating ferritin in the bloodstream reflects the total amount of stored iron in the body. The normal range (according to newer publications) is 20-50 nanograms per milliliter of blood. Besides reducing cholesterol synthesis in the liver, statins also accidentally reduce ferritin levels. Therefore, some researchers theorize that this ferritin reduction is the beneficial effect of statin drugs. Not lowering cholesterol.

If this is true, there is a much simpler way to lower ferritin levels, and that is by “blood-letting” in the form of blood donation. It can’t hurt and may benefit the donor as well as the recipient. Some 20

million peeps in this country are on statins. It is a huge industry. As always, consult your doctor. This article does not address patients with known cardiovascular problems.

Ref:

Zacharski LR, Shamaayeva G, Chow BK: Effect of controlled reduction of body iron stores on clinical outcomes in peripheral arterial disease. Am Heart J 2011 Nov; 162(5): 949-957.

S. Sultan, N. Hynes. The Ugly Side of Statins. Open Journal of Endocrine and Metabolic Diseases Vol. 3, No. 3, 2013:pp 179-185.

The Birds and the Bees

Neo-nicotinoids are a newer form of insecticides that have been allowed on the market since about 2005. Shortly thereafter, an alarming collapse of bee colonies began. There are about 100 crops globally that provide 90 percent of our food. Of these, 70 percent depend on bees for pollination. Without pollinators, worldwide hunger could ensue. Here's a catch 22: Is it better to kill plant-eating insects or bees?

In addition to spraying foliage with neo-nicotinoids, many seeds are pre-coated with these insecticides prior to seeding. This is especially true for genetically engineered corn (GMO corn) grown in the US. The dust raised during the seeding process spreads the poisons far and wide. A single kernel of corn, a single grain of wheat, a seed of canola, can kill a bird. During the reproductive season, as little as 1/10th of a coated seed per day can disrupt nesting.

Besides harmful effects on the birds and the bees, neo-nicotinoid seed treatments also appear to be responsible for the death of terrestrial and aquatic invertebrates. In these areas there are noticeably fewer life-forms in the topsoil, such as bacteria and earthworms. Sterile topsoil is less productive.

It was found that 50 percent of "bee-friendly flowers," sold by major outlets, are contaminated with neo-nicotinoids. The sales clerks may not be aware of this, but you should still inquire when buying flowering plants.

What is being done about all of this? Many European countries are banning neo-nicotinoid use altogether in their territories. Putin stated in an interview that the next global war would be about bees (unless Syria beats us to it). The US is not banning neo-nicotinoids, but recently the EPA developed new pesticide labels that prohibit the use of some neo-nicotinoids "where bees are present."

Your Fleet Surgeon, Zoran

Thanks to Erika for editing.





Bocce Play Off
August 29





Bocce Play Off
August 29





Bocce Play Off
Awards
August 29



October 2013



Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 1-2pm Dancercise	2 Wed Night Fun night Dinner 6:30 Bingo 7:00	3 6:30pm Movie night-	4 6pm Birthday Bash	5 7pm Dinner Cruise to Santa Barbara HRB
6 Rental Cabi Party 3-6pm Cruise to Santa Barbara HRB	7 1-2pm Dancercise	8 1-2pm Dancercise	9 2pm Bridge group Wed Night Fun night Dinner 6:30 Bingo 7:00	10 6:30pm Movie night-	11 Bar Appetizers	12 7pm Epicureans Oktoberfest Dinner
13 Drop off for Yard sale begins Care Givers Sail-A- Thon Team	14 Columbus Day	15 Currents deadline 1-2pm Dancercise 6:30pm CIYC Board Meeting	16 4:30pm Islanders Board Wed Night Fun night Dinner 6:30 Bingo 7:00	17 6:30pm Movie night-	18 Bar Appetizers	19 7am Yard Sale 9am Slipshape 7pm Beefeaters Dinner Cruise to Scorpion Anch.
20 1-4pm Open House Cruise to Scorpion Anch.	21	22 1-2pm Dancercise Rental 5:30-7:30 pm Rotary Dist. 5240 Meeting (bartender)	23 2pm Bridge group Wed Night Fun night Dinner 6:30 Bingo 7:00	24 6:30pm Isl. Dinner	25 Bar Appetizers 7pm Annual Meeting Election of Bridge	26 7pm Halloween Social
27 3pm Wine tasting	28	29 1-2pm Dancercise	30 Wed Night Fun night Dinner 6:30 Bingo 7:00	31 Halloween 6:30pm Movie night-	Bar Hours Sunday 3pm to close, Closed Mon. & Tues. except special events Wednesday-Thursday 5pm to close, Fri & Sat 4pm to close	



November 2013



Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 Daylight savings ends Dining room rental Charitable Fundraiser	4	5 1-2pm Dancercise 6pm Bar opens 7pm British Brass	6 Wed. Night Fun night Dinner 6:30 Bingo 7:00	7 Movie night-6:30pm	8 Bar Appetizers	9 7pm Epicureans dinner
						Cruise to Ventura HRB.
10	11 Veterans Day	12 1-2pm Dancercise	13 2pm Bridge group Wed. Night Fun night Dinner 6:30 Bingo 7:00	14 6:30pm CIWSA meeting	15 Currents deadline Bar Appetizers	16 9pm Shipshape 7pm Anglers' awards & Scampi dinner
17 1pm Calendar Meeting	18	19 1-2pm Dancercise 6:30pm CIYC Board Meeting	20 4:30pm Islanders Board Wed. Night Fun night Dinner 6:30 Bingo 7:00	21 Movie night-6:30pm	22 Bar Appetizers	23 5pm Room rented for BD private party
						24
24	25	26 1-2pm Dancercise	27 No Dinner	28 Thanksgiving / Chanukah starts 3pm Potluck Dinner	29 Bar Appetizers	30



Channel Islands Yacht Club

October 4, 5 & 6, 2013

Cruise to the Santa Barbara Yacht Club

**One if by land, Two if by sea
Come one, come all**

FRIDAY Starting at 4:00 p.m.
Happy hour on the SBYC end tie
hosted by the CIYC cruisers



SUNDAY 10:00 A.M.
Brunch at the Santa Barbara Yacht Club
\$15 per person (please bring cash)

Contact Cindy Arosteguy at (805) 208-1962 or cinarost@yahoo.com
to make reservations for any of the events or sign up in the Cruisers
notebook in the bar.

Those of you bringing your boats also contact Cindy. The SBYC 80
foot end-tie has been reserved for 10/4 and 10/5. It can accomodate
up to six boats side-tied in two rows.*

***Large power boats (over 42 ft.) will need to reserve separate slips,
please contact Cindy for details.**



Sunday, October 27th 2013

Wine Tasting at CIYC

The past three years we have had very successful wine-tasting events, thanks to you and your friends.

This October should be no different.

With Young's Market, one of our Wine distributors hosting the event this year, I'm looking for a sold-out event. Once again, we will have a selection of domestic wineries, plus international choices available for your pleasure.

*A variety of delectable delights
put together by a fabulous crew
will also be available.*

The charge will be \$20.00 per person.

Tasting Begins at 3:00pm. Registration Opens at 2:30.

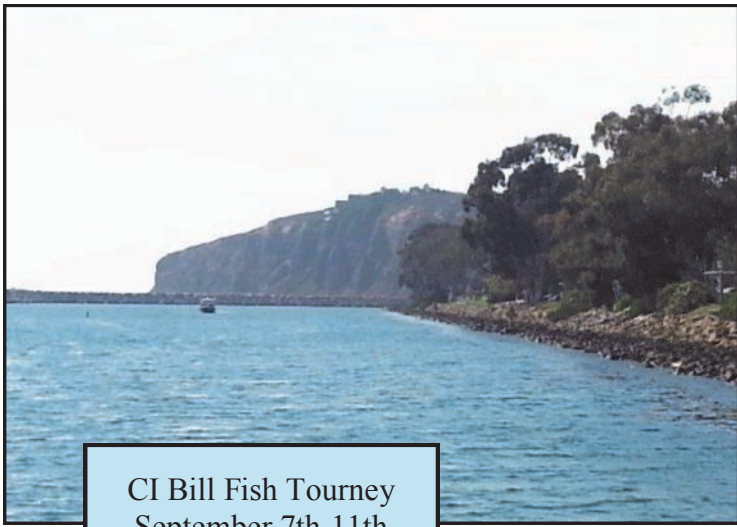
Tell your friends, bring your friends.

Limited to the first 120 people that sign up.

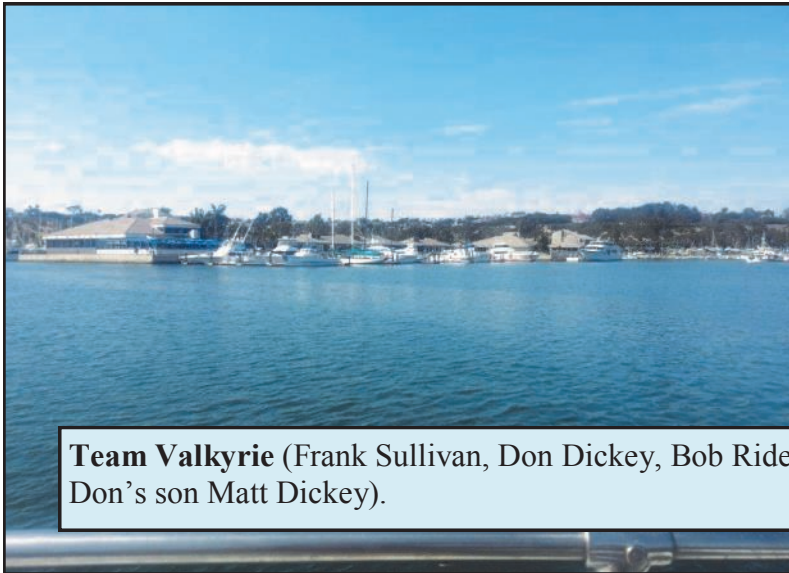
*Sign up at the Club or call me
or my associate, Connie Calo, to reserve your spot.*

Jack Borkowski 805.890.2623. - Connie Calo 805.815.0296.





CI Bill Fish Tourney
September 7th-11th

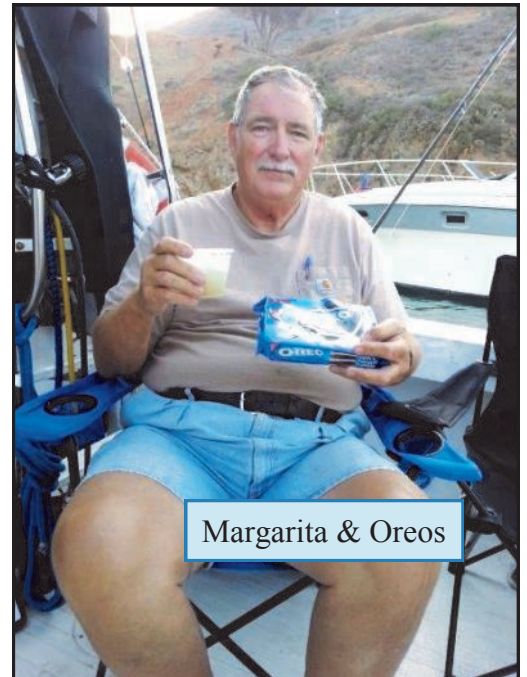


Team Valkyrie (Frank Sullivan, Don Dickey, Bob Ridenour and Don's son Matt Dickey).





Margarita & Beer



Margarita & Oreos



YT on deck

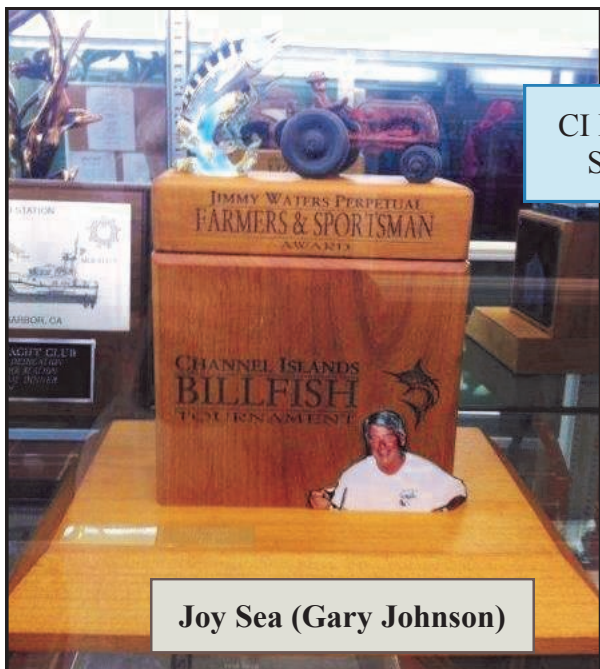
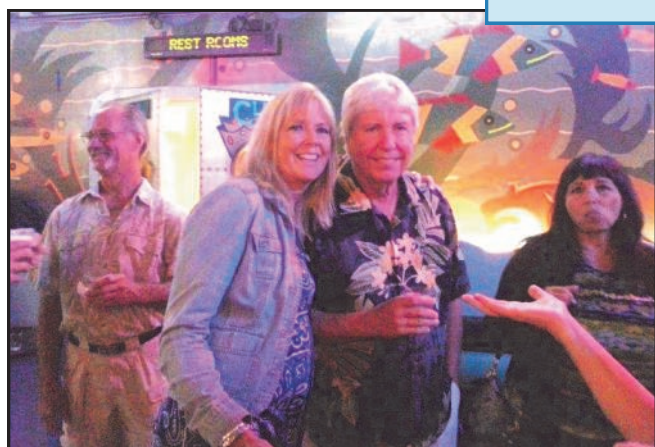
CI Bill Fish Tourney
September 7th-11th



Dinner at Dana Point



Valkyrie & Joy Sea Crews
At the Marlin with CIYC



Joy Sea (Gary Johnson)

Team Joy Sea won the Farmers' Award
when they lost a big fish.

CI Bill Fish Awards
September 13th





Lady at the Helm
CIYC 2013 CIWSA
September 21





Maverick proudly flying the CIYC battle flag



Fusee, skipper Harry Krum with CIYC crew members



Fusee, skipper Harry Krum with CIYC crew members Bunni Resto, Larry Golkin, Mary Howard, Gary Johnson, Dave & Sandra Lochridge



Liquid Asset, skipper Rear Commodore Jane Thomas with CIYC crew member Bonnie Chaney and CIWSA crew



Bill Brayton (left) winning an award for Maverick's 2nd place in Sunday's race



Velero, skipper Brent Swanson





Lady at th Helm
CIYC 2013 CIWSA
September 21



Birthday Bash - "Friday, October 4th,"

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



October Birthday Celebrations are: J. D. Speas, Tom Webb, Harry Krum,
Nicole Trautman, Chris Williams, Wendell Morrisset, Carole Naylor,
Rick Ireland, Dana Guild, Barbara Brauns, Dennis Howarth, Tom Everett,
Joyce Sheridan, Karen Farrell, John Anderson, Dennis West,
Sandy Crocket and Leslie Webb.



October Anniversaries are: Mike and Nikki Turner,
Charlie and Leanne Clark, Ken and Jane Thomas
& Russell and Margaret Campbell.

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Club Rental

The **CIYC dining room facility** is
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for private parties to members, or
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Please contact **Vice-Commodore,**
Keith Moore 805-985-3311
or **Rental Manager,**
Sharon Sullivan 805-985-6155
for scheduling and rates.

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Volume 53 - No. 10

Currents is published monthly by the
Channel Islands Yacht Club,
4100 Harbor Blvd., Oxnard, CA 93035.

DEADLINE NOTICE:

Articles must be received by the 15th of the month
preceding the next publication month.

Next deadline: October 15, 2013

for the November 2013 Issue

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