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Commodore: Dave Wardlow
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Asst: Frank & Sharon Sullivan
Asst: Pat Korecky

Channel Islands Yacht Club

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4100 Harbor Blvd., Oxnard, CA 93035.
Phone (805) 985-2492

published monthly

Currents

CIYC

HALLOWEEN
SHENANNIGANS

OCTOBER 31ST 7:00 PM



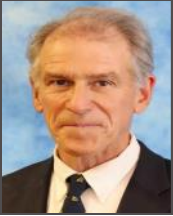
Costumes are optional, but there will be prizes for those with the imagination and guts to wear them.

Dancing

A SPECIAL "Witches Brew" will be served for your dining pleasure.

\$20.00

Please sign up in the dinner book



Message From The Commodore Dave Wardlow



Well, it is time for a change in the weather, the time and our Board; and time to start battening down the hatches with the potentially stormy conditions being predicted. With well laid plans, it will all be fine.

It appears my reign of terror is coming to an end. Just a few more months to finish what we started.

Mary Howard and Curt will be heading out soon for a much anticipated long sailing voyage. I want to give a big thanks to Mary Howard for her tireless devotion to being my Treasurer for the past two years. She, along with others, have been instrumental in the reorganization of our financial system and developing procedures to streamline the process. She offered her legal expertise to help develop much needed SOPs (standard operating procedures). This will enable us to move forward with proper direction and giving those who step up, a guideline in supporting our club and offering some much needed stability.

I want to thank all of you who have supported your 2015 Board in getting this year on track. I stated last year that I would use the gavel and the three manuals I was presented to get this done. With all that has been accomplished, it makes me proud to have served as your Commodore.

Smooth Sailing and Happy Trails,
Dave





Message From
The Vice-Commodore
Vidar Bech



October? Wow, time is flying when you are having fun or staying busy.

Marnie and I finally managed to do a club cruise to Fry's Cove on Santa Cruz, Labor Day weekend with some old friends that were previous members of our club, Dave and Patsy Andersen. It was a little rough going out but when we got there and anchored, it was flat and inviting. It turned out to be a beautiful long weekend with a lot of excitement and fun. Anchoring can be challenging and there seems to be many theories about how to do it. We shared the cove with 16 boats from VYC and had some social activities together. Our club had only 3 boats: **Maverick** with Bill and Cindy and **Miss Asia** with **Larry Stephenson** and crew plus our **BlueMast**. On Sunday, Larry took us all on his 45' cruiser to the Painted Cave, which Marnie and I had never seen, a very impressive sight. When we returned **Jerry Wood, Marylou and Bob Taylor** had the grill going and served some very tasty burgers and hotdogs with great side dishes. It was so popular they ran out of food.

Friday September 11th, the Islanders cooked and served the Kick-off Dinner for the Bill Fish Tournament to a full house, very impressive turnout.

Saturday the 12th the Beefeaters: **Keith Moore, Bill Crier, Tom Naylor and Mike McKendry** made a delicious French Pot Roast for dinner.

A very busy weekend September 18, 19 and 20. First the Bill Fish Tournament Awards dinner on Friday done by the Islanders again, then on Saturday the Anniversary Dinner Dance that the Staff Commodores are in charge of with music provided by Jim Cubberly.

On Sunday, we honor **1980 Past Commodore John W. Bamford** who passed away recently with a Burial at Sea.

Wednesday night dinners cooks:

2nd **Bob Ridenour and Jairo Mazariegos**

9th **Phil Woolf**

16th **Eleanor Hovaten**

23rd **Karen Farrell**

30th **Carter Gage and the Bridge Club**

My special thanks goes to all the people and their crews who have cooked these great meals and also to **Diane Sabol** and others for making tasty food for Friday Happy Hours. I hope all of you got to enjoy these great events.

Finally, I would like to thank the people that helped me with ship-shape on August 22, **Sherie Ireland, Marnie, Alison and Allan Gabel, Bill Crier, Maurice Julian and Graham Paine**. They cleaned, organized, polished, fixed doorstops, changed light bulbs and scrubbed grills.

Last, but not least, when you read this you have elected a new Board for our club, Congratulations!!

Till next time,
Vidar VC





Message From The Rear-Commodore Jim Lovins



September is gone and October is here. Wait, late results for the Bob Cooke Memorial – non-spin **Velero** skippered by Brent Swanson 1st. Spin – **Fus’ee** skippered by Harry Krum 3rd. Congratulations. Racing always takes place after the deadline for Currents. However, the Santa Barbara Channel Challenge/Ventura Cup results are in. CIYC Team 1 was represented by Harry Krum (**Fus’ee**), Bill Brayton (**Maverick**) and Brent Swanson (**Velero**).

Team Scores

Boat	Race 1	Race 2	Race 3
Fus’ee	4	4	4
Maverick	6	5	2
Velero	3	3	1
Overall team rank - 5			

CIYC RAMS are making us all proud.

From all reports the Channel Islands Billfish Tournament was a huge success. The most boats participating and the most fish landed. **Great job Frank.**

Sailing News

Oct. 3 – Neil Underwood CIYC
 Oct. 10 – Ladies Invitational VYC
 Oct. 17 – Two Harbors Fall Series #1 AYC/PBYC
 Oct 17 – Fall Regatta One Design SBYC
 Oct. 18 – Fall Regatta (PHRF) SBYC
 Oct. 18 – Caregiver’s Charity Sail-a-thon PBYC/AYC
 Oct. 24 – John Larson Memorial CIYC
 Oct. 24-25 – Goblin Regatta (PHRF, Harbor 20, Lido 14, etc.) SBYC
 Oct. 24-25 – Goblin Regatta (Optimist, Laser, Laser Radial) SBYC
 Oct. 25 – TGIS Fall Series #3 AYC/PCYC
 Oct. 28 – Wet Wednesday Final Week AYC
 Oct. 31 – Two Harbors Fall Series #2 PBYC/AYC





Santa Barbara Channel
Challenge/Ventura Cup



Showing the Colors



Maverick Crew Ballast Drill



Captain Bill



Anglers' Corner - September 2015

By Frank Sullivan



Fishing Report:

The Big fish of the month for August is Don Dickey's 28lb, Yellow Fin Tuna caught off Dana point while on the *Joy Sea*.

Channel Islands Bill Fish Tournament:

Ruckus won the 2015 CIBT with 7 released Marlin. *Hydrocarbon* came in 2nd with 6 releases, followed by *Valkyrie* (Frank Sullivan) in 3rd place with 2 releases. *Margaretville* (Don Johnson) wins the boated class with a 136.6 lb. fish. Congratulations!

Congratulations to the following boats for successful releases:

Joy Sea (Gary Johnson) (1st Marlin of the Tournament), *Therapy* (Kipp Ots & Shana Whitmore), *After Midnight*, *Shameless*, *Frenchman*, *Dawn Patrol* (Skip miser), and *Sitra*. On *Abundance* (Ron Hockman and Bob Ridenour) won the side pot for the largest; Yellow Tail, Tuna, Dorado or Wahoo with a 28lb. Yellow Tail. They promptly donated ½ their winnings to CIYC to use in the yacht club facility.

WSB grow out pen update:

We expect to release the White Sea Bass by the time this goes to print. We will be getting more fish in a few weeks to hold over the winter. Thanks to all the volunteers who have helped this season.

Upcoming events:

November 21st Anglers' Awards Scampi Dinner



Valkyrie At Smugglers' Anchorage







Message From First Mate Pam Nast

Dear Channel Islanders and all CIYC Members,

First I want to give a BIG Thank You to Carter Gage and Maurie Julian for contributing to the cookbook project! They both came through with some wonderful recipes. We are still hoping for more recipe submissions ... so *please* do send in your favorites.

Thursday October 15th, 2015 is the date for our **Islanders Election Dinner!** We want to have the event catered ... the cost to members will be \$15.00 per person ... so PLEASE RSVP to Eleanor or sign up in the book on the CIYC bar. We MUST have a head count for the caterer. Also, please give some thought to your nomination suggestions. We will need nominations for First Mate, Second Mate, Purser, Recording Secretary and Corresponding Yeoman. If we don't have a quorum ... we will have to reschedule and the CIYC calendar is already in full Fall holiday season mode.

It rained recently and local temperatures have lowered; however, we are still experiencing a devastating drought in California and wild fires have been destroying forests and homes. Even Fox News reported that this is the worst drought in 500 years; and, Californians should not count on El Niño to end the drought.

"California State Climatologist: Drought Could Continue Despite El Niño"

SACRAMENTO — State Climatologist Michael L. Anderson issued the following statement on potential El Niño conditions:

"Current El Niño conditions cannot tell us how many storms may cross California this coming winter or how much rain and snow will fall in our state. Strong El Niño events in the past have led to wetter-than-average conditions in the southern part of the state but offered mixed results for California's main water supply regions in the north. This uncertainty means that Californians should continue to use water carefully and sparingly in the face of the ongoing extreme drought. While California's past winter weather and El Niño events offer clues to what lies ahead, a changing climate makes historical weather data less comparable. Consider that each of the past two winters has been warmer than any of the previous 120 years of observed record. The extent of these record temperatures and the resulting impacts on California's winter precipitation remain to be seen.

The fact is that this coming winter could extend our record-dry weather or bring major storms, heavy precipitation and coastal storm surges or a combination of all. We must prepare by conserving water in our daily lives, as well as protecting property against the potential of heavy storms and local flooding."

For more information on the unpredictable nature of the El Niño phenomenon, visit: http://water.ca.gov/waterconditions/docs/Drought_ENSO_handout4.pdf.

So ... we must continue to conserve water. Please check the following link: <http://water.ca.gov/news/newsreleases/2015/091415.pdf> for more information regarding the drought and the State's "Fix It For Good" campaign.

Hope all is well with you and yours ... Sincerely, Pam Nast 2015 Islanders First Mate





Message From Fleet Surgeon James “Jim” Lee

It Starts with the Toes

Gout

Gout: A disease, causing inflammation of the joints, especially the toes, knees, and fingers.

Gout is a form of arthritis that attacks both men and women alike. It can occur suddenly that it would seem that your big toe is on fire. The affected joint is hot, swollen, and tender to even the slightest touch.

Gout occurs when uric acid accumulates in the affected joint causing inflammation and subsequent pain. Uric acid is a natural antioxidant that helps protect the linings of blood vessels. Uric acid breaks down purines, an organic compound found in the body and most foods. Red meat, seafood, and other products such as alcohol and high fructose beverages are leading causes. The kidneys are responsible for filtering uric acid. Either too much uric acid is produced, or the kidney cannot filter out enough acid.

Factors that may cause the increase of uric acid production:

Improper diet

Obesity

Certain medical conditions; i.e., high blood pressure and diabetes

Family history

Recent surgery or trauma

Complications associated with gout include advanced gout, which happens when it spreads to the hands, feet, and elbows. Gout can cause kidney stones when the acid crystallizes in the urinary tract.

Methods of prevention include keeping your fluid intake high, limiting or avoiding alcohol, limiting your intake of high fat dairy products, red meat and seafood, and maintaining a healthy body weight.

Ehrlich, Eugene. Oxford American Dictionary. New York: Oxford UP, 1980. 376. Print.
Diseases and Conditions, Gout. (2014, April 15). Retrieved September 10, 2015, from <http://www.mayoclinic.org/healthy-lifestyle>



Epicurean Dinner
August 29th





Epicurean Dinner
August 29th





Bob Cooke Double Handed Race



Doc Lines

Prediabetes

A sobering study just published in the Journal of the American Medical Association tells us that some 12-14% of adults in the US have type-2 diabetes. Also, about 40% have prediabetes. Transposing these percentages to our club, there are likely 37 members who have type-2 diabetes (some may not even know it); and there are likely up to 124 members, or their significant others, who have prediabetes (and many may not even know it). That's half the club! Is this alarming or what?

The bad thing about prediabetes is that it leads to an increased risk of heart disease and will also likely progress to full-fledged type-2 diabetes. It's important to know about it and deal with it. But how do you find out?

After making a morning appointment with your doc, see him after skipping breakfast. Then, if you have a blood test, including the **fasting plasma glucose test**, you don't need a 2nd appointment for this test. The results:

Plasma glucose less than 100 mg/dl	- Normal
Plasma glucose 100 – 125 mg/dl	- Prediabetes
Plasma glucose 126 mg/dl and higher	- Diabetes

Following the first blood test, you may be given a sugary drink and have a second one two hours later. This is an **oral glucose tolerance test**. The results:

Plasma glucose less than 140 mg/dl	- Normal
Plasma glucose 140 – 199 mg/dl	- Prediabetes
Plasma glucose 200 mg/dl or higher	- Diabetes

There are some other tests, of course. Now, what do you do if you have prediabetes?

Here are questions you should ask: “Is it a good idea to keep my blood sugar high by gobbling sugary stuff?” Sugary stuff = Doughnuts, soda, candy, ice cream, processed salad dressings, cake, etc. Also bread and stuff made of wheat. “Should I keep all that extra weight on? And eat processed foods that lack fiber and are full of fructose, including high-fructose corn syrup? And booze a lot? And sit on the couch all day?”

Or is it better to quit sugar, wheat, and starchy stuff; eat more veggies (they're carbs, but they're gradually released so that blood glucose doesn't skyrocket), get some exercise, stop over-boozing, stop eating processed foods, stop drinking sodas, and lose some weight? Hmmmmmm? And, as always, consult with your doctor.

Even if your blood tests are normal, it stands to reason that you should do all this anyway. Why in the world would you want to risk prediabetes? Just saying.

Zoran

Thanks to Erika for editing.





Channel Islands Yacht Club

October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Bar Hours Sunday 3pm to close, Closed Mon. & Tues. except special events Wed. Thurs. & Fri. 5pm to close, Sat 4pm to close				1 6:30pm Movie Night	2 4:30- 5:30pm "Staying Shipshape speakers series" 5-7pm Happy hour Birthday Bash	3 Neil Underwood Race 7pm Epicureans Dinner
4 11am-2pm Wendell Morriset's BD Party Rental	5	6	7 Wed .Night Fun night Dinner 6:30 Bingo 7:00	8 6:30pm Movie Night	9 5-7pm Happy hour	10 Room Rental CCPOA retiree Party
11	12 Columbus Day	13 7PM British Brass Concert	14 4:30 pm Islanders Board 2pm Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	15 Currents Article Due Islanders election dinner	16 5-7pm Happy hour	17 1pm room rental baby shower
18 Open House	19	20 6:30pm CTYC board meeting	21 Wed .Night Fun night Dinner 6:30 Bingo 7:00	22 6:30pm Movie Night	23 12-4pm room rental BD Party 5-7pm Happy hour 7pm Annual Meeting Election of Bridge	24 Shipshape Larson Memorial Race Room rental 50th BD Party
25	26	27	28 Wed Wed Ends 2pm Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	29 6:30pm Movie Night	30 5-7pm Happy hour	31 Halloween 7pm Dinner/Social

SB Cruise

SB Cruise

As of 09/21/15





Channel Islands Yacht Club

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Daylight Savings ends	2	3	4 Wed .Night Fun night Dinner 6:30 Bingo 7:00	5 6:30pm Movie Night	6 5-7pm Happy hour	7 9am Calendar meeting 7pm CIYC club awards dinner
8	9	10	11 Veterans' Day 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 Epicureans Dinner
15 Currents Article Due 1pm Gold Coast Fundraiser	16	17 6:30pm CIYC board meeting	18 Wed .Night Fun night Dinner 6:30 Bingo 7:00	19 Islanders Event	20 5-7pm Happy hour	21 7pm Anglers' awards & Scampi dinner
22	23	24	25 2pm Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	26 Thanksgiving 3pm Potluck Dinner	27 5-7pm Happy hour Start Decorating	28 NO DINNER Decorating
29 Decorating	30 Decorating				<div> <p>Bar Hours Sunday 3pm to close, Closed Mon. & Tues. except special events Wed. Thurs. & Fri. 5pm to close, Sat 4pm to close</p> </div>	





Islanders Election Dinner!
October 15th, 2015
6 p.m.
\$15.00

Dinner will be catered ... so please RSVP!
Sign-up sheet in the bar or email Eleanor
Eleanor@engsrv.com

We will be nominating and voting during the dinner meeting. So, please think about whom you would like to see in office next year.

Your Islanders Board is hopeful for a great turn out and lots of input!





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1 In the cave



2 Larry Stephenson and crew from Miss Asia



3 On our way back from Painted Cave on Miss Asia



4 Vidar and crew taking a dip.



Bill & Brent



Harry & Bill



Bob Cooke Double Handed Race Awards



Bill & Brent Swanson



Brent Swanson, grandson of Bob Cooke accepting 1st Place Trophy in the non-spinnaker on *Velero* with Mike Hopper, 1st place spinnaker on *Magic Dragon* with the Bob Cooke trophy



Calo Challenge - 2015
More pictures next month





1_Bill Brayton swimming from Maverick to the Blue Mast in Fryes to visit Vidar and Marnie Bech and crew. The 20 boats anchored in Fryes were all swimming distance apart .



2_Ventura Yacht Club dinghies rafted in the Fern Grotto around the bend from Fryes.

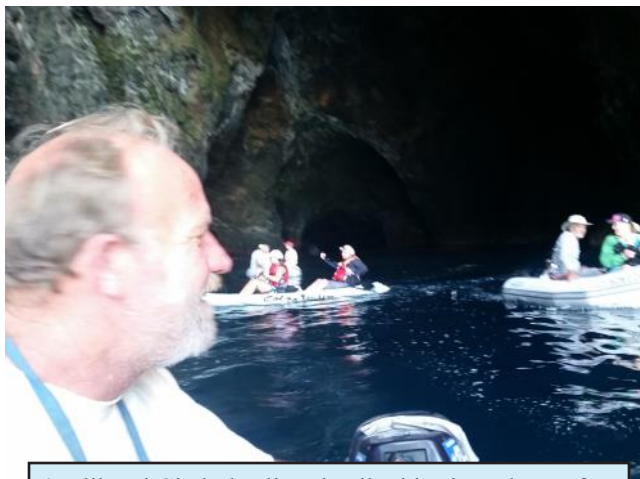


3_Cruise Director, Cindy Arosteguy enjoying appetizers and the hospitality of VYC. The couple in the dinghy next to her are both 90 years old and in this little tiny dinghy with appetizers and a bottle of chardonnay.

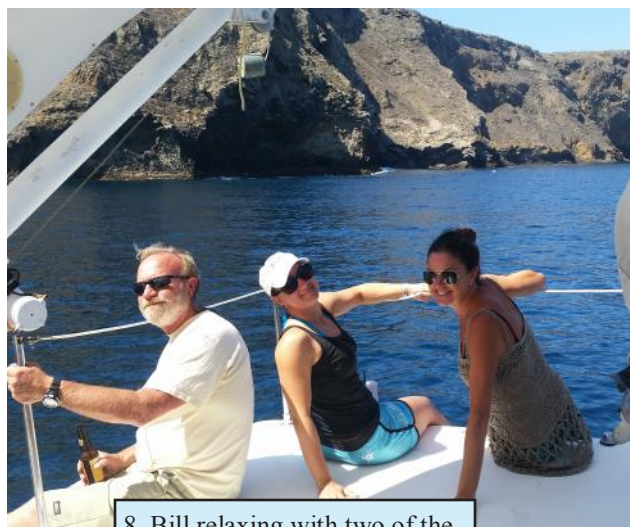
4_Bill Brayton on shore at Fryes conquering the anchorage. He is standing on what we think was an anchor piling. This anchorage was used to quarry the rocks that are now part of the Santa Barbara breakwater .



Labor Day Weekend Cruise
to Fry's and Side Trip
to the Painted Caves



6_Bill and Cindy leading the dinghies in and out of the painted caves



8_Bill relaxing with two of the galley divas on Miss Asia.

5_Captain Larry Stephenson at the helm of Miss Asia towing the CIYC cruisers and dinghies to the painted caves, one of North America's largest marine sea caves



Maverick at Dawn

7_Vidar and Marnie taking the crew of Miss Asia through the painted caves or are they recruiting new CIYC members ?



Bill saving Bluemast's Dinghy

9_Walls of the
painted caves.



Labor Day Weekend Cruise
to Fry's and Side Trip
to the Painted Caves

11_One of the many blow holes
between Fry's and the painted caves



Birthday Bash - "October 2nd by Connie Calo

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



October Birthday Celebrations for: Tom Webb, Harry Krum,
Nicole Trautman, Wendell Morrisset, Carole Naylor, Evelyn Anderson,
Rick Ireland, Barbara Brauns, Dennis Howarth, Tom Everett, Cel Tustin,
Joyce Sheridan, Karen Farrell, Cathy Scott, Barbara Milman,
Dennis West, Kathy Masi, Sandy Crocket, and Leslie Webb.

October Anniversaries are: Charlie and LeeAnne Clark,
Ken and Jane Thomas, Ray and Hope Morales,
Russell and Margaret Campbell.

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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!

Currents Advertising

Ad Size	Dimensions High x Wide	Inside Pages 6 months	Inside Back	1 year -20%
Biz Card	2.0"x 3.5"	\$108/6mo.		\$172.80/yr.
1/4 page	4.5"x 3.5"	\$168/6mo.		\$268.80/yr.
1/2 page	4.25"x 7"	\$288/6mo.		\$460.80/yr.
Full page	7"x 9"	\$468/6mo.	\$570 /6mo.	in/\$748.80 bk/\$912.00





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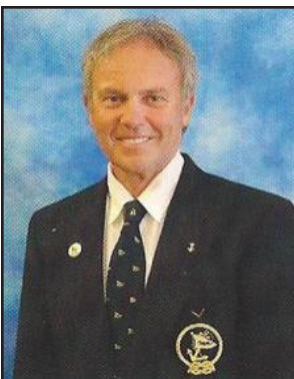


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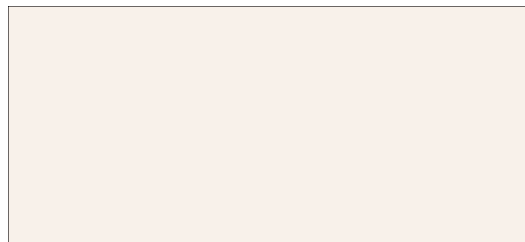
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DEADLINE NOTICE:

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

Next deadline: October 15, 2015

for the November 2015 Issue



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photos of my famous truck BBQ. I forgot the hotdogs. Bill Crier

