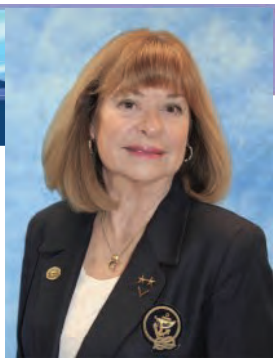
Channel Islands Yacht Club
CIYC CURRENTS
Volume 64 Issue 04 64 Years of Service APRIL 2024

PHOTO CREDIT: MIKE GEER

From the Quarterdeck
2024 Commodore Deborah Tyhurst



Ahoy, Shipmates!

CIYC's 64th Opening Day is upon us. It's our annual celebration of the arrival of spring and boating season. It's the year's busiest, most interesting day at the Club. All members are invited and encouraged to participate. This day is a great opportunity to enjoy new and existing friends, celebrate all that is wonderful about our Club, and introduce potential members - so bring them along.

Our Parade starts at 8:00 AM at the breakwater. It is believed that the tradition of a *Sailpast* began at the Royal Yacht Squadron in Cowes, England 200 years ago. The actual 'Review of the Fleet' is steeped in 600 years of Royal Navy history. It was introduced in yacht clubs as a continuation of the naval practice whereby Admirals and Royalty reviewed the fleet. Our Club's tradition is similar, except the salute is received by the Commodore who will be aboard the sailing vessel Eau Claire in the harbor in front of **CIYC**. Club boats deliver the salute by dipping the ensign while passing the Commodore, with all crew standing facing the Commodore. The Commodore will return the salute by hand. Traditionally, all club members should participate in the *Sailpast* on their own or another member's vessel.

If you don't have access to a boat and would like to participate in the *Sailpast,* please contact **Tom Webb** at tomwebb1957@gmail.com, and we will make our best efforts to find a boat for you.

Registration will begin on the south lawn at 12:00 PM, where Dignitaries from Yacht Clubs near and far, along with Community Dignitaries, will be checking in. The ceremony will begin at 1:00 PM and will include welcomes, recognition, music, prayer, and laughs. It will conclude with the Port Captain's statement of the Harbor's condition.

We will proceed to an always amazing reception, beginning at 2:00 PM. **CIYC** is known up and down the coast for our fabulous Opening Days. Be mindful that **ABC** laws prohibit those cocktails beyond the **RED PATIO DOOR!** Please keep us in compliance, keeping alcohol on the premises.

I'm sure the next issue of the Currents will be overflowing with accolades for our members who are busily working on this wonderful event.

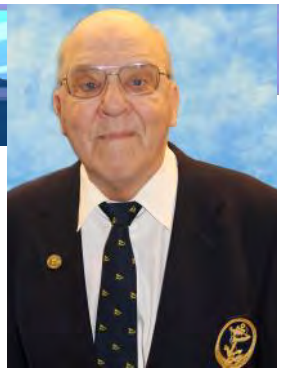
Meanwhile, your Bridge has been traveling the coast representing **CIYC** at sister Yacht Clubs' Opening Days. Shown is your Bridge at Del Rey Yacht Club with your Treasurer David Flamer who is also a Director for DRYC. At Pacific Mariners Yacht Club we ran into California Yacht Club's Commodore, Sue Service. We presented her with a new **CIYC** burgee, as all was lost in the recent fire. It was a precious moment. As we move through spring we will be visiting many other clubs.

Back on the Homefront…Since the 1st of the year we have 14 new members!

Priscillia and Bob Becker , Dawn Buehler, Nicole and Chris Cline, Hank Corcoran, Chad and Patricia Gallego, Stephen Henderson, Holly and Steven Kessler, Suzan Khondanian, Steven Onderko, Pam Halford, Lisa and Sean Reaume, Sharon and Richard Reed, Otto Schimmell, Marcus Slaton, and Miriam Stempler. Welcome to the **CIYC** family!

That's a wrap! **SEE YOU ON THE WATER OR AROUND THE CLUB, SHIPMATES!!!**

From the Quarterdeck
Vice Commodore—Tom Webb



Returning to CIYC on June 9th Disabled Veteran's Day **(DAV)**! We must get a jump start on this, so **Bill Brayton**, **Dan Estabrook,** and **I** are busily working on this grand demonstration of our appreciation for the sacrifices our Veterans have made for us all. **Captain Christine Healy**, Skipper of the *Mystic Whaler,* has graciously offered to participate and take a large group of our Vets out for a day of sailing. We are in need of more boats and also volunteers to help with the landside festivities. To get involved in this wonderful tribute to our Vets, please reach out to me at tombwebb1957@gmail.com or call me at (661) 978-8159.
We need you!

Introducing the Newly Established Ways and Means Committee The purpose of this Committee is to raise funds for specific projects that the Board of Directors determines is an important priority that will benefit club members. The club dinners are the number one social activity enjoyed by most club members. As our kickoff project, the Committee will be focusing its fundraising efforts on improving the club's kitchen. We believe it's very important to show the cooking crews that we value and appreciate their efforts in making our incredible meals. As almost every cook will tell you, it gets unbearably hot with no windows and little airflow in the galley, especially in the summer months. Air conditioning is the number one requested wish by most of our chefs. The Ways & Means Committee is planning fun and exciting new fundraisers to raise the needed monies to make the kitchen a pleasant place where cooks can be safe and comfortable while cooking for all of us.
We invite more people to join the Way & Means Committee. Those with creative ideas for fun & fundraising, please contact **Rene Aiu** at aiurene@gmail.com if you would like to be a part of this important effort.

The Ruthie & Paul Hatcher Tale of the Whale event returned last year, but since then we sadly lost both of our dear friends, **Ruthie** and **Paul**. The Tale of the Whale, however, will continue in their names! **On 4/28 CIYC** boats will set out to catch a glimpse of the elusive whale. This is a fierce competition vying for the "Moby Dick" trophy for the best song, poem, or tall tale relating to whale sightings (real or imaginary). Upon returning to the club, the seagoing teams will perform their acts in front of the judging panel (who are bribable). After the show and awards, all are invited to a complimentary Taco Bar with **Ruthie's famous chocolate chip cookies** for dessert. Thank you to our 2024 Chairmen of this event, **Gene Peck** and **Burt Stillar.**
See the flyer on page 210 and Rules on Page 22 in this month's Currents for rules of play. Rain or shine, you don't want to miss this event!

Last, we are honored to have the **Maritime Institute Captain's class** taking place in our clubhouse weekdays from April, 22 until May 3.

On the Water Activities for April

April 6	SBYC	Spring Regatta (One Design)
April 7	SBYC	Spring Regatta PHRF
April 7	AYC, CIYC , CIWSA, PCYC	Channel Islands Opening Day Boat Parade
April 10	AYC	First Wet Wednesday
April 13	AYC	Anacapa Anyway (AYC Island Series #1)
April 14	VYC	Lady Driver
April 21	SBYC	CHRF Hollister Race
April 26-28	NOSA	Newport to Ensenada
April 28	PCYC	TGIS Winter #3
April 28	SBYC	CHRF Summer Series #1

From the Quarterdeck
Rear Commodore Marc Gault

Rear Commodore's Report

We are nearly ready for our big Event of the Year, **Opening Day!**

I sincerely thank and recognize many of you for your help with our Ship Shape weekend, making sure we are ready for our guests.

THANK YOU! George Hornberger, Bill Rizzo, Zoran and Erika Barbaric, James and Linda McCulley, Jeff and Tina Haas, Dana Capri, Leslie Rehak, Carmen Olmo, Dan and Gail Estabrook, Gabe Soumakian, Saad Tana, James and Katrina Glass, Dale and Louise Nelson, Kat Sotiridy, Tim Smith, Burt Stillar, Melinda Irvin, Tom Webb, and Eileen Gault.

Our deep clean of the Kitchen and Bar has been completed.
A big thanks to these volunteers: Evelina Arglen, Kat Sotiridy, Sherry Nolan, Lisa-Marie Medlin, Ann Marie Gross, George Hornberger, Eileen Gault, James Glass!

March was a blast! Our meals and events were fantastic! **Vera Cline and Crew, Deborah Tyhurst and Crew, the Beefeaters, Wailani and Crew, Tom Ressler and Crew, Linda Weisfuss and the Osborns' first dinner**. Thanks to all of you for volunteering your time in the true spirit of Channel Islands Yacht Club! Without your labor and love, we would not exist.

If you attended the St. Patty's Saturday Night Dinner, you may have noticed a new trend...

Introducing A Friendly Welcome to Saturday Night Dinners

In the spirit of establishing a friendly reception to the Saturday Night Dinners, Rene Aiu and I are announcing that the **CIYC Welcome Committee** will set up a Welcome Table in the club lobby for Saturday dinners. Our committee members will greet, check-in, and provide a wristband for those who have reservations for dinner. They will also have cards for those who would like them for reserving seats at a table. Guests will also find a warm welcome as they sign in and get their name tags before they head up to the bar and dinner.

Please look forward to more "fun mixer games and entertaining experiences" from the **Welcome Committee.** They will encourage more interaction and participation among club members in the spirit of making more friends within the club. The Committee asks for your support in these efforts and is open to feedback and suggestions. We welcome other club members who would like to join the Welcome Committee.
If interested, please contact Rene Aiu at aiurene@gmail.com .

Anglers' Corner

By Frank Sullivan

WSB grow-out pen update:

The Juvenile White Seabass are doing well now. After talking to the staff at HSWRI hatchery we have agreed to keep these fish longer than usual to release them at a larger size. This should help them survive better when released.

On Tuesday 3-26-24 HSWRI came and did Lengths and Weights on our fish. The average length of the fish in both pens was 226.4 mm or 8.9 inches, the average weight was 126.85 grams or 4.47 Ounces. They look very healthy and active.

We are expecting to release them after the end of May, so we will probably be calling for help in changing out the nets because they will get fouled over time.

Fishing Report:

Commercial Passenger Fishing Vessels (Charter Boats) out of San Diego are reporting an up tic in Bluefin Tuna landings with fish up to 150 lbs. This is a good sign for us up here as they hopefully move up the coast.

In the meantime, April 1st is the opening of boat based offshore Rockfishing. Pease keep informed for any changes in the rules by signing in to the DFW website https://wildlife.ca.gov/Fishing/Ocean/Regulations/Fishing-Map/Southern

Anglers' and WSB Pen, Scampi Dinner/Fundraiser

The Anglers dinner was a great success raising well over $1500 for the WSB Pens and Anglers projects.

Thank you to Bill Magee, Jack Borkowski, Bob Deyling, Linda Weisfuss, Phil & Sue Woolf, and Mike Smith, who worked their tails off producing the dinner. Also, thanks to Sharon Sullivan, Linda Greenup, Erika Barbaric and all the others who set up and decorated the dining room.

Thank you also to those who donated items for the auction and well as our Auctioneer, Bob Taylor who put on a great show while squeezing money out of us!

Upcoming events:

May 18th	Men's Fishing Tournament
June 8th	Ladies' Fishing Tournament
July 6th	In-Harbor fishing Tourney (free fishing day)
July 28th	CIYC Anglers' Charter on the Aloha Spirit (SOLD OUT)
September 6th	Channel Islands Billfish Tourney Kickoff Dinner
September 7th to 11th	Channel Islands Billfish Tournament
September 13th	Channel Islands Billfish Tourney Awards Dinner at PCYC
November 9th	Anglers' Awards Dinner

HARBOR WATCH *Rene Aiu, Harbor Delegate*

Quick Harbor Updates To Quell Rumors

The Hyatt Place Hotel is moving forward contrary to rumors circulating in the community. The Harbor Director and Brighton Management have confirmed that the hotel project is moving ahead.
As previously reported, a contractor for construction has been hired. Brighton is putting a construction loan in place and will start construction once it has been finalized. Please feel free to contact me directly if you have any questions or hear something you want clarification on.

Karls Fisherman's Wharf project is also moving forward and the community should receive an update on its progress in April as well.

Channel Islanders *First Mate Eveline Paullin*

Hi, Everyone,

We celebrated the anniversary of the Channel Islanders with a wonderful luncheon on March 19th.

Eveline Arglen, our fantastic Chef, prepared wonderful food.
30 people attended, including Commodore Deborah Tyhurst and seven of our Past First Mates: Joyce Sheridan, 2002; Evelina Arglen, 2003; Mary Ann Moore, 2012 & 2013; Eleanor Hovaten, 2018; Laurie Preston, 2019; Linda Perry, 2020 & 2021; Carole Naylor, 2022 & 2023.

This month has been a busy time. We are preparing for Opening Day, April 7th !

We need your help, so if you have not signed up for setting up, helping with food preparation, or decorating the Club, please call or text me or any of our Islanders' Board Members.

We appreciate your participation in any way you can help. CIYC has a reputation for having one of the best Opening Days up and down the coast - let's all pitch in to make it fantastic again!

See you on Opening Day!
Eveline Paullin
First Mate 2024

Insulin Resistance

My last edition of Doc Lines addressed metabolic syndrome, pre-diabetes, and nonalcoholic fatty liver disease. If 33% of the population is pre-diabetic now and joins the 11% of type 2 diabetics, almost half the country will be diabetic: a disease which was very rare one hundred years ago. Imagine the pressure on our healthcare system when all complications of diabetes such as cardiovascular disease (atherosclerosis, heart attacks, strokes, leg amputations), kidney failures, blindness, slow-healing wounds, and various infections emerge. The system will go bankrupt. A 2019 review argued that ***insulin resistance*** is potentially the ***single most important cause of coronary artery disease.***

Worst of all, many could be affected and not even know it. So it is time to take action, be proactive, and avoid becoming diabetic yourself. Your doctor will routinely order two tests (A and B). But is this enough?

A. Fasting glucose test. This usually means you will not have anything by mouth the morning your test is done. At that time the total amount of glucose circulating in your blood is only 4 g. Add one gram more and you have diabetes.

Fasting glucose test	
Normal	80 - 100 ml/dl
Pre-diabetes	100 - 126 ml/dl
Diabetes	> 126 ml/dl

B. HgA1c test. Elevated levels of circulating glucose bump into various proteins and may fuse with them. That process is called ***glycation***. This is what makes us age, and it is best to slow glycation down as much as possible. Glycation is most easily measured in red blood cells, and since red blood cells live for about three months, the glycation percentage of these cells will tell us your average glucose blood level for the previous two to three months.

HgA1c test	
Normal	< 5.7%
Pre-diabetes	5.7% to 6.4%
Diabetes	> 6.5%

C. Fasting insulin test. Whenever glucose levels rise, the beta cells in the pancreas sense it and release ***insulin*** into the bloodstream. Its main function is to lower toxic glucose levels in the blood. It does that by attaching itself to cell receptors to signal the cells to open up their cell membrane pores and let the glucose in, fuel mitochondria, and provide energy for cell function. But when the mitochondria have had enough, they become ***dysfunctional*** and cells refuse to take in more glucose. The insulin then starts storing glucose in the liver, converting it into a compound called ***glucagon*** for later use. And when that storage capability is filled, insulin converts glucose and triglycerides to fat and deposits the fat in the liver, muscles, and visceral and subcutaneous fat cells. ***More insulin, more fat.***

Fasting insulin test	
Optimal	2-6 µU/ml
Normal	<10 µU/ml
Pre-diabetes or diabetes	>10 µU

So insulin is able to keep blood level glucose within normal limits despite functioning cells refusing, i.e., resisting obeying insulin signals to accept more glucose. Especially the liver and especially the fatty liver. That is ***insulin resistance*** and is the first early sign of pre-diabetes. And although ***glucose blood level is kept normal, insulin level will be high***. And it will be high ***up to ten years before a fasting glucose test becomes positive***. Persistent high insulin (***hyperinsulinemia***) also promotes tumor growth, is inflammatory, depletes magnesium, and reduces vitamin D activity. And makes fat.

Surprisingly, most doctors do not order or don't know about this test. Never be afraid of a white coat. It's **your** health! Politely ask for it.

D. HOMA - IR ratio. The homeostatic model assessment (HOMA) is a method used to quantify insulin resistance and beta-cell function. A simple formula uses the units for glucose and insulin as above. So it's easy for anyone to calculate his or her ratio.

$$\text{HOMA-IR} = \frac{\text{Glucose} \times \text{Insulin}}{405}$$

HOMA - IR ratio	
Normal insulin sensitivity	*1*
Early insulin resistance.	*> 1.9*
Significant resistance.	*> 2.9*

Final thoughts. Diabetes type 2 is a serious disease. The good news is that both pre-diabetes and type 2 diabetes can be reversed in 90% of cases. And it becomes a personal choice to address the problem, requiring significant changes in one's diet and serious discussion with one's health provider. Remember that non-alcoholic fatty liver is already present in 44% of adults and 25% of children in the US. And those with fatty liver are not necessarily overweight. Other than glucose, ***mitochondrial dysfunction*** is also caused by excess ***fructose***, omega 6 (vegetable oils in processed foods), radiation, environmental toxins, air pollution, etc. Also, lack of essential fats (especially lack of omega 3s). The food industry could fix the sugar, fructose, and omega 6 problems, but they don't want to. $$$

Cruising Corner *by Dr. Garry G. Kraft*

I have had the luck to have been in the presence of 3 total solar eclipses (this will be my 4th), and if you've never been to one, I strongly advise this should be on your bucket list. The most spectacular was in La Paz, Mexico on July 11, 1991. My brother and I were standing on a rooftop when the sun blinked out. The WHOLE CITY erupted in a guttural roar; it sent chills through my spine.

The upcoming solar eclipse will be visible across parts of North America on April 8, 2024.
The path of totality will stretch from Mexico, through the United States (Texas to Maine), and into Canada. Totality can last over 4 minutes in some locations. If you are not going to be in the path of the total eclipse, you can still see a portion of the eclipse. **In California when the eclipse reaches its max at about 11:12 a.m. PDT, it will look as though someone took a 57% bite of sun's diameter.**

Some important things to keep in mind. Safety first:
Never look directly at the sun during a solar eclipse, even during partial phases. Eclipse-viewing glasses are the only safe way to view the eclipse directly. If you want to see the total eclipse, you need to be within the path of totality. You can find maps of the path online. Weather conditions can affect whether or not you can see the eclipse. Be sure to check the forecast before you go.

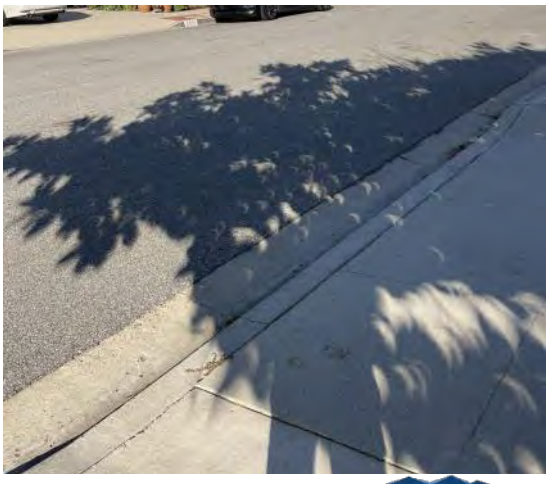
Some closer cities in the USA to view the total solar eclipse are:
* Carbondale, Illinois (totality duration: 4 minutes and 8 seconds)
* Hopkinsville, Kentucky (totality duration: 4 minutes and 3 seconds)
* Russellville, Arkansas (totality duration: 4 minutes)

These cities are all located within the narrow band that the moon's shadow's path of totality will trace across the United States. Unfortunately, Southern California won't be in the path of totality for the April 2024 solar eclipse.

There are several cities outside of Southern California that will be within the path. Here are the closest ones:
* Mazatlán, Mexico
* Durango, Mexico
* Torreón, Mexico

These cities are all located in northern Mexico, just a few hours' drive from the US-Mexico border. Mazatlán is a popular beach resort town, while Durango and Torreón are both large cities with plenty of cultural attractions.

I'll be meeting my brother in Texas in early April for this otherworldly spectacular event.



A note from the editor
If you look at the shadows of trees during the eclipse you will see many crescents of light in the shadows. Even through rattan deck furniture —->

CIYC RACING REPORT By Cap'n Jane Thomas

The start of 2024 racing season has been plagued with windy, wintry weather leading to the cancellation of PCYC's TGIS Winter Series #1 and #2 (February 4 and March 3) and PBYC's Spring #3 March 23). In between, CIYC's Midwinter Regatta (February 24 & 25) and AYC's St Patrick's Day Race (March 16) relished unseasonable balmy conditions. The greatest turnout (>10 boats) was during PBYC's Spring Series #1 and #2 (February 17 and March 9), although the weather conditions varied significantly from the start to the finish. Some boats, including CIYC members' SLIVER (Mike Geer, Hobie 33) and BUEHLER (Dawn Buehler, Beneteau 323) were parked on the course for quite awhile.

Thanks to superb weather and many volunteers the Midwinter Regatta provided a great weekend of racing! Four J/24s (JEDI, CIYC Dan Maxwell/Gareth Jones; MADDOG, CIYC Bill Brayton/Doug Coon; BANDALOOP, CIWSA/FYC Lauren Copus; and ABRACADABRA, VYC Dan Chepley) as well as 3 PHRF boats (SHE SAID NO 2, VSC Ron Dietel; RAMPANT 2, CIYC Eric Taylor; and SQUARED AWEIGH, CIYC Jimmie Jewell) participated. Saturday's Race Committee (Jane Thomas PRO, Bonnie Chaney, and Wailani O'Herlihy) was hosted by Fleet Captain Mike DeSart. Eric Taylor provided the Mark Boat, skippered by Laura Forsyth (Eric's wife) with Gene Peck and Johnny Zendejas as crew. On Sunday, both fleets had planned for random-leg racing, so Saturday's Mark Boat became Sunday's RC Boat with Dennis West at the helm, Jane as PRO, Alison Rowe, and Johnny Zendejas as crew. Debbie Langley and Gina Marcaccio (CIWSA) prepared the post-race food on Saturday. On Sunday, Deborah Tyhurst prepared a delightful supper with Debbie Langley's help and served the race skippers, crews, Race Committee, and SCYA representatives Judy and David Sheesley (Morro Bay YC) prior to the race awards ceremony.

We're now well into Daylight Savings Time and past the Vernal Equinox, so the days will continue getting longer until the Summer Solstice! Here's a summary of upcoming races:

- PBYC Spring #3 rescheduled for Saturday, March 30
- AYC Wet Wednesday Series starts April 10
- AYC Anacapa Anyway on Saturday, April 13
- VYC Lady Driver on Sunday, April 14
- NOSA Newport to Ensenada starts Friday, April 26
- PCYC TGIS #3 on Sunday, April 28
- AYC Anacapa to Port on Saturday, May 4

Midwinter Regatta Photos

Photo credits to Bonnie Chaney for on the water shots and David Sheesley, MBYC, at the awards ceremony.

Happy Sailing!

Cap'n Jane

1st Place J/24 Class: JEDI (CIYC Dan Maxwell, Gareth Jones, and crew Andrew Clements, Nick Walters, and Kinsey Cohen)

J/24s approaching the start line (LtoR) BANDALOOP, JEDI, ABRACADABRA, and MADDOG

PHRF 1st Place SHE SAID NO 2
(VSC Ron Dietel with Bob Martinez)

Amazing cloud formations over the racers and a cargo ship in the background!

CIYC RACING REPORT By Cap'n Jane Thomas

J/24 BANDALOOP approaching the finish line
(CIWSA/FYC skipper Lauren Copus)

J/24 ABRACADABRA
(VYC Dan Chepley and crew)

PHRF 2nd Place RAMPANT 2
(CIYC Eric Taylor, Alison Rowe,
and Eric's son aboard

SQUARED AWEIGH (CIYC Jimmie Jewell) preparing to start.

Midwinter Regatta Photos

Photo credits to Bonnie Chaney for on the water shots and David Sheesley, MBYC, at the awards ceremony.

J/24 2nd Place skipper Dan Chepley, VYC (center), Jane Thomas (left), and Judy Sheesley, SCYA/MBYC representatitve (right)

CIYC RACING REPORT By Cap'n Jane Thomas

J/24 1st Place Team JEDI (LtoR Dan Maxwell, Gareth Jones, Andrew Clements, Kinsey Cohen, and Rikki Jones) flanked by PRO Jane Thomas (Left) and SCYA/MBYC representative, Judy Sheesley.

PHRF 2nd Place Skipper Eric Taylor (center) with Jane Thomas, PRO (left) and Judy Sheesley, SCYA/MBYC representative (right)

PHRF 1st Place skipper Ron Dietel with with Jane Thomas, PRO (left) and Judy Sheesley, SCYA/MBYC representative (right)

St Patrick's Day Race
WAILANI (CIYC Jane Thomas) leads the A class to Platform Gina with Tall Ship MYSTIC WHALER in the background
Photo credits to Melanie Kemmann, VYC

WAILANI with an asymmetrical spinnaker up on the downwind leg.

Midwinter Regatta Photos

Photo credits to Bonnie Chaney for on the water shots and David Sheesley, MBYC, at the awards ceremony.

Seamanship

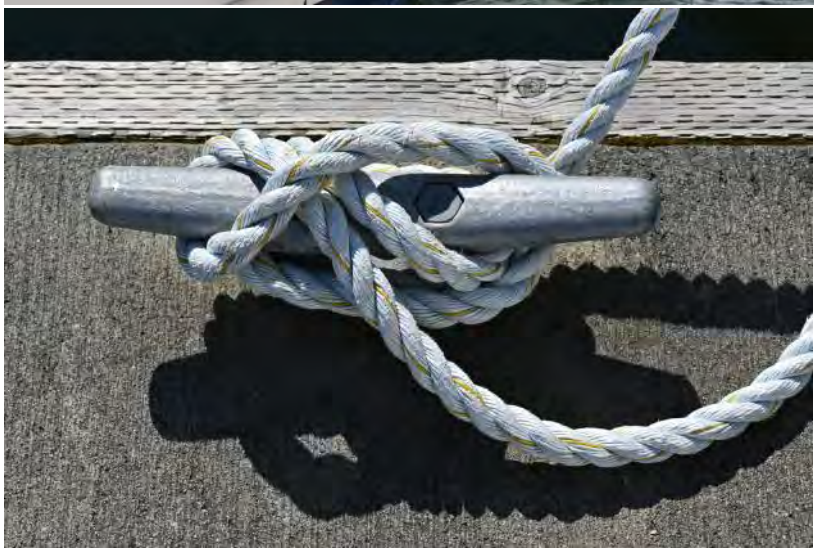
By Captain Mike DeSart

Licensed Master 100 Tons

CIYC Fleet Captain, Chair of Boating Safety

Tips to Berth your Boat

When you back your pride and joy into its berth, you want it to stay put and not move around with surge and tides. To do this correctly follow these basic steps:



1. Assuming you have a finger dock, you should have a stern line on opposite corners of your boat cleated to both sides of your slip. The side you board on pulled tight to your fender or bumper. Depending on boat length and weight, you should have at least two or three fenders tied off to your boat above the water line and extending to above the height of your dock.
2. Now for the bow or front of your boat, do the same thing.
3. Attach a line to the stern of your boat and run it to a dock cleat on the fendered side, roughly amidship. Wrapping the cleat once, figure eight around the "horns" and a half hitch to lock it in. That's your spring line, easy peasy.
4. Long tight lines work better, they allow your boat to rise and fall with the water's movement and still be snug to the dock.
5. Remember there are no hard and fast rules for tying up your boat, but making sure it's snug to the fenders and using the spring line is a good way to ensure it doesn't chafe your gelcoat or paint, keeping your boat's finish looking good for years to come.

Our boats spend most of the time in their berths; follow these simple rules and it will still be there safe and sound when you return.

By Jairo Mazariegos
CIYC HISTORIAN

Sailing Through Time: Channel Islands Yacht Club

Nestled in the breathtaking Channel Islands Harbor in Southern California stands a beacon of maritime tradition and camaraderie—Channel Islands Yacht Club. Steeped in history and rich in seafaring heritage, the yacht club has been a cornerstone of the coastal community for decades, serving as a haven for sailors, power boaters, fishermen, and ocean enthusiasts alike.

Founded in 1960, the club emerged as a sanctuary for boating aficionados drawn to the pristine waters and gentle breezes of the Channel Islands region.

A Harbor Haven:

Situated within the picturesque Channel Islands Harbor, CIYC boasts a prime location that has attracted generations of boaters. With its panoramic views of the harbor and easy access to the Channel Islands National Park, it serves as an idyllic setting for maritime pursuits, from leisurely cruises to spirited regattas.

A Legacy of Excellence:

From its inception, CIYC has upheld a legacy of excellence in seamanship and sportsmanship. Its members, a diverse and passionate community of sailors, have distinguished themselves in local and international sailing competitions, proudly flying the club's burgee as a symbol of their dedication.

Beyond its role as a hub for boating enthusiasts, the club has served as a vital anchor of community life, fostering bonds of friendship and fellowship among its members. Social events, educational programs, and charitable initiatives have created a vibrant and inclusive atmosphere that welcomes members of diverse backgrounds.

Charting a Course for the Future:

As the club charts a course into the future, Channel Islands Yacht Club remains steadfast in its commitment to preserving the rich maritime heritage of the region, while embracing the challenges and opportunities that lie ahead. With its unwavering dedication to excellence, camaraderie, and stewardship of the sea, the club stands poised to inspire generations of sailors yet to come. CIYC stands as a testament to the enduring spirit of adventure and exploration that has captivated sailors for centuries. As the sun sets on another day of sailing, one thing remains clear—the legacy of Channel Islands Yacht Club will continue to sail on, guiding sailors toward new horizons and adventures on the endless blue expanse of the open seas.

CIYC
Channel Islands Yacht Club

April 2024

Check your email for details & updates

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 No Dinner Setup for Opening Day COME AND HELP!	4 No Trivia Setup for Opening Day COME AND HELP!	5 Happy Hours 5-7 pm Setup for Opening Day COME AND HELP!	6 No Dinner Setup for Opening Day COME AND HELP!
7 **CIYC Opening Day**	8	9	10 **Wet Wednesdays start** Setup for Variety Show	11 Setup for Variety Show	12 Happy Hours 5-7 pm **Variety Show**	13 **Variety Show**
14 **Bar opens at 3** **Paint & Sip at 3:30 (RSVP)**	15 5pm Finance meeting	16 **6:00pm CIYC BOD**	17 5pm Islanders Board meeting 6:30pm Wed dinner by Joyce	18 DJ Trivia Bar food	19 Happy Hours 5-7 pm Birthday Bash Cruise	20 Epicureans' Titanic Dinner
21 Cruise	22 Maritime institute Captains Class 8am –4pm	23	24 6:30pm Wed dinner by Joyce	25 DJ Trivia Bar food	26 Happy Hours 5-7 pm Lite Bites	27 **10am General Meeting** 7 pm Beefeaters
28 **10am** Tale of The Whale	29 Maritime institute Captains Class 8am –4pm	30				

3/31/2024

CIYC

Channel Islands Yacht Club

May 2024

Check your email for details & updates

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 6:30pm Wed dinner	2 DJ Trivia Bar food	3 Happy Hours 5-7 pm Lite Bites	4 ***CCA Fundraiser***
			Maritime Captains Class			
5 ***3pm Cinco de Mayo Party***	6	7	8 6:30pm Wed dinner	9 ***6:00pm CIWSA*** DJ Trivia Bar food	10 ***TGIF fish fry &Birthday Bash***	11 No Dinner
12 ***MOTHER'S DAY*** ***1pm Luncheon***	13	14	15 5pm Islanders Board meeting 6:30pm Wed dinner	16 DJ Trivia Bar food	17 Happy Hours 5-7 pm ***Beachside Jazz & Potluck***	18 ***Men's Fishing Tournament*** BEEFEATERS Dinner
19 ***Room Rental*** ***Reel Guppies***	20 5pm Finance meeting	21 ***6:00pm CIYC BOD***	22 6:30pm Wed dinner Dan Estabrook-BBQ	23 DJ Trivia Bar food	24 Happy Hours 5-7 pm ***Epicureans Dinner***	25
					Island Cruise	
26	27 ***MEMORIAL DAY*** Holiday Supper Club	28	29 6:30pm Wed dinner	30 DJ Trivia Bar food	31	
Island Cruise						

CIYC

64th Annual
OPENING DAY 2024
Sunday, April 7, 2024

Registration 12:00 PM
Ceremony 1:00 PM
Food & Entertainment
(Upstairs Dining Room & Downstairs Patio)

CHANNEL ISLANDS YACHT CLUB
1960-2024

SPRING INTO SUMMER
A fun filled evening of Musical Magic Spectacular Singing & Comedy!
FRIDAY April 12th or SATURDAY April 13th
DINNER 6PM SHOW 7PM $35
You must request FRIDAY or SATURDAY!
reservations.ciyc@roadrunner.com
No reserving of seats. Handicap seating available.

Paint & Sip
SUNDAY APRIL 14
Bar opens at 3
Paint & Sip at 3:30
$40 a person
Includes a champagne toast,
charcuterie, instructor led painting
and all necessary painting essentials!
RSVP:
reservations.ciyc@roadrunner.com

Saturday, April 20th 2024
6 pm Cocktails
served with assorted hors d'oeuvres
7 pm Dinner
served by the Epicureans team, led by the fabulous Nolan sisters
Formal or Semi Formal Attire
TITANIC
HONOUR & GLORY
Menu
Iceberg Lettuce Wedges with blue cheese and bacon dressing
Succulent Short Ribs on a bed of roasted parmesan Risotto
OR
Roasted stuffed Eggplant (please request in advance)
Accompanied by steamed Asparagus wrapped in chives
Followed by mini Pavlovas with raspberries
and coconut cream
Relive the Voyage
$40
RESERVATIONS REQUIERED BY 4/16
White Star Line boarding pass needed
Reservations.ciyc@roadrunner.com
Entertainment by
"Piano Man" Dave Zaremba and Kevin Slagg

"Tale of the Whale" Returns
Annual Paul & Ruthie Hatcher Whale Watch Event

Attention, all Skippers & Crew!
Sign up with
Bert Stillar*: burtstillar@gmail.com
1-818-203-5739

While searching for the elusive creature, your boat teams will make up a story, poem, song or skit to share at the club. A panel of 3 judges will decide the winner (known fact that judges can be bribed & it's actually encouraged).

ALL are Welcome!

For those who couldn't go to sea or if we cannot go out due to nasty weather, the contest will go on at 4:00 with your imaginary sightings.

Extra credit given to those who venture out on the water & use the term **Slumgullion** in their story, poem, song or skit!

Leave the dock at 10AM
Bar opens at 3PM
Judging at 4PM
Taco Bar after Awards!

Belly Laughs On The Horizon

April 28
Leave the dock at 10AM
Back to Club by 4 PM

And what do you win? Bragging Rights & your name engraved on the "Moby Dick" trophy for all eternity. It doesn't get much better than that!!!

Following awards, all participants are invited to a complimentary Taco Bar

SIGN UP NOW!

***Tell Bert your name and cell number, the name of your boat, how many guests you can take!**

ATTENTION

"Tale of the Whale"
Annual Paul & Ruthie Hatcher Whale Watch Event

On April 28th, the 26th Annual Moby Dick Tale of the Whale Contest will be held at 4:00 PM at the CIYC clubhouse. Here's your chance to experience the ecstasy of victory and the agony of defeat. Seriously, this is your chance for momentary fame and have your name go down in perpetuity, so give it a try. The winner gets his/her name affixed to the glorious trophy.

Contest Rules as taken from the Deed of Gift are:

1. Presentations in the form of a skit, poem, or song should last for between 3 and 5 minutes.
2. The order of performance shall be drawn by # lot.
3. The 3 Judges shall judge presentations on the scale of 0 to 10 based on the measure of amusement and aptness of thought. Initially the first presenter will be arbitrarily given a value of five.
   After all presentations are completed the first contestant will be reevaluated against the performance of others.
4. Presentations containing the words "slumgullion", "wanger", and "Moby Dick" will be given extra credit. The word "prick" will be appropriately downgraded.
5. Presentations from previous contests will also be downgraded accordingly.

Attention, all Skippers & Crew!
Sign up with
Bert Stillar: burtstillar@gmail.com
1-818-203-5739

Judeges can be bribed

CCA CALIFORNIA
CHANNEL ISLANDS
CHAPTER
Presents

HOLD 'EM
On the Harbor

MAY 4TH, 2024 // 5PM-10PM

TEXAS HOLD EM // 21+

ADMISSION $140 | 1 YEAR CCA MEMBERSHIP INCLUDED

SILENT AUCTION | RAFFLE | WINE PULL

Channel Islands Yacht Club | 4100 Harbor Blvd., Oxnard, CA

www.CCACalifornia.org

COASTAL CONSERVATION ASSOCIATION CALIFORNIA

thomaswarden@att.net
Tel: (818) 710-8131
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Attorney At Law

THOMAS H. WARDEN
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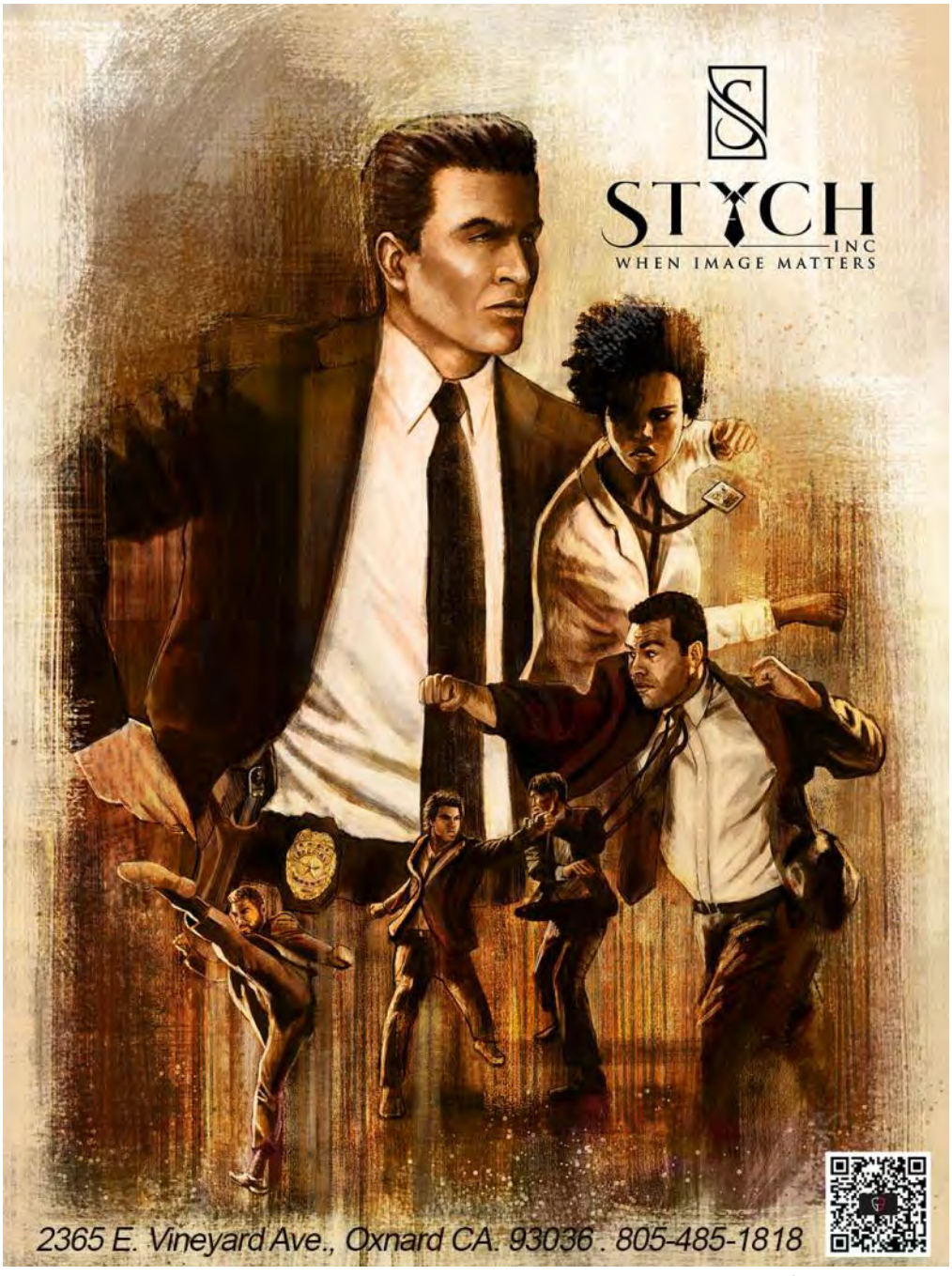
CIYC

Thanks to our sponsors!



If you RSVP for a dinner and do not receive a confirmation, you should send a second request! Or CALL or TEXT Janis!

CURRENTS is only delivered digitally. Calendar & Events are updated by email!

Click here to join our Facebook group.
Channel Islands Yacht Club & Friends

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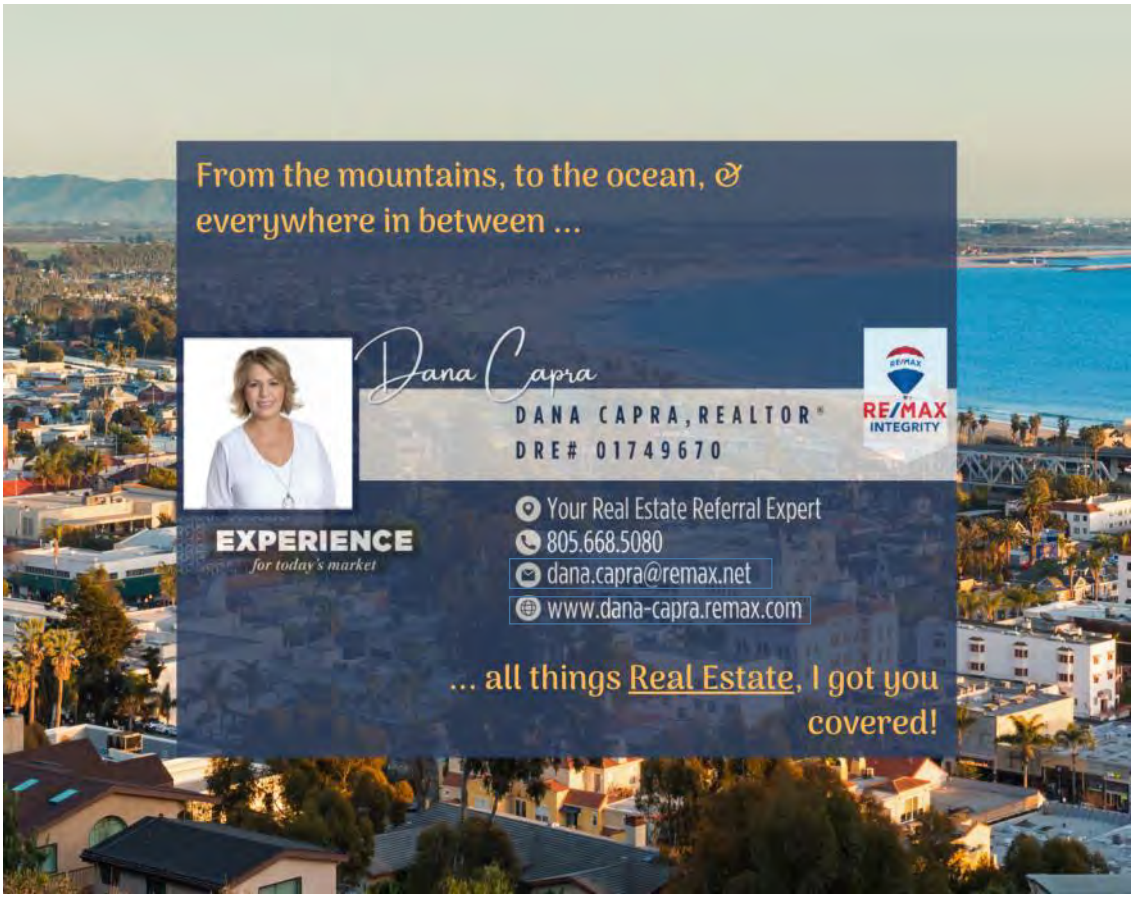
WWW.SEACOASTYACHTS.COM



DON'T MISS AN EVENT!

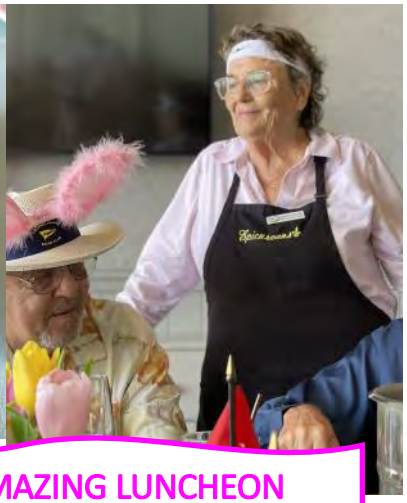
Check your email updates and changes happen all the time.

RSVP EARLY

The cooks work very hard planning meals, shopping and cooking.

If you do not receive a confirmation you do not have a reservation!

PLEASE—call text or email again!



HAPPY EASTER! AMAZING LUNCHEON

Ahoy seafarers, landlubbers, old and new members, in-between members, and guests!

Being a member or guest of our volunteer club involves all kinds of fun!
It also means doing our part to keep it wonderful!

Remember to clear the tables after club dinners!

Silverware goes into the soapy water basins in the closet.
Stack dishes in the closet near the silverware.
Linen napkins and tablecloths go into the hampers in the upstairs galley.
Salt and Pepper shakers and bread baskets should be placed on the wooden counter of the galley.
Place centerpieces on the rear table near the back door.

Please be helpful to our great bartenders by returning your glasses to the bar.

We're not a restaurant with waitstaff and employees who bus tables!
It's on us to keep our club in ship shape!
THANKS!

HAPPY APRIL ANNIVERSARIES!

Tom & Pat Womack Apr 01
Jim& Gaynor Grubbs, Apr 03
Allan & Alison Gabel Apr 07
Dale & Louie Nelson Apr 12
Steve & Vanda Watkins Apr 18
Jeff Kudlac & Connie Calo Apr 21
Mike Geer & Melissa Rogers Apr 25
Bob Ridenour & Jairo Mazariegos Apr 25
Frank Rovello & Sandy Sifuentes-Rovello Apr 28
Kim Dolan & Gary Cole Apr 30
Mike & Linda Greenup Apr 30

NEW DATE

HAPPY MARCH BIRTHDAYS!

Chaney, Bob	Apr 03	Hoover, Doug	Apr 14
Stevens, Mark	Apr 03	Younis, Pat	Apr 15
Barker, Mary	Apr 04	Cushman, Julia	Apr 16
Baldocchi, Jennifer	Apr 05	Barker, Jerry	Apr 18
Howden, Lynne	Apr 05	Olsen, Georgie	Apr 18
Cockrill, Candy	Apr 06	Schultz, Mike	Apr 18
Paullin, Eveline	Apr 06	Aronson, Steven	Apr 20
Swanson, Nancy	Apr 07	Campea, Judy	Apr 20
Dolan, Kim	Apr 09	Chaney, Bonnie	Apr 20
Rowe, Alison	Apr 09	Weisfuss, Linda	Apr 20
Simpson, Marlin	Apr 09	Nowitzki, Bobbie	Apr 21
Duffy, Dodie	Apr 10	Smith, Jeanine	Apr 22
Nelson, Jodi	Apr 10	Stein, Karen	Apr 24
Persons, Jake	Apr 10	Ridenour, Bob	Apr 25
Lambert, Dick	Apr 11	Fitzmorris, Sharon	Apr 26
Orgel, Bobby	Apr 12	Sherlock, Diane	Apr 28
Sherlock, Richard	Apr 13	Duffy, Shawn	Apr 30
Sullivan, Sharon	Apr 13		

BIRTHDAY & ANNIVERSARY BASH POTLUCK FRIDAY APRIL 19
BRING A POTLOCK DISH TO SHARE WITH 8!

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CIYC Commodore 2017

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SPECIAL EVENTS UPCOMING IN APRIL

Opening Day Sunday April 7th

Friday & Saturday April 12 & 13 Variety Show

Sunday April 14 Paint & Sip

Saturday April 20 Titanic Remembrance Dinner Event

Sunday April 28th Tale of the Whale

PLEASE WATCH YOUR EMAILS FOR UPDATES!

We need your help for set up and takedown for the events!

Helping out is a great way to meet members and do your part for our amazing club!

Your Bridge and Board continue to endeavor to control costs so that our members can enjoy the benefits of Club membership at a reasonable cost.
January 1, 2024, a 3.5% service charge was added to all payments made via credit card.

Please consider making Club payments via check or ACH transaction to avoid this charge.
Thank you for your help in keeping our Club's operations efficient.

Volume 64—No. 04

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4100 Harbor Blvd., Oxnard, CA 93035.

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 *April 15, 2024*

for the MAY 2024 Issue.

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debbiem@companyv.com

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currents.ciyc@roadrunner.com

Assistant Editors :
Frank & Sharon Sullivan
(805) 205-4073

Thank you to the Magical Editing Angels!
Erika Barbaric
Marsha Anderson

We honor Judy Fraser as we proofread every issue.

Photos: Bonnie Chaney, Dana Capra, Cindy Daggett, Garry Kraft, Jane Thomas, Julia Cushman, Maureen Fletcher, Barbara Braun. Melinda Irvin, Kamaris Riss, Erika Barbaric, Melinda Irvin, Shan Cyr-Engelhardt, John Medlen, Dodie Duffy, Deborah Tyhurst, Vidar Bech, Debbie Mitchell and Facebook

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

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