



Thanks to Mike Greer for this great Wet Wednesday photo taken from Bandaloop





I hope everyone had a wonderful Thanksgiving holiday with family and friends. Our CIYC family shared many thanks at our annual Thanksgiving Potluck. Thanks to all who donated turkeys and hams, and to our outstanding cooking crew led by Tom Resler who put together a delicious dinner.

Our annual Awards Dinner recognized the many members who make CIYC the Best Yacht Club in Ventura County. Congratulations to our Perpetual Award recipients: Evelina Arglen - Lifetime Achievement Award; Mike Geer - Sportsman of the Year; Chuck Grethel - Sailor of the Year; Most Active Sailboat of the year - JEDI, owned and sailed by Gareth Jones and Dan Maxwell; Most Active Power Boat - owned and operated by Garry Kraft. Last, New Members of the Year - Marc and Eileen Gault.

With the holidays on the horizon, our Club will be transformed into a Holiday Wonderland. Islanders' First Mate Carole Naylor will take the lead on decorating with the help of our talented CIYC members. Come and enjoy the Holiday Season at the Club: the Tree Lighting ceremony, the Parade of Lights, the Jingle Bell Brunch, and the Beefeaters' Holiday Social. Our New Year's Eve party will wrap up the month. It is truly "The most wonderful time of the year!"

I have mixed emotions as I conclude my two years as Commodore and look forward to the future. I want the membership to know how greatly I was honored to be your Commodore for the past two years. And thank you, our membership, for all your support and help throughout my time on the Bridge. The best part of this job has been camaraderie with all the membership which has enriched my life with friendships and memories that I will cherish for a lifetime!

I need to acknowledge our Board of Directors for 2022 who have made this year a huge success: Vice Commodore Dawn Turnier, Rear Commodore Lisa Medlen, Treasurer Sue Woolf, George Arglen, Barbara Brauns, Bill Elswick, Billy LeCroy, Carole Naylor, our Secretary Vera Cline, and our Membership Chairman and Parliamentarian Frank Sullivan. I am proud of this Board because we worked well together, accomplished a lot, and made this year very successful. Thank you to Sue Woolf and Carole Naylor who will be leaving the Board, and welcome to our new members Deborah Tyhurst, Rocky Rockwell, and Shana Whitmore. Wishing the best to our new Commodore Dawn Turnier, Vice Commodore Lisa Medlen, Rear Commodore Deborah Tyhurst, and our 2023 Board of Directors. I know you will continue to steer the Club on a successful path.

My role for 2023 is to advise and mentor the new Board members whenever they ask me for help; otherwise, I'll stay out of their way. I plan to carry out that role diligently.

In closing, I thank my wife, Linda, for giving me the opportunity and support to serve on the Board and as your Commodore. And a special thank you, Linda, for all your beautiful decorations throughout the year. I love you very much!

Mike Greenup, Commodore 2021 and 2022

From the Quarterdeck

Vice Commodore Dawn Turnier



Merry Christmas, Happy Holidays, Happy Hanukkah!!!

I sincerely thank everyone who elected me to be your next Commodore. It means a lot to me that you have that kind of trust in me to lead the way into 2023. I have an extremely talented and diverse crew with me serving as Bridge and Directors. It is with their help that we can make many great things happen next year.

I give a special thank you to Carol Watson-Simon who was my sponsor and who brought me to my first club event, a Valentine's Day Dance. It was that night that Art and I joined. When we joined the club Mike and Karen Farrell saw some potential in me and wanted me to run for a director's position. I hadn't been a member long enough at the time and decided to wait, but I eventually made the decision to run. Thank you, Mike and Karen, for starting me on this journey and to all the mentors I have had at the club, especially over the past 2 years.

One thing I really liked when I first joined the club was the emphasis on shared decision making. Every so often, a survey was sent out via "Survey Monkey," and it would contain a few questions that members could provide input on to help guide club decisions, even if they didn't get the chance to come to the club as often as they wanted. I thought it was a brilliant way to communicate with all the members. It is my intention to bring this element of decision-making back to the club, so be sure to check your email inbox for them. I know you get a lot of club-based emails, but it is a good way to stay informed on what's going on in our club. Believe me... a lot of work goes into creating informative emails, and soon these surveys will go out, so please read them and respond!

As a side note, I had a really fabulous opportunity as a soon-to-be Commodore. While on vacation I was allowed to pilot a 110-meter river cruise vessel named *The Amadante* down the Seine River, assisted by the master of the ship, Captain Tomy. What a great experience it was! - While we were having drinks in the bar the previous evening, the captain came to talk to us and invited me to drive the ship after hearing about our Yacht club and my upcoming tenure as Commodore. It was an absolute thrill! Below you will find some beautiful shots from our family trip in France down the Seine.

Here's to Fair Winds and Following Seas,

Dawn Turnier

Commodore-Elect 2023



From the Quarterdeck

Rear Commodore Lisa Marie Medlen



VCReporter
NEWS CULTURE OPINION
2022

**Best Yacht Club
in Ventura County
6 years in a row!**





Anglers' Corner

By Frank Sullivan



Anglers' Club Info: Anglers' dues of \$10 for the 2023 fishing season are due before January 31, 2023. Please send in your Anglers' dues with your regular club dues billing. If you forgot and sent the CIYC dues in without your Anglers' dues, you can provide a SEPARATE check made out to "Channel Islands Yacht Club, Anglers" and put Anglers' Dues in the memo section of the check. Send it or bring it to the Club. Or you can pay through the CIYC Foreup billing system – just let me know you want me to charge it to your account.

When you are a CIYC Anglers' Club member you can win \$50.00 if you bring in the biggest legal fish of the month. Marlin, sharks, rays, and tournament fish do not count. You can only win once a year, but as the Lotto people are fond of saying, "You can't win if you don't play."

Anglers' Club Big Fish rules:

1. Fish must be caught within 100 miles of Channel Islands Harbor
2. Marlin, sharks and rays are not to be considered as winners
3. Must be caught on rod and reel
4. Fish can be verified by any CIYC member (there is a scale available in the reception office)
5. Angler must be a paid CIYC Anglers' Club member
6. Angler must bring the fish to the boat, can have help gaffing or netting
7. CIYC, PCYC or Channel Islands Sport fishing scales can be used, others if certified.
8. Tournament fish do not count except for the Big Fish of the Year
9. An angler can only win the Big Fish of the month one time a year

At the yearly Anglers' Awards dinner, the Big Fish of the Year is awarded \$100. It does not have to be a fish submitted as a Big Fish of the Month to qualify, but it can be a tournament fish, so keep fishing!

Anglers' Awards Dinner: We had a great turnout for this year's Awards Dinner and celebration of the 30th anniversary of the White Seabass Pens in Channel Islands Harbor. We had over 97 in attendance, plus the Cooking Crew. We recognized Jimmy Fillo as the Sportsman of the Year for all his work on maintaining the pens and caring for the fish. The Big Fish of the Year was awarded to Marc Gault for the 90-lb. Bluefin Tuna he caught. The Men's Tournament Trophy was awarded to Jerry Palmer for the 27.5 lb. Halibut caught in the Tourney. Unfortunately, the Ladies' Tournament was canceled this year for weather issues and many of our boats were down when we tried to reschedule.

Reminder: Boat-based Rockfish season ends December 31st, 2022. Because of pending regulation changes we don't yet know what date it will reopen. In 2022, nearshore ground fish fishing season lengths ranged from eight to 10 months, but in 2023 they are expected to shrink to not more than five and a half months in all areas. On the bright side of fishing regulations, you may now purchase a fishing license that will be good for a full year, so if you buy your license in June 2023 it will be good until June 2024, as opposed to expiring on December 31st! Thank you, Coastal Conservation Association of California and their brother fishing rights organizations.

WSB Pen Update: Last month I reported that there was a die-off of some of the fish in pen 3. I'm glad to report we were able to get a handle on it quickly. First, we treated the fish with a medicated food, then followed up with a concentration of hydrogen peroxide in the water after bagging the net in plastic. This seems to have solved the problem.





AMAZING VOLUNTEERS!





Between a Rock and a Hard Place

Over **17,000 physicians** and medical scientists from all over the world signed a Global Covid Summit Declaration (May 2022). It calls for the following: **a.** end Covid-19 vaccinations, **b.** stop blocking doctors from providing treatments, **c.** cease travel and social restrictions, **d.** research regarding vaccination damage must be established, **e.** unwillingness to be vaccinated should never be punished by losing a job or educational opportunities, **f.** end medical censorship, **g.** vaccine manufacturers and their enablers should be indicted for fraud for willfully omitting safety and effectiveness data. globalcovidsummit.org

Note that all of the above is diametrically opposed to what the CDC, FDA, DHS, WHO, many mayors, governors, school boards, colleges, medical boards, the press, presidents, and governments in many countries preach, **mandate** and **impose** on their populations.

It is only fair that our club members should have an opportunity to learn there are strong opposing views held by many prominent scientists and physicians who have been effectively censored and silenced.

The latest is California [Assembly Bill 2098](#) which states that it "*shall constitute unprofessional conduct for a physician and surgeon to disseminate misinformation or disinformation related to COVID-19, including false or misleading information regarding the nature and risks of the virus, its prevention and treatment; and the development, safety, and effectiveness of COVID-19 vaccines.*"

The statute defines "misinformation" as "false information that is contradicted by contemporary **scientific consensus** contrary to the standard of care."

So as of January 2023 no practicing doctors can advise you on any of the above-proposed fundamental principles, as they are sure to lose their license to practice medicine in California.

Physicians, surgeons, and chiropractors are placed in an impossible situation. They are morally obliged to follow the Hippocratic Oath to do their best for their patients and to do no harm (**the rock**), but the newly signed law allows them to do only what the FDA and CDC protocols say or they lose their job (**the hard place**).

Remember the example of young Dr. Ignaz Semmelweis who insisted that doctors wash their hands after performing autopsies (no latex gloves yet) before delivering babies in the hospital maternity ward and spreading deadly puerperal sepsis. Imagine that: performing an autopsy with bare hands and then delivering a baby without washing. He was against the scientific consensus and died in a mental institution, a broken man from the abuse he endured by insisting on a simple hygienic idea.

Or 65 years ago: The scientific consensus was that thalidomide was perfectly safe and recommended for women in early pregnancy suffering from morning sickness. If such a law had been in effect then, a doctor who warned about likely thalidomide-induced birth defects would lose his medical license.

Or more recently: Several experienced lung super-specialist MDs insisted that hospitalized Covid patients should be treated with corticosteroids to ease their pulmonary symptoms and prevent them from dying. The CDC and FDA came out strongly against such treatment for the ensuing four months. Under California's new law the doctors' licenses would have been revoked. Then came a study (designed to fail by giving sub-optimal doses of corticosteroids) which, nonetheless, proved that even such low doses were saving lives. How many patients lost their lives during those months waiting for the CDC to change its mind? Then hospitals adopted the low-dose corticosteroid treatment instead of the much larger doses the super-specialists recommended. Many more patients died unnecessarily.

A [Thailand study showed nearly 30% of young people have measurable cardiac injuries post-vaccine](#). The CDC says such cases are rare. *Quote that study to your patient, and you, an MD, can lose your license.*

Let's face it. Our public health agencies didn't do a stellar job. More patients per capita died from Covid in the US than in almost any other country. With such a poor record, should you subject yourself to their treatment protocols or ask for a second opinion? And since doctor / patient relations regarding Covid are destroyed by this bill, you won't get one. You will have to learn on your own what your best option for prevention and treatment would be.

A minor amendment could change the law to also apply to any other disease or condition. You will forever wonder if your doctor is telling you the truth or forced to parrot a narrative to protect license and career. And what if your doctor suspects you may be a bad actor, creating a set-up and reporting him or her to the Medical Licensing Board? Doctor/ patient relations will never be the same.

Five doctors filed a lawsuit against the State of California arguing that the law is unconstitutional. The complaint argues that in "safeguarding Americans' right to free speech and expression, the First Amendment applies not only to expression of majority opinions, but to minority views as well."



Your Fleet Surgeon, Zoran

Thanks to Erika for editing.



We have had a great 2022 and we're looking forward to next year! My sincere thanks go to my 2022 Board for all their help and, as you can see, most signed up for a second year. We had a fun Potluck Salad Bar for our Election of Officers. Thank you to all who brought items to share.

Our Officers for 2023 will be:

First Mate:	Carole Naylor	Head Chef:	Evelina Arglen
Second Mate:	Judi Pepper DeFusco	Historian:	<i>Need a Volunteer</i>
Purser:	Eveline Paullin	Membership:	Eveline Paullin
Recording Secretary:	Else Childs	Parliamentarian:	Mary Ann Moore
Corresponding Secretary:	Cindy Daggett	Sunshine:	Mary Ann Moore

The Historian's position consists of basically taking pictures at all Islanders' events, so if you're interested, please come talk to me.

What's coming up on the Islanders' Calendar?

Christmas Tree Lighting and Caroling with a Potluck.

We will begin the festivities at **7:00pm on December 3rd**. This will be a great "CIYC family" experience as we share our appreciation for the decorating we all did! And we will enjoy great food and singing carols. This event is organized by the Channel Islanders, but it is for all club members and their families.

On December 11th, starting at 11:00am,



we will be having our annual **Jingle Bell Brunch**. We will auction off homemade Christmas cookies and other items.

We need some of you talented cookie bakers to donate a dozen cookies. If you sell Christmas decorations or ornaments, or have a friend who does, please let me know so we can talk about organizing our Christmas Boutique that day.

Watch your email for more information about the Brunch menu. (It's always spectacular!)

Carole Naylor,

First Mate 2022



Fisherman's Wharf Site to be Developed as a Destination for Families and Kids

In December, the Harbor Department will ask the Ventura County Board of Supervisors to approve an Exclusive Right To Negotiate (ERN) for the International German Company, **Karl's**, to develop Fisherman's Wharf as a unique tourist-driving and visitor destination for the harbor and its businesses.

The concept will integrate a Strawberry and Harbor Village theme that will offer a place where families and their children can come to enjoy fun activities and food together. Neither Channel Islands Harbor nor Ventura Harbor has such a place specifically designed and dedicated to provide affordable active outdoor entertainment fun for families. It will open the harbor waterside for all to enjoy. Of the three projects proposed, Karl's was the only proposed development consistent with the harbor's Public Works Plan (PWP) and Coastal Act.

This means no amendments to either the PWP or Oxnard City Local Coastal Plan (LCP) will be required. Such amendments take years and years during which no renovation or construction may begin until the amendments are approved. After all that time, if not approved, the process must start all over again from the beginning.

It is also important to be aware that this ERN phase is to provide the developer time to create a more detailed plan of his project that will again undergo review and possible modifications as needed. This will also allow the public to have a clearer idea of what the project will look like, and it offers the public another opportunity for input and comments.

We also desire to avoid developing the harbor parcel by parcel in a piecemeal fashion. Harbor development must consider the entire harbor to ensure a balance of activities, facilities, and amenities that promote and accommodate a wide range of visitors, commercial fishing, boating, and water recreation. Within the next few years there will be new restaurants at the Whale's Tail location and at the new Hyatt Place Hotel on Peninsula Road. Along with those already at the harbor on both the south side and north side of the bridge, we believe there will be adequate dining facilities, given that about half the homes around the harbor and near the beaches are either second homes or short-term rentals that are not occupied year-round.

The Harbor Department Needs to Officially Publish Standard Development Policies and Processes

Channel Islands Harbor has operated for decades without officially established Development Policies and Processes to ensure transparency and consistency from management to management. Without them, the processes over the past decades have depended upon the individual Harbor Director's temperament and predilection for managing development of the harbor - as demonstrated during the Krieger decades and Sandoval years.

The Harbor now has its third Harbor Director in less than four years. Director Michael Tripp has shown, in a short period of time, an understanding of what the harbor needs, and he has acted on those insights consistent with coastal priorities and regulations.

Still the Harbor remains without officially established development policies and processes that provide developers and the public a consistent understanding of the required processes and timelines. Without established policies and processes, development will remain subject to the predilections of an individual who is the acting Harbor Director. Government operations' policies and processes should and must be independent of the individual manager. This is especially important at Channel Islands Harbor since it is managed solely by one individual upon whom both the County Board of Supervisors and the public depend for direction and recommendations.

The Harbor Advisory Committee worked on a draft of the Development Process. This Process has not been officially adopted and approved at the time of this article. Both the draft document and draft flowchart identify each required step in the process and an estimated timeline for completion. Also included are opportunities the public has for input and comments.

Channel Islands Harbor's development needs officially published standard Development Policies and Processes to ensure transparency and accountability in its governance.



Rene Aiu, Harbor Delegate



December 2022



Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>4 10 AM- 1PM New member orientation and free brunch for members who joined CIYC after May 2022. 4pm Bar opens</p>	<p>5 MNF</p>	<p>6</p>	<p>7 Bar opens 5pm 6:30pm Wed dinner</p>	<p>8 Bar opens 5pm TNF DJ Trivia Bar food Room Rental-Private</p>	<p>9 Happy Hours 5-7 pm Lite Bites Room Rental-Navy</p>	<p>10 5pm Parade of Lights CIYC Chili Buffet Donations welcome!</p>
<p>11 10am Bar opens 11am Jingle Bell Brunch by Islanders'</p> 	<p>12 MNF</p>	<p>13</p>	<p>14 Bar opens 5pm 6:30pm Wed dinner</p>	<p>15 Bar opens 5pm TNF DJ Trivia Bar food</p>	<p>16 Happy Hours 5-7 pm Bar opens 5pm 7pm Ventura British Brass Holiday Concert & Potluck</p>	<p>17 7pm Beefeaters' Holiday Social</p>
<p>18 4pm Bar opens Room rental private party-Katz</p>	<p>19 <u>Hanukkah (first day)</u> MNF</p>	<p>20</p>	<p>21 <u>Winter Solstice</u> Bar opens 5pm 6:30pm Wed dinner 5pm Islanders BOD mfg</p>	<p>22 Bar opens 5pm TNF DJ Trivia Bar food</p>	<p>23 Happy Hours 5-7 pm Bar opens 5pm Lite Bites</p>	<p>24 Club Closed</p>
<p>25 <u>Christmas Day</u> Club Closed</p>	<p>26 MNF</p>	<p>27</p>	<p>28 Bar opens 5pm 6:30pm Wed dinner</p>	<p>29 Bar opens 5pm TNF DJ Trivia Bar food</p>	<p>30</p>	<p>31 <u>New Year's Eve</u>  7PM</p>

As of 11-16-22



January 2023



Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <u>New Year's Day</u> Club Closed	2 2pm Rose Bowl Football	3 Undecorate the Club Last MNF	4 6:30pm Wed dinner	5 DJ Trivia Bar food	6 BirthDay & Anniversary Bash Potluck	7 11am-2pm Power Squadron 7PM CIYC Change of watch
8 11am Commodore's Blessing of the fleet & Luncheon in the dining room at CIYC Bar opens 1pm	9 4pm College Football Playoffs	10	11 6:30pm Wed dinner	12 6:30pm CIW/SA DJ Trivia Bar food	13 Happy Hours 5-7 pm Lite Bites	14 7pm Beefeaters' dinner
15 NFL Playoffs bar open 5pm	16 <u>M. L. King Jr Day</u> bar open 5pm NFL Playoffs	17 6:30pm CIYC BOD	18 5pm Islanders BOD mtg 6:30pm Wed dinner	19 DJ Trivia Bar food	20 Happy Hours 5-7 pm Lite Bites	21 6pm Islanders' Change of Watch
22 5pm NFL Playoffs bar open 5pm	23	24 6pm Beefeaters' Bonding Mtg	25 6:30pm Wed dinner	26 DJ Trivia Bar food	27 Happy Hours 5-7 pm Lite Bites	28 7pm Epicureans' dinner
29 3pm Wine tasting 5pm NFL Playoffs bar open 5pm	30	31			CIYC Bar Hours Sunday 4 pm to close Wed. Thurs. Fri. & Sat. 5 pm to close Closed Mon. & Tues. except special events.	

RSVP EARLY: reservations.ciyc@roadrunner.com





As a carryover from my November *Currents* article, the end of October came with two races back to back, PBYC/AYC Two Harbors #2 and PCYC's TGIS Fall #2, Saturday and Sunday, October 29 and 30. On Saturday, WAILANI (Jane Thomas with Bonnie Chaney, Wailani O'Herlihy, Harry Krum, and Jack Miller) and RISA (Roxanne Vettese with Steven Aronson, Janie Brockman, Bob Hazle, et al) were entered in the Spinnaker class, which was sent from Mandalay to Gilda and finish in Ventura Harbor. Crews on both boats had time commitments for the late afternoon and evening, so we opted to DNF (did not finish) and came straight back to Channel Islands Harbor. Meanwhile, VELERO (Brent Swanson) was the sole boat to compete in the Non-Spinnaker class; he finished and won his class. WAILANI also raced on Sunday with crew members Marlin Simpson, Gene Peck, et al.

On Saturday, November 5, CIYC co-hosted the 15th annual Lady at the Helm Race with Channel Islands Women's Sailing Association (CIWSA). New member Brian Stanton offered his 42' trimaran for the Race Committee platform, and the RC comprised members from CIYC and/or CIWSA (Jane Thomas PRO, Krista Harris, Pam Hall, Alison Rowe, Nicole Woolley, and Brian). It was a sunny, light air race around Gina for the 5 helmswomen who competed. The Spinnaker A fleet sailed 10.5nm, passing Gina and Wes Mark to starboard before finishing. First place went to RIVAL (VYC, Sandy Sampson), 2nd Place to RISA (CIYC, Roxanne Vettese), and 3rd Place to MAVERICK (CIYC, Madison Lee). The Spinnaker B fleet sailed 8.55nm taking Gina to port before finishing, and included 1st Place CHUBASCO (AYC, Angie Fausto Gram) and 2nd Place CAMP DAVID (CIWSA, Lauren Copus). Unfortunately, the hoist at Channel Islands Landing was broken, so none of the CIYC J24s were able to compete.

The following weekend included the final races in each of the 3-race series, back to back again: AYC/PBYC's Two Harbors Race #3 on Saturday, November 12, and PCYC's Fall TGIS #3 on Sunday, November 13. WAILANI was the only CIYC boat that competed in either race. The wind died at 3:00 on Saturday as we neared Platform Gina, so we DNFd again so we could make it to the CIYC Awards Dinner. Crew included Roxanne Vettese, Kelly Sherwood, Alison Rowe, and Adam Blanchard. Sunday's race started with light winds that built during the race and made for an exciting finish. Crew included Kelly, Wailani, Marlin, Christian Lorentzen, and Lorelei Eisener.

By the time you read this, the final race of the season in Ventura County will have already occurred - VSC's Wild Turkey Classic Plastic, Saturday, November 26. Although all boats are welcome to participate, this race honors older fiberglass boats and awards trophies only to boats that are more than 20 years old.

Look for a report on WAILANI, RISA, and VELERO next month!

Lady at the Helm Race Committee

L to R: Alison Rowe (CIWSA), Pam Hall, Jane Thomas, and new CIYC RAM member, Krista Harris



Lady at the Helm Full Race Committee

(front L to R): Krista Harris, Jane Thomas, Nicole Woolley,
(back row) Alison Rowe, Pam Hall, Brian Stanton

Photos from Nicole Woolley (CIWSA)



Races in 2023:

Saturday, January 28 – VYC Winter Regatta – Great season warmup for the J24s! With privately owned BANDALOO (Mike Geer), JEDI (Dan Maxwell/Gareth Jones), MADDOG (Bill Brayton/Doug Coon), and soon-to-be racing SLIPPERY WHEN WET (Shaun Plomteaux) plus CIYC's club boats, CRITTER and soon-to-be racing TINY DANCER, we can look forward to 2023 as a good year for the CIYC J24 Fleet! **Contact me if you want to crew on a J24 or can help work on the J24s (415.518.4046, sunlade@prodigy.net).

Sunday, February 5 – PCYC TGIS Winter #1 – Like Wet Wednesdays the TGIS races start and finish near the Channel Islands Harbor breakwater.

Saturday, February 18 – PBYC Spring Series #1 – This race will start at Mandalay and finish in Ventura Harbor.

Saturday & Sunday, February 25 & 26 – SCYA/CIYC Midwinter Regatta – Both days will include Windward/Leeward races for the J24s and Random-Leg races for those who prefer them.

This 2-day series requires the largest group of CIYC volunteers over the longest period of time.

If you're not racing, we need your help! **Contact me if you can provide a Race Committee boat or Mark Boat, join the Race Committee, or help cook the after-racing meal on one or both race days (415.518.4046, sunlade@prodigy.net).

Happy Holidays!

Cap'n Jane
CIYC Fleet & RAM Captain



Preparing for PCYC TGIS #3 start (L to R): SELAVY (PCYC, Bill Schneberg), CIRBUS (AYC, Larry Listing), and WAILANI (CIYC, Jane Thomas)



Motion Sickness

With apologies to Zoran Barbarić, MD, if he has discussed motion sickness in a prior CURRENTS.

Motion sickness, seasickness, mal de mer, space adaptation syndrome (yes, even astronauts become motion sick), kinetosis, travel sickness - whatever the name, it is a malady that will probably affect us sometime during our boating adventures; only those without a functioning vestibular system are fully immune.

Luckily, in my years of boating, I've only been seasick twice, and it was probably due to my consumption of chips, dips, salsa, tequila, etc., the previous night... Personally, I have found several ways to keep the vertigo at bay. First, motion sickness is the discordant information your brain is receiving - the discrepancy exists between the motion that is expected to occur (proprioception), what your vision is telling your brain, and the actual motion sensed by the organ of balance in the inner ear. These unexpected signals translate into a confused message to the brain, leading to the development of symptoms. So, the information from your eyes, inner ear, and proprioceptive input gets scrambled, leading to leaning over the rail.

Proprioception allows you to walk without consciously thinking about where to place your foot next. Proprioceptive signals are transmitted from the peripheral to the central nervous system, where they are integrated with information from other sensory systems, such as the visual system and the vestibular system, to create an overall representation of body position, movement, and acceleration. To help your overwhelmed brain, diminish muscular movement as much as possible with your head and neck -

don't turn your head independently from your trunk when looking around. Maybe even wear a neck brace like folks after whiplash injuries? The other is visual input, you can help your brain cope with these discordant signals by looking forward at the horizon - even better, by steering the boat. Don't go below decks when underway! As far as the sloshing around in your vestibular apparatus? That goes away when you hit the dock.

The following is synopsised from an informative article by Kristin Hayes, RN (Reviewed by John Carew, MD).

Dizziness is the main symptom associated with motion sickness and may be accompanied by a variety of other symptoms, including: nausea, vomiting, fatigue, headaches, cold sweats, pale skin, irritability, inability to concentrate, and rapid breathing.

You may be at risk for having motion sickness if you belong to any one of these groups:

- Children ages 2-12 years are more prone to experience motion sickness than people of other ages.
- Women are more likely to get motion sickness than men.
- Pregnant women are at an increased risk for motion sickness.
- People who are prone to migraines may also be more likely to get motion sickness.
- Some infections can increase the likelihood that you will develop motion sickness.
- Engaging in certain activities can increase your risk: playing video games that change the angle frequently, or even scrolling through pictures quickly on Google.

Medications can also make you more prone to develop motion sickness; these include some antibiotics, birth control pills, digoxin, levodopa, narcotic pain medications, antidepressants

(fluoxetine, paroxetine, and sertraline), and non-steroidal anti-inflammatories such as ibuprofen and naproxen.

Some ideas to help prevent or reduce motion sickness include: Lozenges, particularly ginger, deep belly (diaphragmatic) breathing at about 8 times per minute, and finding a reference point that might simulate a horizon. Some people have had very good luck with an Acuband worn on the wrist or forearm to decrease the symptoms of motion sickness. Other people swear by medical cannabis as an anti-nausea agent, but I would be very wary of the legalities of sailing when high (and you may end up eating all the cookies in the cupboard).

If you get motion sickness anyway, consider using these medications, but talk to your healthcare provider or pharmacist first: Meclizine (Bonine), Diphenhydramine (Dramamine), Scopolamine patch (available with a prescription only), and Promethazine (Phenergan - prescription).

While many medications are available over the counter, they can interfere with other prescriptions and over-the-counter medications. Also, some of these medications should not be used in children so you should talk to your pediatrician before using medications for motion sickness in kids.

Let me know what you have used that helps you cope with motion sickness, and I will offer a future update with your recommendations.

Contact me at: docsails@gmail.com

Do you need an insurance check up?

Call me to discuss your needs.

- ▶ Medicare/Healthcare
- ▶ Long Term Care
- ▶ Final Expense
- ▶ Annuities



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UPCOMING

- ◆ Dec 3: 10 AM– 4 PM Food & Toy Drive at Fisherman’s Wharf!
- ◆ Dec 3: 7 PM Tree Lighting, Caroling, & Potluck
- ◆ Dec 4th: 10AM-1PM NEW MEMBER ORIENTATION!
Free brunch for members who joined after May 2022
- ◆ Dec 10th: 5PM PARADE OF LIGHTS! Chili Buffett at CIYC
- ◆ Dec 11th 11AM Islanders’ Jingle Bell Brunch
- ◆ Dec 16th 7PM Ventura British Brass Holiday Concert & Potluck
- ◆ Dec 17th 7 PM Beefeaters’ Dinner



More great photos from Mike Greer!



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December Birthdays

Meyers, Norm	Dec 01	Nelson, Mark	Dec 17
Nast, Pam	Dec 01	Bodnar, Bernadett	Dec 19
Rhonemus, Carol	Dec 02	Turnier, Chasin	Dec 19
Fuqua, John	Dec 04	Ramirez-Zendejas, Mayra	Dec 20
Nelson, Dale	Dec 04	Flamer, David	Dec 21
Schirtz, Rob	Dec 04	Arglen, Evelina	Dec 22
Weiss, Lee	Dec 05	Crocket, Bill	Dec 22
Whatley, Jeremy	Dec 05	Plomteaux, Shaun	Dec 23
Gabel, Allan	Dec 09	Mattmiller, Alex	Dec 24
Linman, Miles	Dec 10	Nastasi-Nelson, DM	Dec 24
Allen, Bobbi	Dec 11	Osborn, Jon	Dec 24
Meyer, Christian	Dec 12	Byron, Kris	Dec 25
Pearsall, Richard	Dec 12	Jarvis, Lonnie	Dec 26
Byrne, Michael	Dec 13	Loper, Linda	Dec 26
Hovaten, Eleanor	Dec 13	Canavan, John	Dec 27
Larson, Betty	Dec 13	Carter, Rita	Dec 27
Hodge, Devra	Dec 14	Byron, Bob	Dec 28
Nancy Forrester	Dec 15	Lesser, Richie	Dec 30
Engelhardt, Shanie	Dec 16	Nielsen, Steve	Dec 30



**FRIDAY
DECEMBER
2nd**



December Anniversaries

Chuck & Barbara Willard	03-Dec
Dann & Cindy Daggett	04-Dec
Pat & Judy Campea	06-Dec
Rick & Deborah Tyhurst	12-Dec
Care & Ira Berns	16-Dec
Chuck & Kim Hoffmans	17-Dec
Paul & Ruth Hatcher	22-Dec
Tom & Deborah Kelley	26-Dec
Rob & Ro Schirtz	26-Dec

Canceling a Reservation

If you need to cancel a reservation, please email reservations.ciyc@roadrunner.com. If you cancel less than 24 hours in advance of an event, you will be charged for the event unless the club can sell the reservation to someone else. **If you do not show up and do not cancel, you will be charged for the event.**

Making a Reservation

Email alerts sent to the membership will inform members to please make their reservations at least 48 hours before the event and will include a link to reservations.ciyc@roadrunner.com

You should receive a confirmation of your reservation within 24 hours of requesting it. **Please watch for this confirmation. If you don't receive a confirmation, something went wrong. Assume you do not have a reservation.**

Your return email will indicate a confirmation of your reservation or whether the event is sold out, in which case you'll be placed on a wait list. You will be notified if there are cancellations, or if additional places open up.

Checking in for a Meal With a Reservation

There is usually someone designated to check members and guests in for events (Janis Pulliam or another member) - usually in the bar. If not, the bartenders will handle the check-in of members.

If you are on the reservation list, you will be given a ticket or wristband, and your account will be charged for the event.



Channel Islands Harbor 3rd Annual **Food & Toy Drive**

Saturday December 3rd

10am - 4pm

Drive up & Drop Off at Fisherman's Wharf



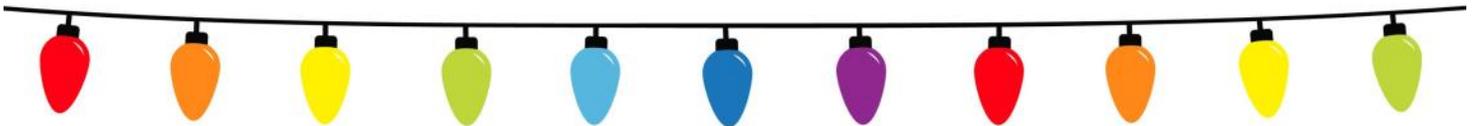
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PARADE OF LIGHTS DECEMBER 10, 2022

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CURRENTS SUBMISSIONS

E-mail submissions and photos to
currents.ciyc@roadrunner.com
Please email images or post on Facebook!

DEADLINE NOTICE:

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

Next deadline: **DECEMBER 15, 2022**

for the JANUARY 2023 Issue.

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If you submit photos please make sure they are high resolution—at least 150 dpi.

Opinions expressed in this publication are those of the authors and may not reflect the opinions of the organization or its members.

