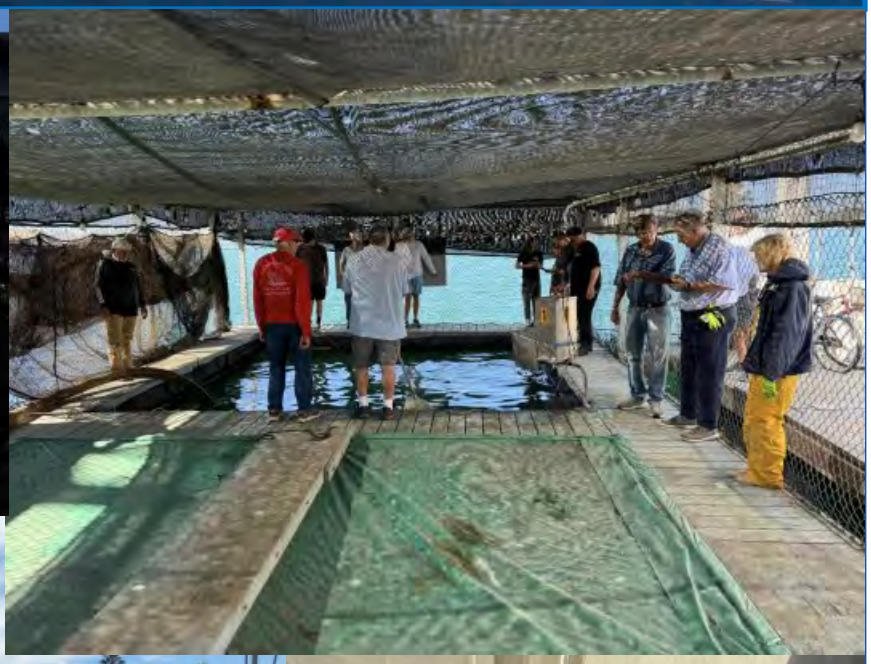
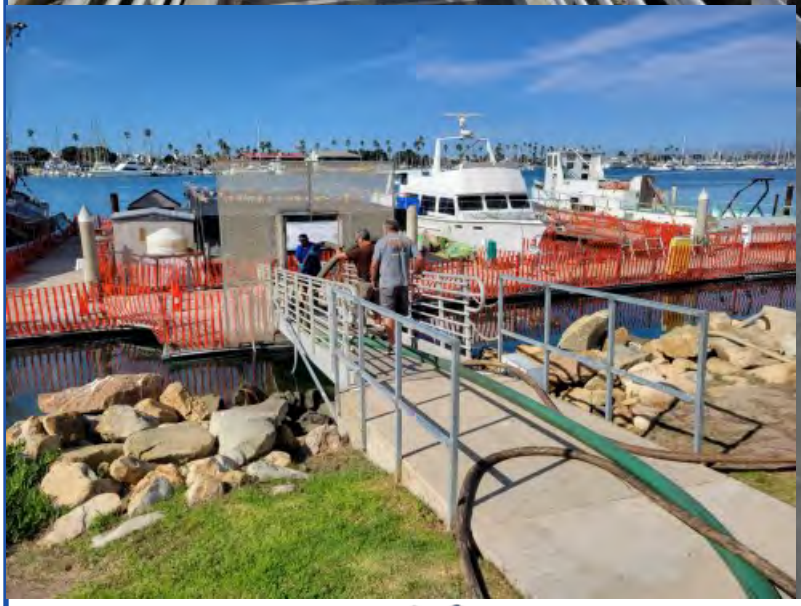
Channel Islands Yacht Club

CIYC CURRENTS

Volume 64 64 Years of Service Issue 11 NOVEMBER 2024





Delivery of 10,000 juvenile White Seabass from Hubbs Sea World Hatchery in Carlsbad.

See Anglers Report page 5

From the Quarterdeck
2024 Commodore Deborah Tyhurst

Ahoy, Shipmates!

Holy Smokes, this year has flown by! Not only are we headed for the holidays, but a few days ago you voted in your new Bridge Officers for 2025. Congratulations to Commodore-Elect **Marc Gault**, Vice Commodore-Elect **James Glass**, and Rear Commodore-Elect **Stacy Wolf**. I have the utmost confidence in these smart and dedicated individuals and believe that they will not only uphold the integrity and fabric of our traditions, but will bring us new and exciting ideas. Good job, **CIYC,** and let's give them our full support!

Our 64th Anniversary Dinner was a special evening commemorating the founding of **CIYC**. Our Staff Commodores prepared a wonderful meal while we danced the night away. A big thank you to Junior Staff Commodore **Lisa Medlen** and Staff Commodores **Joyce Sheridan, Shelly Berger, Jack Borkowski, Vidar Bech, Frank Sullivan,** and **Bob Taylor** for an amazing dinner. As usual, the décor was beautiful. Thank you, **Linda Greenup**, **Sharon Sullivan,** and **Crew!**

There are two other very special evenings coming up this month. **On November 9th the Anglers will be putting on their annual Awards Dinner. On November 16th we will have our annual CIYC Awards Presentation and Dinner.** This special evening is to recognize all of our members who have helped to make this a wonderful year. Both of these events are usually sellouts, so get your reservations in early!

In keeping with **CIYC** tradition, we will be hosting a **Thanksgiving potluck on Thursday, November 28th, at 3:00 pm**. Your family is invited to join us. **Please sign up with Janis as soon as possible and bring a side dish to feed at least 8 people**. We are asking for donations of turkeys and hams which the Thanksgiving cooking crew will prepare. The club will provide mashed potatoes, gravy, rolls, and butter. Holidays can be especially difficult for some, so please come and enjoy the camaraderie of your **CIYC** family. **We are all here for each other!**

Something you may not know…The annual Ambassadors Golf Tournament took place a couple of weeks ago and the trophy will stay in CIYC's trophy case. Thank you and Congratulations to our amazing golfers **Connie Calo-Kudlac**, **Ginny Johnson**, **Rosemary Lippert,** and **Jennifer Olcovich**.

It's time for the #1 Member of the Month award. For November, it's not so easy. We have two couples and one special parking spot, so I will invite one of them take the Commodore's spot for the month of November. Both of these couples have had their hands in nearly everything **CIYC**. One of the spouses in each couple is a Staff Commodore and they continue to guide the leadership today. **Thank You** to the **Greenups** and the **Sullivans Congratulations!**

Thank you, Islanders & Anglers! We've had an oven totally fail on us, and our silverware needed to be revamped. The **Islanders** have agreed to generously donate $4000 and the **Anglers** $1000 to these two causes. Please support their fundraising efforts, as it always comes back to us in their generosity!

Lastly, three reminders: On November 3rd yacht club uniforms go to grey pants/skirts along with the time change. Don't forget to tip your bartenders generously. Have a wonderful Thanksgiving!

THAT'S A WRAP! SEE YOU ON THE WATER OR AROUND THE CLUB, SHIPMATES!!!

From the Quarterdeck

Vice Commodore Marc Gualt

The 23rd Annual Ventura County Caregivers Sailathon, held on October 20th, was another success story for CIYC. I am going to let Jane Thomas report on the funds raised and the event itself, as the rest of the Bridge and I were in Avalon representing CIYC at the Catalina Yacht Club's Commodore's Cruise and Ball.

The theme was Pirate's Lair, and our entourage had the most representation of any yacht club present, and our presence was felt!

We had a blast and were able to have meaningful parley with Commodores representing many of the clubs in the SCYA. What a magnificent event; I am hoping that Catalina Yacht Club continues this tradition.

The Parade of Lights is right around the corner and the Committee is making fantastic headway with their preparations. **If you are interested in assisting, please contact George Hornberger.**

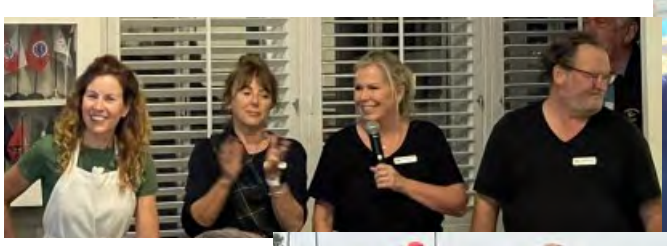
Attention, all RAMs! Racing season is coming to a close, so please ensure that you have completed your commitments to the club. Contact Jane Thomas to review your racing credits to qualify for next year's RAM membership!

Lastly, I would like to thank everyone reading this for electing me again to the Board and subsequently to Commodore of CIYC. Not in my wildest dreams would I have expected to be here today. I plan to continue in the same vein that Deborah followed in leading us this past year, and my top priority will be that everybody has fun! Let's make this a year to remember and provide great camaraderie for all.

In case you missed the general meeting...

2025 BRIDGE!

From the Quarterdeck
Rear Commodore James Glass



October has been an eventful month at the Channel Islands Yacht Club, filled with delicious meals, exciting events, and a wonderful sense of camaraderie. Our Wednesday and Saturday dinners have brought the community together to share great food and great memories.

Kicking off the month, **Katrina Glass and John Canavan & Crew** treated us to a hearty and comforting Shepherd's Pie. It was the perfect way to start October and get everyone in the fall spirit.

On Saturday, October 5th, **Renee Aiu & the Welcoming Committee** hosted a lively Bocce Ball Tournament. Afterward, **Shana Whitmore & Crew's** Fettuccine Alfredo hit the spot with its creamy richness, making the evening both competitive and delicious.

Cary Verstynen & Crew took Wednesday, the 9th's, dinner to the next level with a flavorful twist on a classic: teriyaki meatloaf. The sweet and savory combination was a hit, adding an international flair to the evening.

One of the most special events of the month was October 12th, the 64th Anniversary Dinner, prepared by our esteemed Staff Commodores. The night was a celebration of our club's rich history and enduring legacy, a true testament to the community we have built over the years.

The Greenup Boys brought their BBQ skills to the table on the 16th with a mouthwatering serving of ribs. It is always a crowd favorite, and this dinner was no exception.

Jane Thomas and the Wailani Crew impressed everyone with a fantastic duo of Chicken Parmesan and Eggplant Parmesan on the 23rd. Whether you're a meat lover or prefer vegetarian fare, this dinner offered something for everyone.

Our Halloween Social on the 26th was full of spooky fun and festive spirit. **Jim and Linda Perry, along with Sheri Nolan and Kat Sotiridy**, served a delicious Chorizo Chili that warmed us up for a night of Halloween festivities.

Closing out the month, **Eileen Gault & Crew** treated us to another comforting classic: turkey casserole. This warm, hearty dish was the perfect way to wrap up October's events and bring everyone together for one last shared meal.

Special Thanks - Heartfelt gratitude to the **Islanders** for their generous donation of $1,000 toward new silverware and $3,000 for our new ovens. I also thank the **Anglers** for their incredible $1,000 donation toward the purchase of new ovens. These contributions ensure that our kitchen is well-equipped for all the wonderful meals and events we have yet to come.

Lastly, I sincerely thank all of you for electing me as your Vice Commodore for 2025. It is an honor to serve this incredible community, and I look forward to making next year as exciting and memorable as ever—both on the water and at our club events. Your support means the world to me, and I cannot wait to get started.

Thank you to everyone who participated in and contributed to our events this month. Let us continue to make CIYC the vibrant and welcoming place we all love.

James Glass Rear Commodore 2024

Anglers' Corner

By Frank Sullivan

White Seabass Grow-out Pen Report:

On Monday, October 28th, and Wednesday, October 30, 2024, we took delivery of 10,000 juvenile White Seabass from Hubbs Sea World Hatchery in Carlsbad. This year we are doing something different. The deliveries were in two batches of 5,000 fish each, and the separate deliveries were put into separate pens. Since each fish is tagged with a wire tag in its cheek, we will be able to tell which batch came from which pen. At the end of the grow-out period, we will release fish from one pen into the harbor as we have in the past. Those in the second pen will be transported offshore for release. This is a research project to see the effects of the different release methods over time, and whether handling the fish through transport offshore will injure the fish.

Big Fish of the Month:

So far, no Big Fish have been turned in.

Anglers' Awards Dinner:

We have found a good source for BIG Lobster Tails. So, sign up early, enjoy the dinner, and honor those who are getting Anglers' awards. There will be drawings to support the White Seabass pens and Anglers' Club projects. See the flyer on page 6 - next page->

SEE EVENT FLYER NEXT PAGE!

Upcoming events:

November 9th Anglers' Awards Dinner & Fundraiser

RSVP NOW!

November 9, 2024
Anglers' Awards
Lobster Dinner & Fundraiser

CIYC Members may have only one non-member couple guest until November 1st.
After Nov. 1st, you may add more guests until the tables are full.

Menu:

Clam Chowder, Wild-Caught Spiny Lobster Tails,
Rice Pilaf, Green Beans, Sourdough bread & butter,
and Dessert

Prepared by:

The CIYC Anglers and Friends

$40.00 with reservations PLEASE by November 7th!

(Salmon or Chicken substitute for Lobster -if requested by Nov. 7th)

Lobster dinners limited to 100

Please make your reservations early by e-mail to:

reservations.ciyc@roadrunner.com

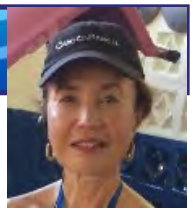
(Cash, Check Credit Card or Club Account)

Reservations canceled after Nov 7th may be charged to your account if no one is on stand-by.

Following the Dinner there will be
Anglers' Awards & a Drawing

to support the White Seabass Pens
and Anglers' projects.

All CIYC members and their guests are invited.



Abandoned Vessels in the Harbor

In the Harbor Director's letter of October 29, 2024, to the Ventura County Board of Supervisors, he reported there were currently six abandoned vessels impounded due to being hazards to navigation and potential sources of pollution. The letter asked the Board to approve the acceptance of a $50,000 grant from the California Department of Parks and Recreation, Division of Boating and Waterways, for the disposal of abandoned vessels in the Channel Islands Harbor.

The Harbor Department on April 30, 2024, had submitted a grant application for these funds that per the Grant Agreement would reimburse the Harbor Department for the cost of disposing of three existing abandoned vessels and additional vessels in the future. The grant requires a 10% match from the Harbor Department as well as the Board's waiver of certain policies that would result in minimal risk to the County.

Under this program through past grants approved by the Board, the Harbor Department has disposed of more than 90 abandoned vessels.

Update on Karls Development at Fisherman's Wharf

Karls' representative, Axel Stelter, provided a progress report on the project to the community at a CINC meeting on Thursday, October 23. He indicated that the Harbor Department had hired a company to do an independent traffic study that should be completed by the end of this year.

He also told the community that Karls had hired a local engineering firm to review the site and its current structures. The review found that several of the buildings, that Karls had hoped could be renovated and incorporated in their plan, were far more deteriorated than anticipated and could not be retained. In addition to the engineering review, Karls also retained a local architect who recommended a few modifications and improvements to the site plan that will be available to the public once they are finalized and approved.

The development approval process for the site plan includes the Coastal Commission, the Ventura County Board of Supervisors, and the City of Oxnard permit process. The process is estimated to take most of 2025. If all goes smoothly, construction is currently estimated to begin in 2026.

Harbor Food & Toy Drive on Saturday, December 7th,

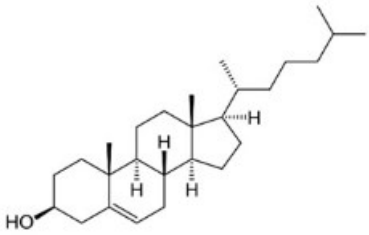
The Harbor & Beach Community Alliance and the Harbor Department are asking the harbor community to give generously to help make this holiday season a merry and memorable time for all. There is a $13,000 matching fund for Food Share. This means your donations of money will have twice the impact. One in four people in Ventura County are struggling with food insecurity, even though the majority are working more than one job. More than 71% of our Oxnard neighbors are food insecure. The goal is to raise at least $28,000 in 2024.

Volunteers are also needed to help on Saturday, December 7th, to unload cars of donations and to direct donor traffic. Go to hbca.info to sign up and to donate.

Rene Aiu, Harbor Delegate

Cholesterol, LDL, and Statins, Simplified

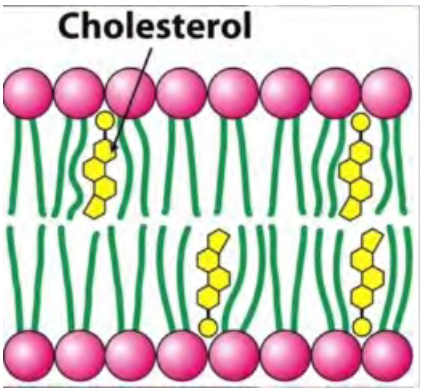
It is estimated that over 1 billion people worldwide are prescribed statins for the prevention and treatment of cardiovascular disease. A new study -PREVENT- was rolled out nationwide. It concludes that the number of people in the US needing statins can be reduced from 45.4 million to 28.3 million. That's 17.1 million people not needing statins!



What is cholesterol? Cholesterol is a waxy substance with a high molecular weight. It is not fat. It's a lipid because it does not dissolve in water or in blood plasma.

Where is it made? Every one of our trillion cells can make cholesterol. The most prolific are the liver cells and brain cells (astrocytes). So we make 80% of our total body cholesterol. It is that important. And we get about 20% through our diet. If we eat too much, the body will produce less of its own.

Dietary cholesterol and cholesterol made by the liver do not cross the blood-brain barrier. The brain likes to make its own. Special cells called astrocytes do the job.



What does it do?

a) It is one of the major parts of our cell membranes (right). It provides for strength, flexibility, fluidity, and integrity. This allows cells to change shape so we can move.

b) It insulates nerve fibers by enriching myelin sheets, much as electric wire is surrounded by plastic. Without it, nerve fibers can't transmit electric impulses.

c) Important hormones are derived from cholesterol. These include testosterone, estrogen, progesterone, cortisol, and aldosterone. And also vitamin D.

d) It plays an important role in the immune system.

e) Cholesterol sulfate in the epidermis makes our skin waterproof and prevents loss of water.

So without cholesterol in our cell membranes and elsewhere, we would be a blob on the floor, unable to think, feel, or move, unable to reproduce. We wouldn't exist.

Cholesterol is not water soluble. How is it transported from the intestines and the liver?

It is packaged in a spherule, a small hydrophobic ball which repels water and keeps cholesterol, triglycerides, and fat -soluble vitamins safe inside. These packages are called *lipoproteins*. They freely float in the blood.

Dietary cholesterol (20%) and triglycerides (fatty acids) are absorbed from the intestines and packed into the largest of the *lipoproteins called a* ***Chylomicron.*** From the intestines it enters the lymphatic system. Small lymphatic vessels coalesce into one larger vessel (thoracic duct: 1-2mm) which empties into a major vein just under the left collar bone. Once in the bloodstream, the Chylomicron will deliver cholesterol, triglycerides, and fat-soluble vitamins to many cells on its way, and it will eventually make it to the liver. In the liver it will be repackaged into ***VLDL***. The liver also makes its own ***VLDL*** but, besides cholesterol, it's chock full of triglycerides.

For more see: *https://wiseoldpelican.substack.com/p/cholesterol-ldl-and-statins-simplified*

Channel Islanders First Mate Eveline Paullin

Hi, Everyone,

On October 6th we had our annual trip to the Polo Grounds and it was a wonderful event.

You can tell by the great photos!

There was an Election for the 2025 Islanders Board on October 29th, and I will announce the 2025 Board in the December Currents.

PHOTO: Lisa Labrum Reaume

Christmas is just around the corner - the time for decorating the clubhouse is getting close.

So, please mark your calendars for Friday, November 29th, and Saturday, the 30th, 10:00 am, to come and help to decorate for Christmas and Hanukkah. The more help we have, the faster it gets done. And it's always great fun!

Our Christmas Tree Lighting, Potluck, and Christmas Caroling will be on Saturday, December 7th, 6:00pm

The Jingle Bell Brunch will be held on Sunday, December 15th, from 11:00am to 2:00pm.

Watch your email for reminders for these holiday events. Always a highlight of our CIYC year!

PHOTO: Lisa Labrum Reaume

Eveline Paullin

First Mate 2024

PHOTO: Alison Gabel

PHOTO: Lisa Labrum Reaume

PHOTO: Lisa Labrum Reaume

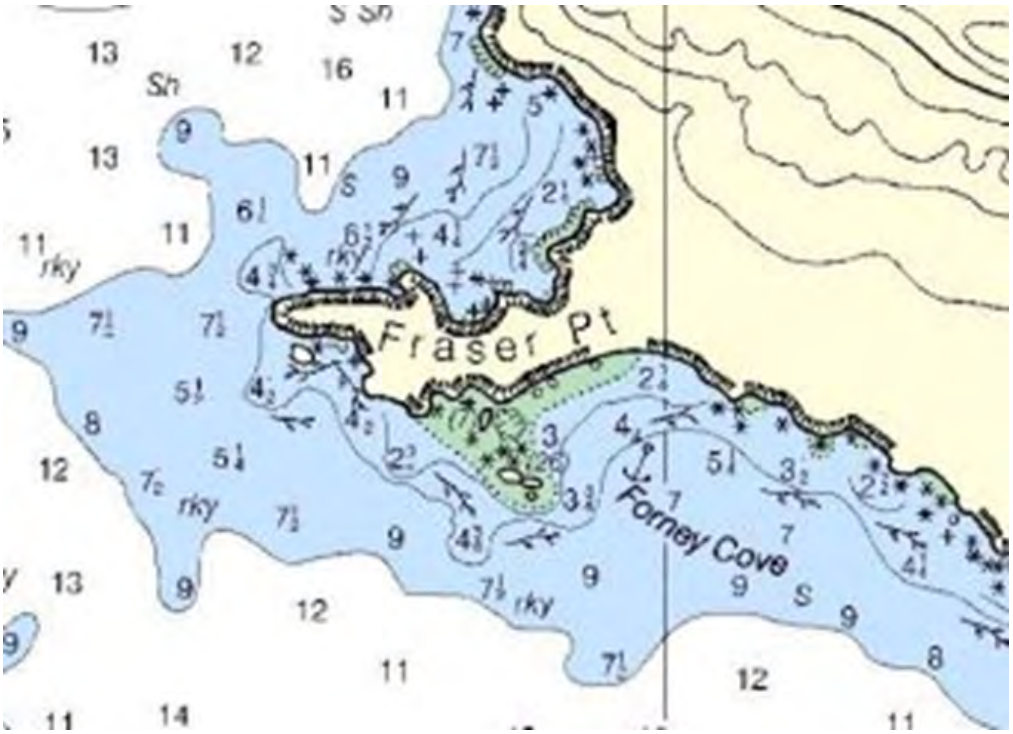
A SANTA CRUISE ISLAND CIRCUMNAVIGATION

A number of years ago, I decided to spend a nice weekend at Santa Cruz Island. Initially I made Smugglers' Cove, anchored, got bored, and I thought I would do a change of scenery. Anchor up, motored up the north side of the island to Prisoners' Harbor; it was packed. I only like to ride on a single hook, due to mostly single-handing, and there was actually no room to swing. Same with Pelicans', Fry's Harbor, and also Cueva Valdez. So, I motored up to the west side the island, around Fraser Point and pulled into a calm, peaceful Forney's Cove with only one other boat at anchor.

Forney's Cove, Santa Cruz Island, is a large anchorage on the south side of the west end of the island. It was named by Commander Phillip C. Johnson, U.S. Navy, for Stehman Forney who was in charge of the topographic surveys of Santa Cruz Island conducted by the U.S. Coast Survey in 1874 and 1875. I had anchored there previously, and there was quite a lot of evidence of prior Chumash occupation (the entire group of Chumash village sites which extend for nearly two miles along the shore of Forney's Cove was called Ch'oloshush). One of the shell middens was fascinating with very large abalone at the base, progressively getting smaller farther up.

Set anchor, settled in, and prepared a nice lunch. Within 30 minutes the winds started, and increased, and increased. Was getting whitecaps in the Cove, started the engine, anchor up, and motored down the south side of the island, destination Coches Prietos or Albert's. Nope, both full of anchored boats.

Well, continued east along the south side of Santa Cruz until back to Smugglers' where I again dropped my single hook, and had a wonderful and calm two days swinging on a single anchor… My inadvertent circumnavigation.

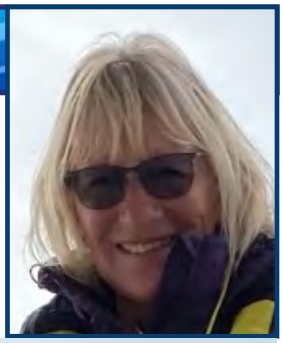


Who was Forney?

A twice-wounded veteran of the Civil War, Stehman Forney was captured by Confederates at the Battle of Gettysburg. By 1865 he'd found less hazardous work with the Coast and Geodetic Survey and went west to Alaska and eventually to our home waters.

Garry
docsails@gmail.com

CIYC RACING REPORT By Cap'n Jane Thomas



November 2024

AYC and PBYC co-host the 2 Harbors Race Series in Spring and Fall. They alternate which club is the host at each race. AYC hosted the first of the 2 Harbors Fall Series on Saturday, October 5. They saw very light wind and very few entries. Only 2 PBYC boats competed in the ORCA (multihull) class, and 2 CIYC boats competed in the Nonspinnaker class. VELERO (Islander 29, Brent Swanson) took 1st and RAMPANT 2 (Cal 9.2m Eric Taylor) retired early. Unfortunately, VYC's Fall Debacle, Saturday, October 12, didn't receive much interest and was cancelled.

WAILANI's crew for 2 Harbors Fall Series #2 (toR): Kelly Sherwood, Alessandra Amadeo, Jane Thomas, Bonnie Chaney, Janie Tran. Photo by Kelly Sherwood.

If you were on the southbound 101 freeway on Sunday, October 20, 12:00-2:00pm, you might have noticed a menagerie of vessels sailing and paddling in a big circle off the Ventura Pier. The event was the 23rd annual Caregivers Sailathon, an on-the-water fundraiser for Caregivers (https://www.vccaregivers.org), a non-profit organization with a volunteer network that helps seniors stay in their homes as long as possible. Although Sailathon is not a race, it is reserved on the regional race calendar, and many racers (including WAILANI) participate and recruit donation pledges. VYC hosted the afterparty, which included chili and chowder cook-offs and raffles.

In contrast to prior races, 11 boats sailed in the second race of the 2 Harbors Fall Series, Saturday, October 26, hosted by PBYC. In light to moderate winds, 5 boats competed in the Spinnaker Class, including 2 CIYC boats, WAILANI (Tartan Ten, Jane Thomas) and RISA (Catalina 38, Roxanne Vettese), in 4th and 5th place, respectively.

Also on October 26, Channel Islands Harbor Administration hosted the 3rd annual Parade of Frights. Power and sail, large and small, dozens of boats (including WAILANI) were lighted and decorated for Halloween and paraded through the harbor after dark. [SEE PHOTOS NEXT PAGE]

Only 5 more races remaining in Ventura County in 2024.

Contact your skipper to get out on the water while you can and represent CIYC!

Saturday, November 2: CIYC/CIWSA Lady at the Helm
Saturday, November 9: AYC/PBYC Two Harbors Fall Series #3
Sunday, November 17: PCYC TGIS Fall Series #2
Saturday, November 30: VSC Wild Turkey Classic Plastic
Sunday, December 8: PCYC TGIS Fall Series #3

J/24 Update: With a lot of help from Eric Taylor over the last year and recently Steve Onderko, as well as others, CRITTER and TINY DANCER are nearly ready to sail! We're hosting a workday/daysail Sunday, November 10. The boats are alongside A-dock, Channel Islands Harbor Marina, near CIYC. We'll start working about 10:00am and sailing about 1:00pm, weather permitting. Afterwards, we'll debrief at the CIYC bar. Contact me directly if interested!

Jane Thomas
CIYC RAM Captain & Race Chair

Parade of Frights! By Cap'n Jane Thomas

WAILANI's ghastly guests before the Parade of Frights

Alessandra the Witch and Doodle the Spider. Photo by Janie Tran.

WAILANI's ghastly guests from astern

Pirates on LOTTAZUMA (LtoR): Kelly Sherwood and Lisa Thomas, owner of WAILANI's ghastly guests.

s/v WAILANI in the Parade of Frights with spiders, cats, octopus, 2-headed dragon and a hollow tree. Photo by Kelly Sherwood.

WAILANI's Witches (LtoR): Jane Thomas, Alessandra Amadeo, Janie Tran, Michele Ackerman, Lauren Copus. Photo on Janie Tran's phone courtesy of WAILANI's boat neighbor.

BEEFEATERS

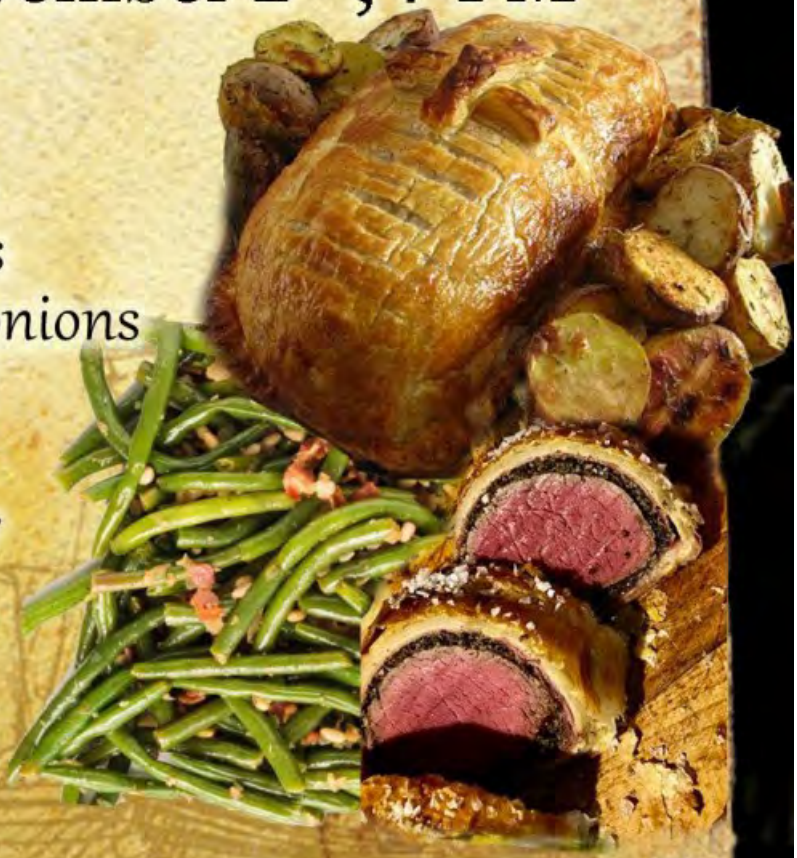
Presented by
Phil MacPhail & Crew

Saturday, November 2ND, 7 PM

Menu

Beef Wellington
Roasted potatoes
Green beens & fried onions
Chopped salad

Dessert
Bananas Foster



RSVP - reservations.ciyc@roadrunner.com

$35

FAMILY FEUD Welcome Social Mixer

Come and play Family Feud with your Dinner Table Mates!
Join in and meet other game-loving CIYC members and win great prizes!
Don't miss out on this fun Welcome Event!

Wed. Nov. 6th Bar opens at 5pm

Dinner at: 6:30

Soup, Soup, Soup and Soup!
All you can eat!

Sour dough bread bowl
Clam chowder
Split pea and ham
Tomato roasted pepper bisque
Chicken tortilla soup
Green salad
Root Beer floats.
Presented by
Linda Weisfuss and crew

$15 **RSVP:** reservations.ciyc@roadrunner.com

CIYC Channel Islands Yacht Club

November 2024

WATCH YOUR EMAIL FOR UPDATES AND RSVP EARLY!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Happy Hours 5-7 pm Birthday Bash potluck	2 **Lady at the Helm** BEEFEATERS Dinner
3 DAYLIGHT SAVINGS TIME ENDS **10 am Calendar meeting ** 1pm Funday in the Bar	4 **5pm Bar open for Monday Night Football potluck**	5	6 6:30pm Wed dinner **Welcome Family Feud Social Mixer Fun Night**	7 DJ Trivia Bar food	8 Happy Hours 5-7 pm Lite Bites	9 Anglers Awards Dinner
10 1pm Funday in the Bar	11 Veterans Day **5pm Bar open for Monday Night Football potluck**	12	13 6:30pm Wed dinner	14 **6:00pm CIWSA** DJ Trivia Bar food	15 Happy Hours 5-7 pm **Beachside Jazz & Potluck**	16 CIYC Awards Dinner Epicureans Anchor Class
17 1pm Funday in the Bar	18 5pm Finance meeting **5pm Bar open for Monday Night Football potluck**	19 **6:00pm CIYC BOD**	20 5pm Islanders BOD mtg 6:30pm Wed dinner	21 DJ Trivia Bar food	22 Happy Hours 5-7 pm Lite Bites	23 No Dinner Room Rental Glass
24 1pm Funday in the Bar	25 **5pm Bar open for Monday Night Football potluck**	26	27 NO Wed dinner	28 **THANKSGIVING** 3pm Potluck Dinner	29 Holiday observed Happy Hours 5-7 pm **Decorate for Christmas**	30 **Decorate for Christmas**

10/16/2024

CIYC Channel Islands Yacht Club

December 2024

WATCH YOUR EMAIL FOR UPDATES AND RSVP EARLY!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 **Decorate for Christmas** 1pm Funday in the Bar	2 **5pm Bar open for Monday Night Football potluck**	3	4 6:30pm Wed dinner	5 DJ Trivia Bar food	6 Happy Hours 5-7 pm Birthday Bash potluck **Ventura British Brass &Potluck**	7 **7pm Tree lighting and Caroling Potluck**
8 1pm Funday in the Bar **USCG–Holiday party**	9 **5pm Bar open for Monday Night Football potluck**	10	11 5pm Islanders BOD mtg 6:30pm Wed dinner	12 NO Trivia **Naval Command staff Holiday Party**	13 Happy Hours 5-7 pm **Naval UWD Holiday Party**	14 Food and Toy Drive **5pm Parade of Lights & Chili Cookoff**
15 **Islanders Jingle Bell Brunch** 1pm Funday in the Bar	16 **5pm Finance meeting** **5pm Bar open for Monday Night Football potluck**	17 **6:00pm 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 **Winter Solstice** **7 pm Holiday Social-BeefEaters**
22 1pm Funday in the Bar	23 **5pm Bar open for Monday Night Football potluck**	24	25 CHRISTMAS CLUB CLOSED	26 DJ Trivia Bar food	27 Happy Hours 5-7 pm Lite Bites	28 Undecorate the Club NO Dinner
29 Undecorate the Club 1pm Funday in the Bar	30 Decorate for NYE	31 **New Years Eve** **NYE Party**				

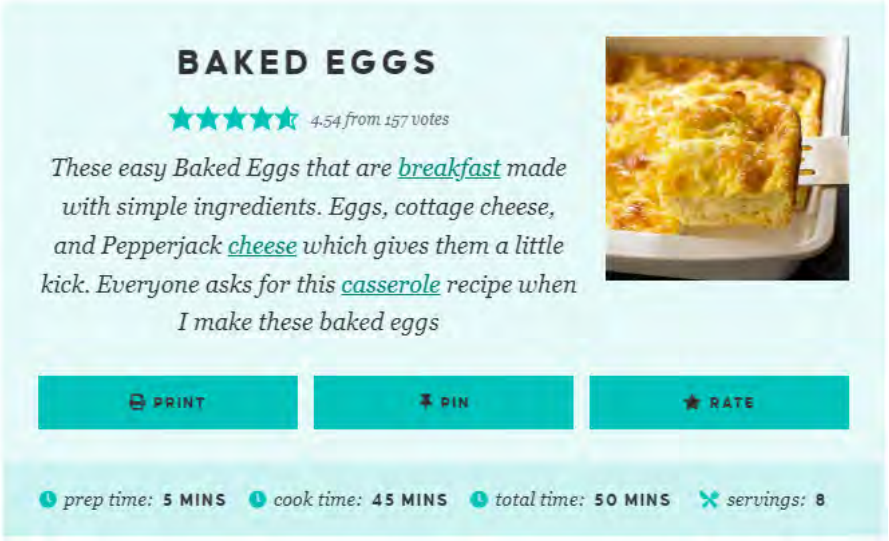
10/16/2024

Amazing Baked Eggs Recipe—submitted by Eveline Paullin

Requested Recipe

Last month there were many rave reviews for the eggs served to the sailors, and many requests for the recipe!

Baked Eggs See recipe:
https://www.the-girl-who-ate-everything.com/cheesy-baked-eggs/



Ingredients

- **1 tablespoon butter, melted**
- **12 eggs, , beaten**
- **1 lb (16 ounces) shredded Pepperjack cheese, (other types of shredded cheese can be used like cheddar cheese)**
- **1 (16 ounce) container cottage cheese**
- **1/2 cup all-purpose flour**
- **1 teaspoon salt**

Equipment: 9x13 baking dish

Instructions

Preheat oven to 350 degrees and brush a 9x13 baking pan with the melted butter.

Whisk together the eggs, pepperjack cheese, cottage cheese, flour, and salt in a large bowl. Pour the mixture into the prepared baking dish.

Bake in the preheated oven until eggs are completely set about 50-60 minutes. Start checking it around 45 minutes. Cut into squares and serve with salsa, sour cream, guacamole, tomatoes, or onions if desired.

Notes

This recipe can be halved in a 8x8 or 9x9 baking dish. Baking time will be less, around 30-40 minutes.

THANKS TO ALL THE GREAT COOKS AT CIYC!
If you want to cook or help, let James know.
Or for next year, reach out to Stacey Wolf!

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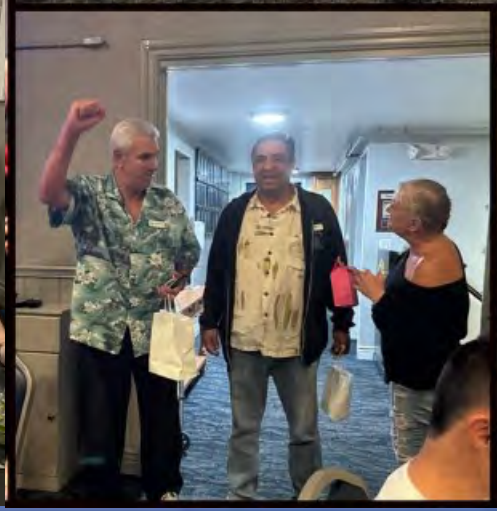

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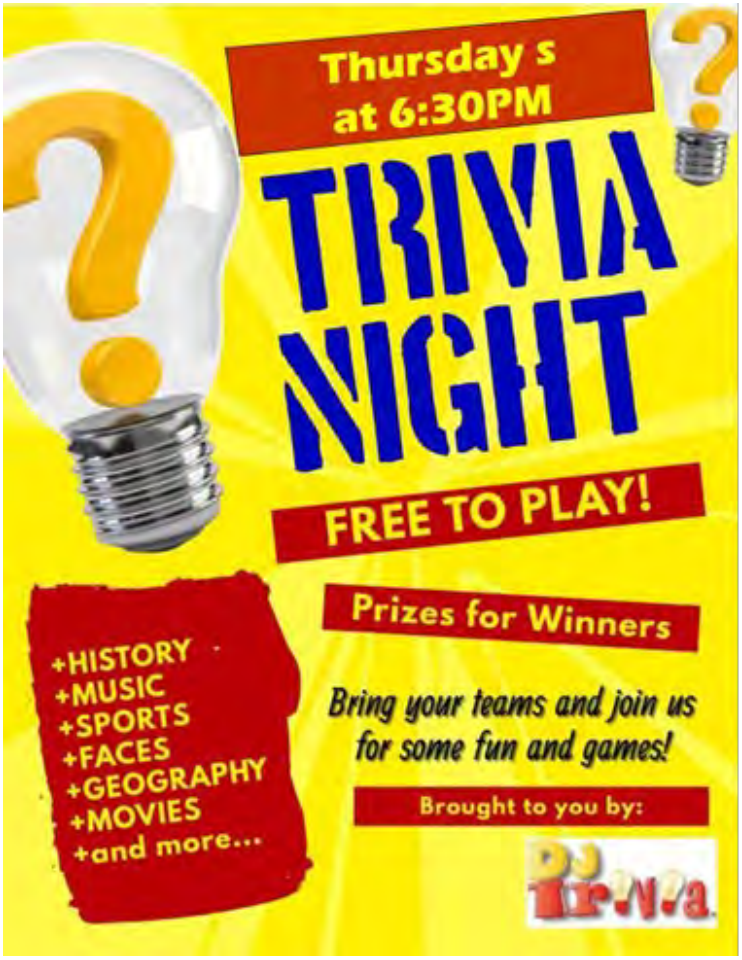

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Thank You!

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Thank you for your help in keeping our Club's operations efficient.

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

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