

VOLUME 59 ~ ISSUE 08 Commodore: Diane Miner Editor: Liz Campbell

Yacht Club

Channel Islands

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August 2019

Dann Daggett on **Pelican**



Message From The Commodore **Diane Sherlock**



Summer finally arrived in time for our July 4th Celebration. The sun showed its face and so many members enjoyed the **Electric Boat Parade** under the leadership of Frank and Gayle Laza, followed by our famous Barbecue. Many thanks to Phil Woolf, Gary McFarland, and Richard Sherlock for barbecuing. Kudos to the kitchen helpers: Sue Woolf, Linda Weisfuss, and Debra Tyhurst. Jerry Wood was our event coordinator and once again did a stellar job.

The yacht club, through our community outreach, supports many local events. The **2019 Chowderfest** is one such event, being held on the grounds of the Maritime Museum on Sunday, August 4th, starting at 2:00PM. The proceeds will benefit this great museum. Please contact Michelle Murphy at the museum if you can help, and be sure to attend this fun-filled event – music, great food, and fun! In addition, the **Coastal Conservation Association** is having their banquet and fundraiser at the club on Saturday, August 3rd. Come to enjoy a **Surf 'n Turf dinner**, shop all the raffle prizes, and help support our oceans and White Sea Bass pens.

The nominating committee for election of members for the 2020-2021 Board of Directors was voted upon at the June General Meeting. The committee is comprised of Jr. Staff Commodore Bob Taylor, Vice Commodore Mike Farrell, House Captain Mike McKendry, and members Rodlyn Brown and Deborah Tyhurst. They will present a slate of candidates at our General Meeting on August 23rd. The election of the Board members will be held at our September 27th General Meeting.

We had another very successful Open House at the end of June. Thanks to all our hard-working Board of Directors for their time and effort. Please welcome our new members and make them feel comfortable when you see them at the club. We are truly a great group and family, and we want to share this camaraderie with our new people. The next Open House is scheduled for August 18th at 1:00 P.M.

The mainstay of our club, the bar, under the direction of bar manager Mike Greenup, is continuing to do well. Kamie, Jess, Lisa, and our newest bartender, Becca, continue to work hard to provide great service for all of us! When we don't know attendance numbers, it's difficult to accurately do bar scheduling. Please make reservations for dinners in a timely fashion – it makes scheduling bartenders easier and helps our chefs to provide meals for all! Remember – if you make a reservation and fail to cancel by noon the day preceding the event, your club account will be charged!

Don't forget our Thursday, 9:15AM, yoga classes with our awesome instructor Heidi Stok. Great for the body and soul!

Continue enjoying your summer at CIYC! **Diane Sherlock, Commodore 2019**

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So, last month I predicted the end of "June Gloom." As of this going to press, unfortunately, that still hasn't happened for those living near the coast. You landlubbers who live inland, on the other hand, have had to deal with some very hot weather. That hasn't stopped CIYC from having some really good parties, however!

The month started with huge July 4 celebration. After the now-traditional E Boat parade, a crowd of close to 100 people came back to the club for a bountiful feast served by Jerry Wood and his crew. CIYC had a great view of the fireworks from our balcony and many stayed afterward for adult beverages until the traffic outside cleared.

We will have had 4 Wednesday dinners in July but only one occurred before the Currents went to press. Cary Verstynen and crew sold out the July 10 dinner with an excellent Meatloaf with all the trimmings. Karen Farrell (July 17), Vera Cline (July 24), and David Strouse (July 31) will round out the month. Linda Zurborg (August 7), Yadila Guerra, a brand-new member, (August 21), and Tim Smith (August 28) will lead Wednesday dinners in August. I am still looking for someone for August 14, so, if you are willing, please let me know.

TGIF on July 12 was a big success. Combined with Birthday Bash, the club was filled with happy and well-fed members. Joyce Sheridan, Clark Owens, and crew presented a Fish Fry, and our rebuilt horses ran once again with great enthusiasm (thanks to Dann Daggett). As usual, there were raffle prizes and a happy Birthday Bash winner. Joyce Sheridan and the group will do it again on Friday, August 2. So be sure to save that date and come to CIYC and enjoy the fun.

Unfortunately, there will have been only one Saturday dinner in July and it will occur after this article was written. Elyse Gonnello and the Epicureans are preparing an Italian dinner featuring Chicken Cacciatore. In addition, we will be joined by The Upper Hand Band. This duo is new to CIYC and plays a wide range of music for both listening and dancing. Mike Greenup, our Bar Manager and Director, has also arranged for Parhelion Cellars, a Santa Clarita winery, to do a wine tasting in the Fireplace Room. I sincerely hope you all had a chance to experience this fun-packed evening.

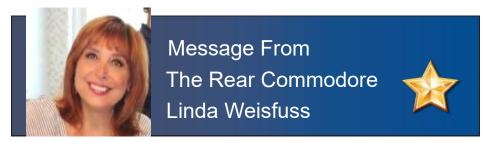
Both the Beefeaters (August 10) and the Epicureans (August 24) will host dinners in August. Menus have not yet been announced.

Karen and I will be headed off on much-appreciated vacation from July 25 to August 6. We are headed to Vancouver to start an Alaska cruise. I will be sure to bring pictures to show. I will miss my first Wednesday night dinner of the year on July 31, but you will be in good hands with David Strouse at the helm.

Have a great August (hopefully with lots of sunshine!), and I look forward to seeing all y'all at CIYC! Mike Farrell, Vice Commodore 2019







Warm weather has arrived, along with calmer seas. So much is going on! We have had many water activities and there are many more to come.

We had our **Disabled Veterans' Sail Day**, with 45 boats taking our Vets and families out on the water. Thanks to so many volunteers! Over 200 people came to our club. I was so proud of our membership and our community for giving back.

The 4th of July was also big for us, with two events happening: One was an impromptu four-boat cruise to the Islands.

We also had a patriotic E boat parade in the harbor. With boats decorated and dignitaries in attendance, it ended with a grand buffet at the club. Frank and Gayle Laza chaired the parade - a huge thank you goes out to them. Jerry Wood, Diane and Richard Sherlock, Phil and Sue Woolf, Lisa Medlen and I provided the massive buffet. So impressive! Our balcony was filled with members and their families.

On July 13th we cruised to Ventura Yacht Club. Our boats filled their 180' guest dock. CIYC members drove up as well, and it was a lot of fun. There was a Friday dinner at their club and lunch on Saturday. We enjoyed cocktails on Tim and Jennifer's boat, **Bother Me Tomorrow**. They were wonderful hosts. This was followed by dinner at VYC and other restaurants. Most of us reunited at Ventura Yacht Club for Sunday breakfast. So much camaraderie!

Ladies' fishing tournament was July 28th. Weigh-in was at 5pm. This is chaired by Frank Sullivan he will report the results.

Save the date:

E boat event - August 11th. Frank and Gayle Laza chair this event. Lots of fun and games, and Harbor Island will be joining us. Bring an appetizer to the club and join in.

Official results are finally in for the Wild Bill Race:

CONGRATULATIONS TO OUR CIYC RACING FAMILY!

Non-Spinnaker:		
FIRST PLACE	SECOND PLACE	
Brent Swanson on Valero	James Jewell on Princess	
Spinnaker:		
FIRST PLACE	THIRD PLACE	FOURTH PLACE
Jane Thomas on <i>Wai'lani</i>	Shelly Johnson on Zoarces	Dwyn Wen on Invincible Summer
ENJOY THE SUMMER!		
Linda Weisfuss		









Happy Midsummer to All!

June was busy with an excursion by ten CIYC members to the Lavender Festival in Ojai. Browsing the craft booths and buying lavender was followed by a group lunch in town. It was a lovely day with good friends.

Thanks to our 2nd Mate, Linda Zurborg-Perry, everyone who attended the Santa Barbara Polo Games had a wonderful time on July 14th. The forty who attended stayed in a large private VIP tent and enjoyed hors-d'oeuvres, the no-host bar, birthday cake, a tour of the facilities (including the stables with 60 horses), divot stomping, and a photo shoot with the players. So fancy and so much fun! Thanks so much to Linda and Jim Perry for hosting.

Other planned excursions may be to visit the Reagan Library, the Queen Mary, or a train trip to an L.A. museum. We would love to hear from everyone with their ideas.

The Channel Islanders donated a large new Barbecue to the club for the Fathers' Day Dinner and also bought insulating plate covers for special table-served dinners. We would like to help with other "wish-list" needs for the club, so we will be planning ways to raise money that might include: a Tea Party/Fashion Show or a Nightclub/ Concert. All ideas are welcomed.

Members from our Islanders: Karen Farrell, Melinda Irwin, and Francene Thomas, as well as Carol Bern and Mary Ann Moore, who are current Board members, will be asking for members to fill the needed positions for next year's Channel Islanders' Board. The open positions are: First Mate, Second Mate, Purser, Corresponding Yeoman, and Recording Yeoman. A few of our Board members are willing to serve their 2nd year, and/or to move up to another position.

The next Islanders' members' meeting will be held in August, at which time the nominees will be presented. There will be a vote at the October Channel Islanders' ALL Membership Board meeting. I will email you those dates ASAP.

There are additional ways to help the Islanders function by becoming a committee chairperson to help plan for our big events, like Opening Day. Chairs are also needed for fundraising, publicity, cooking, and photography.

Here's your chance to get involved! Thank you, Laurie Preston First Mate, Channel Islanders 2019

Anglers' Corner - August 2019 By Frank Sullivan



Jig Fishing for Yellowtail:

California Yellowtail often prefer metal jigs to live bait, but choosing the right jig for the situation is key. When fishing schools in deep water, drop a heavy jig such as a Tady 4/0 or Salas 6X Jr all the way to the bottom, and wind it as fast as you can, while occasionally pausing the retrieve. This is called yo-yo fishing. To properly fish the jig, you'll need a 7-foot heavy-action rod matched with a high-speed reel filled with at least 40-pound test or 80-pound Spectra with a 3- or 4-foot leader of 60-pound fluorocarbon. These will give you plenty of pulling power to get a big Yellowtail coming up and away from the rocky bottom.

When the fish are nearer to the surface, try a lighter metal jig such as a Tady 4/5 or Salas 7X. These swimming lures, known as surface iron, can be deadly. Keep an eye out for any birds that are looking hard at the water or yellows that are boiling on forage fish, then let your surface iron fly. Once you've made an accurate cast to the area where you saw the fish, retrieve the jig with a medium-to-fast wind and hang on. Long rods rule for fishing surface iron, and most anglers use 9- or 10-foot rods to give them casting distance. The drawback to these longer rods is that they sacrifice leverage. I prefer an 8-foot rod for that very reason, whether yo-yo-ing heavy iron or swimming a surface iron. Once a fish strikes, just keep reeling until the fish is pulling line. Trying to set the hook will usually just pull the lure out of the fish's mouth.

Ladies Fishing Tournament:

Was held on July 28th after this went to publication - so watch for the results in next month's article.

CIYC's Support of Coastal Conservation Association:

Please help the CIYC Anglers support CCA; they will have their annual fundraiser "Surf and Turf" dinner (cooked by Bill Lynch) with live music, auctions, and raffles at CIYC on Saturday, August 3rd, between 5 and 9pm.

Frank Sullivan, Linda Weisfuss, and Lana Lynch are selling tickets to the event at the Club. Also, tickets will be available at the door. The price includes a 1-year membership in CCA. (See the flyer in this month's Currents.)

Your Club Account CANNOT be used to pay for this event.

Upcoming events:

August 3 rd	Coastal Conservation Assn. Fundraiser
September 6 th	Channel Islands Billfish Tourney Kickoff Dinner
September 7^{th} to 11^{th}	Channel Islands Billfish Tournament
September 13 th	Channel Islands Billfish Tourney Awards Dinner
November 9 th	Anglers' Awards Scampi Dinner



Doc Lines

Follow-up on High Blood Pressure

Many thanks to Jennifer Sparks, RN, for taking the blood pressure of our club members and providing informational brochures. I cannot emphasize strongly enough how important it is to keep your blood pressure within normal limits.

Hypertension places a great strain on the heart, causing it to enlarge and eventually fail. The vessel walls are stressed, leading to atherosclerosis, plaques, and aneurysms. And these can lead to strokes and heart attacks. The kidneys can't take it either, and will eventually irreversibly fail.

The problem is that high blood pressure is symptomless. We don't know if we have it or not without measuring it. And measuring it once or twice a year at the doctor's office is very problematic. This is because of "white coat syndrome" - the nervousness that often produces elevated blood pressure.

The best way is to take charge of the problem yourself. Blood pressure measuring devices are readily available. I suggest you measure BP several times during one day each month and average the results. You may check the accuracy of your device by taking it to the doctor's office and comparing the results. You should be relaxed - in a sitting or reclining position, with a back rest, and legs uncrossed.

Light Therapy for Alzheimer's

Alzheimer's disease is due to deposits of abnormal proteins within the brain. These are neurotoxic and inflammatory. Our brain cells can't withstand the assault and are destroyed. This neurodegenerative process leads to dementia.

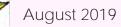
Scientists at MIT in Boston developed a radical new treatment. They used genetically modified mice which had the equivalent of Alzheimer's disease in humans. They treated them one hour a day with flickering LED lights aimed at their eyes just before the neurodegenerative process was expected to manifest itself. And it worked.

In the treated group, abnormal proteins dissolved and cognitive skills remained stable, as compared to the control group, which deteriorated. At autopsy afterwards, they found the disease had been stopped in its tracks in every mouse that had the LED treatment.

In addition to flickering lights at 40Hz, they simultaneously introduced sound waves at the same frequency. Results were even better. Human trials on a small number of patients have started.

Your Fleet Surgeon, Zoran

Thanks to Erika for editing.



Fisherman's Wharf Planning Commission Meeting Postponed to Thursday, August 22nd

Oxnard has postponed its Planning Commission public hearing regarding Fisherman's Wharf project's Local Coastal Plan Amendment (LCPA) to August 22, 2019, at 6pm. The meeting will be held at the Oxnard City Council Meeting Room.

Attendance at this meeting is critical for all concerned about the future development priorities at the harbor. The Planning Commission will decide if it will recommend the approval or denial of the LCPA to the City Council. The Coastal Commission determined in October 2017 that the proposed project is inconsistent with Oxnard's Local Coastal Plan (LCP) and directed the County and developer to obtain an amendment to Oxnard's LCP for the

project to proceed.

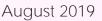
However, it has also been determined that not only does the County require an amendment to Oxnard's LCP, it also needs either an amendment to Oxnard's Harbor Channel Islands (HCI) ordinances or an "urban village" zoning change for the project to proceed.

Back in early 2018, the County applied for an HCI 17-24 amendment that also proposed to eliminate yacht clubs, boat sales, and bait & tackle shops as permitted uses at the harbor. The County has since withdrawn its application saying it will reapply for an HCI amendment after the LCPA is approved. No other explanation was provided but the HCI amendment would have required a CEQA (California Environmental Quality Act) review. A CEQA review, like an Environmental Impact Report (EIR), would disclose to the public the significant environmental effects of the proposed project.

The County has also refused to submit a Specific Plan as required by Oxnard's General Plan to obtain an "urban village" zoning change for the project. The Specific Plan for the project would be required to go through Oxnard's public review and analysis process. The purpose of this review process is to identify and disclose any detrimental and unacceptable impact the project might have on the City, its residents, and the public.

An HCI amendment or a Specific Plan for the project should be considered prior to this LCPA request. There could be unintended consequences caused by the County's proposed LCPA that Oxnard and the public may not want. A CEQA or EIR review would ensure Oxnard and the public fully understand the impact of the LCPA changes prior to agreeing to any changes.

(cont'd on next page)





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Whale's Tail – Another Missed Deadline and Broken Promises

Fresca II missed another lease deadline, increasing skepticism that they will ever take over the Whale's Tail restaurant facility. This is worrisome since the facility has been vacant since December 2015 and like many visitor-serving areas at the harbor, allowed to deteriorate by its owner, the County.

After a series of missed deadlines and Harbor Department assurances that a Fresca II lease would be ready for submission to the County Board of Supervisors for approval, the public must continue to wait for the Harbor Department's next action. The County extended Fresca II's lease option despite its failure to meet deadlines. Instead, the reasonable and responsible business move would have been to reissue a new Request for Proposal for this valuable public waterside property.

The continuing deterioration of the Whale's Tail demands immediate action by the County to ensure its restoration and operation for visitors and the surrounding community.

Let us hope there are no further delays to the Casa Sirena Hotel replacement project. This is the project the community supports and is so needed at the harbor.



Rene Aiu, Harbor Delegate



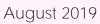






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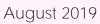




DAV Sail Day June 23rd















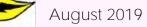






O Sharon Mae Photography





Annal Islands Vacht Club

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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	Bar Hours Sunday 3pm to close, Mon. & Tues. except special events Thurs.& Fri. 5pm to close, Sat 4pm to close			1 9:15 am Yoga with Heidi Stok C. I. neighborhood Council Meeting	2 Happy Hours 5-7pm 6:30 pm TGIF Fish fry Birthday Bash	3 Room Rental CCA Banquet/fundraiser
4 Chowder Festival	ų	ω	7 6:30 pm Wed .Dinner	8 9:15 am Yoga with Heidi Stok <i>Islanders BOD m</i> eet- ing	9 Happy Hours 5-7pm	10 Forefathers Race Beefeaters dinner
11 Electric boat event	12 6:30-9:30pm Room Rental (member)	13	14 6:30 pm Wed . Dinner	15 9:15 am Yoga with Heidi Stok	16 Happy Hours 5-7pm	17 4pm Summer Music Jam
18 1-4pm OPEN HOUSE	19	20 6.30pm CIYC board meeting	21 6:30 pm Wed . Dinner	22 9:15 am Yoga with Heidi Stok	23 Happy Hours 5-7pm 6 pm Salad Bar 7pm General Meeting	24 Larson Memorial Race Epicureans dinner
25 1pm Room rental Anniversary Party	56	27	28 6:30 pm Wed . Dinner	29 9:15 am Yoga with Heidi Stok <mark>6-8pm New Member</mark> Orientation	30 Happy Hours 5-7pm	31 LABOR DAY WEEKEND STARTS Island Cruise
			As of 07-30-19			





September 2019

Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 LABOR DAY WEEKEND	2 LABOR DAY Holiday supper club	m	6:30 pm Wed .Dinner	5 9:15 am Yoga with Heidi Stok 5pm Thursday Night	6 Happy Hours 5-7pm Birthday Bash 6:30pm CIBFT Kickoff Dinner by Islanders	7 Room rental (member)
Island	Island Cruise			Football		CIBFT
8 Destination party	ō	9	11 6:30 pm Wed .Dinner	12 8:15 am Yoga with Heidi Stok Islanders BOD meeting 5pm Thursday Night	13 Happy Hours 5-7pm 6:30pm CIBFT Awards Dinner by Islanders	14 Epicureans dinner
	Channel Islands Bi	Channel Islands Bill Fish Tournament		Football		
15 Tentative Room rental (member)	16	17 6:30pm CIYC board meeting	18 6:30 pm Wed .Dinner	19 9:15 am Yoga with Heidi Stok 5pm Thursday Night Football	20 Happy Hours 5-7pm 7pm Ventura British Brass Concert	21 Beefeaters dinner
33	23 September equinox	24	25 6:30 pm Wed . Dinner	269:15 am Yoga with Heidi Stok 5pm Thursday Night Football	27 Happy Hours 5-7pm 6 pm Salad Bar 7pm General Meeting Election of Board	28 Lady at the Helm Race
29 10am Islanders Pan- cake breakfast	ß			^S S	Bar Hours Sunday 3pm to close, Closed Mon. & Tues. except special events Wed. Thurs.& Fri. 5pm to close,	s close, except special om to close,
			As of 07-30-19		odi 4pili to ciose	0.94

JOCKEYS "MOUNT YOUR HORSES"

August 2nd Birthday Bash & TGIF Fish Fry by Connie Calo, Joyce & Clark

Beer Battered Fish, (Broiled on request prior to the event), Fries, Beans, Cole Slaw, and Ice Cream will be served at 6:30 for **\$12**.

Sign up to be a jockey, bet on your favorite filly, nag, number or other jockey, take a chance on the 50/25/25 raffle

Happy August Birthday

01 Jan Royall, 02 TonyArgall, 03 Debbie Mitchell, 03 Richard Royall, 05 Steve Watkins, 06 Roger Knippel, 07 Karen Hill-Silverman, 07 Walter Russakoff, 07 Brent Swanson, 07 Alison Gabel, 08 Carter Gage, 12 Mark Palamountain, 13 Bill Brayton, 13 Percy Datcher, 14 John Hazeltine, 14 Gail Smith-Estabrook, 16 Ruth Hatcher, 16 Jane Thomas, 19 Karen Smith, 21 Alison Vanhooser, 22 Tamar Shulem, 22 Dan Ward, 24 Smitty Smith, 26 Jim West, **26** Jan Argall, **26** Rob Wishart, **27** Jim Strickland, **27** ArthurTurnier, 27 Derek Hawthorne, 29 Don Bales, 29 Carol Fugua, 29 Lauree Riva, 30 Clark Owens, 30 Pam Vigil, 30 Annette Alexander-Staples, 31 Bill Scarpino, **31** Stella Jordan.

Happy August Anniversary

01 Bill Elswick & Debbie Mitchell, 03 George & Evelina Arglen,

04 Bill & Melodie Crier, **04** Tony & Melanie Ots,

05 Judy & Dennis Fraser, 08 Rick & Sherie Ireland,

08 Mike Smith & Lisa Bishop-Smith, **09** John & Glori Stulman,

11 Bill & Ginny Johnson, **12** Skip & Laurie Preston,

14 Ash & Lynne Howden, **14** Skip & Lee Miser,

19 Jeff & Tina Haas, **23** Rick & Darlin' Belmonte,

25 Tom & Gwen Everett, 25 Mike & Donna McKendry,

28 Dan Estabrook & Gail Smith-Estabrook,

29 Paul & Diane Paulin, 30 Skoony & Fredyann Schoonmaker.



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To our CIYC Musicians and Singers, we will be having a good old-fashioned Summer music jam on Saturday, August 17th, at 4:00. Bring your voices, guitars, keyboards, drums, washboards or anything that has rhythm and makes music. It will be a fun time and we encourage everyone to participate even if you want to just kick back and enjoy the music.

There will be Pizza and a Salad Bar available for \$12.00. So, come and have a great toe-tapping, hand-clapping time with your fellow CIYC friends.



For more info contact Barbara Brauns babsea1@yahoo.com or 805-890 1610

Channel Islands Yacht Club

Join and be part of our yacht club family! AUGUST 18, 2019 OPEN HOUSE



- ➢ Cooking with some of the best cooks in California
- We are a self-help club which means the members do some of the cooking for the club)
- ✤ All while having the time of your life.



Epicurean Dinner

Saturday, August 24 7 p.m. Sherie Ireland, & her crew, present:

Pork Schnitzel Sauerkraut Sausage Soup Purple Cabbage Salad Green Beans with Basil & Mint Blueberry Yogurt Delight *Pesto Pasta by request \$25

Music by Susan Rey



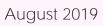
Currents August 2019





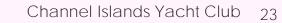
4^{th of} July







Currents





4^{th of} July









July 12th TGIF Fish Fry

















July 12th TGIF Fish Fry



















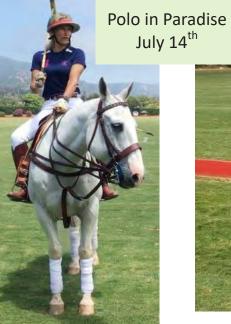
August 2019



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Channel Islands

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boat **Ooh La La**

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DEADLINE NOTICE:

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

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for the September 2019 Issue

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Mark Palamountain and his son Cooper, on his new boat <u>Premium</u>



Dann Daggett & Cindy Crocket

