CIYC
CHANNEL ISLANDS YACHT CLUB
CURRENTS
Volume 65 65 Years of Service Issue 2 FEBRUARY 2025

# CIYC 2025 Commodore Marc Gault

**Ahoy, Mates!** The Blessing of the Fleet had a fantastic turnout: twenty-six entries! Fleet Captain Mike DeSart had his skill set tested as Pirates converged on all sides for their shot at the Bridge in true scalawag fashion. This was followed by a great lunch prepared by the Rear Commodore and her crew, thank you to all who participated and labored to make this a really fun event! The best ramming speed attack was performed by Mitch Loman as he faked a grazing with a high-speed flyby!

Our Change of Watch Ceremony and Dinner was also a really great event. Thank you, Beefeaters, for the excellent meal. Karen Eden and the Bad Apples wrapped up the evening with great music for dancing. Commodore Marc Gault, Vice Commodore James Glass and Rear Commodore Stacy Wolf were sworn in, along with your 2025 Board of Directors: Bill Elswick, Ann Marie Gross, Rene Aiu, Gabe Soumakian, George Hornberger and Dan Estabrook. This Board is experienced, with all except Stacy Wolf having already served in 2024, so growing pains should be minimal.

As a group, we expect to keep our Club moving in the direction we have previously established: We're planning for new events, increased participation by many new volunteers, and we'll be brainstorming ways to improve our facility and membership experience. We strive to make our Club a positive experience for everybody, so please find an area you have an interest in and participate! Last month's Currents, page 3, details the Chairs for our various Committees. Find a Chairperson you would like to work with and contact that person to participate.

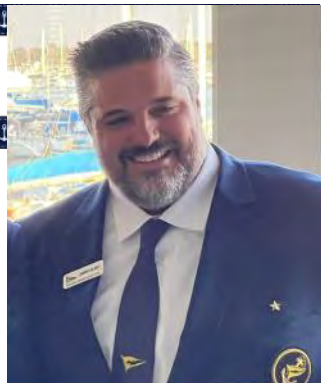
We have also recruited a new House Captain, Chuck Grethel, and he has already jumped in headfirst. If you need something serviced, please contact our Rear Commodore Stacy Wolf to schedule Chuck's work.

I have commissioned a renewed Bylaws Committee comprised of Chair Shelly Berger with the help of Joyce Sheridan, Jack Borkowski, Bill Elswick, Sid Kushner, and Deborah Tyhurst. I expect that by mid-year, we should see some substantial progress on adjusting some of the issues we have been working on. More on this as we make progress.

**As for February: On the 9th, the Super Bowl** with its typically large variety of vittles and libations will take place. Sharon Sullivan will be handling the action on the field. Then on the **14th we have our Valentine's Social,** and on the **22nd-23rd our annual Midwinter Regatta.** So, some big happenings next month! If you can assist with the Super Bowl food service, please contact Stacy directly, and the same goes for Jane Thomas and the Regatta.

**Please remember that we are a self-help organization; if you are not helping, it will not get done!** Speaking of help, the Board has selected Debbie Mitchell as our Member of the Month for February. She has been instrumental for our communications within the Club as Editor of the Currents; she has also created flyers she for our meals and works on Calendars and Club Runner communication. Thank you, Debbie, for all you do!

# CIYC 2025 Vice Commodore James Glass



What an amazing start to 2025! January 19th. Blessing of the Fleet. This year's event was a truly unique and lively celebration as we embraced the pirate theme, bringing an extra dose of fun to the traditional ceremony.

On that crisp 55-degree morning—a refreshing break from the Santa Ana winds—we gathered at the break. Commodores and some members wore their finest pirate costumes, setting the stage for a memorable occasion. Each captain received a personal and humorous blessing from **Commodore Marc Gault**, whose lighthearted approach added an extra touch of warmth and camaraderie to the event. Along with the blessings, each captain was presented with a Letter of Marque and a bottle of champagne—a tribute to both our maritime culture and our adventurous spirit.

Following the Blessing of the Fleet, we made our way back to the club for a hearty celebration. A delicious beef stew, prepared by **Rear Commodore Stacy Wolf**, with help from **Phil MacPhail**, and **Dan & Gail Estabrook**, was served to all who attended. A special thank you to **Deborah Tyhurst** for preparing the Letters of Marque that were handed out - adding that unique touch of authenticity to the event.

We also extend our heartfelt thanks to **Fleet Captain Mike DeSart** for generously allowing us to use his boat, *Angler Management*, for the day's festivities. A big shout-out goes to **Sharon Uhlig**, our official event photographer, who captured all the fun moments and ensured that these memories will last for years to come.

Looking ahead, February promises even more excitement! **Karaoke Night** kicks off on **February 21st**, right after our first general meeting of 2025. It's your chance to showcase your singing talents—or to just have fun cheering on others as they belt out their favorite tunes! And don't forget, CIYC will be hosting the **2025 SCYA Mid-Winter Regatta** that will take place on **February 22nd & 23rd**, it's sure to be an exciting weekend on the water.

As always, I am grateful for the strong sense of community that makes Channel Islands Yacht Club so special. Let's keep the momentum going with more great events, laughter, and togetherness throughout the month.

We look forward to seeing you soon!

James Glass

Vice Commodore 2025

# CIYC 2025 Rear Commodore Stacy Wolf

**CIYC Family!**

Wow, what an incredible start to 2025! After ringing in the New Year in true CIYC fashion, we kicked off January with a spectacular **Change of Watch Dinner**. A huge **thank you** to the Beefeaters crew, led by Phil MacPhail, for an unforgettable meal. The meat was cooked to absolute perfection, and that **crab flambé** on top—simply divine!

Next up, the **fantastic Nolan sisters** wowed us again with their culinary magic, serving up delectable **crab-stuffed shrimp** as part of their **"Where's the Beef?" dinner.** They certainly know how to create a feast to remember!

Then, the **Law Dogs** took center stage for another unforgettable evening—though this one came with a little unexpected drama… **the power went out in the neighborhood!** Leave it to Mitch Loman to turn a murder mystery into a true **cliffhanger.** Don't worry, friends—there will be a **Part 2!** We can't wait!

**Lisa Medlen** then stepped in with a delicious **Greek dinner**, filling the club with mouthwatering aromas of Mediterranean goodness.

And to top off an already spectacular month, we had **two standout events**:

- **Captain John Canavan and crew** prepared an **unforgettable brunch**, featuring a lavish spread that had everyone asking for more! Yes, we've heard you loud and clear—**we'll be doing this again!**
- **Tami and John Osborn** helped us celebrate the **Year of the Snake** with what might have been the **best Chinese food we've ever had** at the club! Absolutely outstanding!

**Football, Feasts, and Fun!**

Of course, **football season** was in full swing, and we all enjoyed plenty of great games together. And now—**Super Bowl Sunday is just around the corner!** We're planning a fantastic **football feast** featuring dishes inspired by the competing teams. Think **Philly cheesesteak sliders, ribs, and plenty of delicious sides.** It's going to be a **game day party you won't want to miss!**

**Looking Ahead: Love is in the Air!**

February is bringing even more excitement, starting with a **Valentine's Dinner** by **Creme**, featuring **Cornish game hens on blue cheese herb rice**. A meal as elegant as the occasion itself! **Who can say no to that?**

**Exciting Entertainment on the Horizon!**

We're also **bringing more entertainment your way**, so mark your calendars!

- **February 1** – **Vinny Berry** will be performing live, kicking off the month with fantastic music.
- **February 12** – **Captain Healy** of the **Mystic Whaler** will be sharing her adventures, thanks to the efforts of **Jane Thomas**.
- **February 14** – **Frank Barbajas** will join us for a special **Valentine's Day celebration.**
- **February 22** – Get ready to **laugh until you cry** as **Katie Love** brings in the one and only **Wendy Liebman** for a night of comedy!

**A Special Thanks to Our House Captains**

A huge **thank you** goes out to our dedicated **House Captains, George Hornberger and Chuck Grethel**, for their incredible work in keeping our club shipshape. **Cooks, you'll even notice the downstairs kitchen drawers now work!** Their hard work does not go unnoticed, and we truly appreciate all they do to keep our clubhouse running smoothly.

Stay tuned, CIYC family—there's so much more to come. Thank you all for making this club the amazing community that it is!

**See you at the club!**
**Fair winds and full glasses,**
Stacy Wolf

## Potential Impact on Beach Communities of 2025 Updated Fire Hazard Severity Zone Maps

In January 2025, letters were sent by CAL FIRE to all cities, counties, and fire protection districts notifying them of the new Local Responsibility Area (LRA) maps. Government Code 51178 now requires the State to identify moderate and high zones in addition to very high fire hazard areas. The last time these fire hazard severity zone maps were updated was in 2007; at that time the maps only identified "very high hazards."

Updated maps are set to be released in mid-January 2025. Hazard severity zone changes could be applied to the beach communities as the updated maps may include new areas not previously identified by the State Fire Marshal.

A "Fire Hazard Severity Zone" (FHSZ) is a geographical area classified by the state as having a moderate, high, or very high, risk of wildfire. Some of the main factors impacting the classification of an area are: vegetation, terrain, weather patterns, and fire history. These zone classifications are used by the California Department of Forestry and Fire Protection (CAL FIRE) to guide building codes and wildfire mitigation strategies in high-risk areas.

Local jurisdictions are required to take specific actions within 30 days and 120 days of the notifications.

This is the reason for the City of Oxnard's announcement of a Town Hall meeting for those in District 1 which includes the harbor and harbor communities (Seabridge, Westport, Harbor Island, Mandalay Bay) as well as Oxnard Shores, Mandalay Beach, Peninsula Road, and some areas of Hollywood Beach. The Town Hall meeting is set for Wednesday, January 29th,
6:30 pm-8 pm, at the Hollywood Beach Elementary School.

NOTE: The Oxnard Town Hall meeting was postponed due to the state delaying the release of the updated maps.

At the meeting there will be representatives from the Fire Department, Community Development, and Oxnard's City Manager's Office. They will present updated maps and answer questions. What is learned at the meeting will be part of next month's March Currents article, due to the date of the meeting at the end of January.

A key question for many who attend this meeting will be the maps' impact on insurance availability and affordability, as well the safety and mitigation actions homeowners and business owners should take to reduce wildfire risk.

## Quick Updates on Harbor Development

Harbor maintenance dredging will be completed in February 2025.
Hyatt Place Hotel Project completed grading of the property and is in the process of installing concrete pilings.
Karls at Fisherman's Wharf continues to work on updating design plans to obtain construction permits and Coastal Commission approvals.

Rene Aiu, Harbor Delegate

## Weight Loss Drugs, GLP-1 Agonists, Semiglutides, Ozempic®, Wegovy®

To begin, we have to know what GLP-1 is: It stands for glucagon-like peptide-1

It is a hormone made by the small intestine when stimulated by food. One of its functions is to slow down stomach emptying. This results in a feeling of satiety. Because digestion is slowed down, the rise in glucose blood level will also slow down.

The second effect is that it "tells" the brain one is full and it's time to stop eating.

And the third very important function: GLP-1 acts on pancreatic α-cells and tells them to stop making the hormone glucagon. If released, glucagon will raise the level of blood glucose by liberating stored glucose in the liver. But because it's inhibited by GLP-1, no glucagon and one's blood sugar level does not rise.

**Summary:** After a meal GLP-1 keeps blood sugar low, slows gastric emptying, and makes one feel full.

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Now let's address the ***GLP-1 agonist*** (Ozempic, Wegovy, etc).

What is a ***GLP-1 agonist?*** It's a drug that can attach to a receptor on a cell and produce a physiologic reaction typical of a GLP-1.

First and foremost, it will inhibit glucagon production and, therefore, the glucose level in the blood will drop. For that reason it is used in treatment of type 2 diabetes. The drug is self injected by a "pen." Also noticed was that these diabetic patients treated with a ***GLP-1 agonist*** ate less and lost some weight.

Lost weight? Well, there are lots and lots of overweight people and lots of money involved. And by increasing the dose it really worked. People lost weight. Overnight it became popular, especially in the US among celebrities and movie stars. TV commercials blossomed: one of them showing a bunch of fat people marching happily down the street.

How do GLP-1 agonists do that? By paralyzing the stomach and small bowel. Normally, the smooth muscles in the GI tract propel food forward by contractions which come in waves called peristalsis. So the ***GLP-1 agonist*** arrests or slows down forward propulsion of food.

If the normal stomach takes 2 hours to empty, the ***GLP-1 agonist*** will make it 4 or more. If it normally takes 3-4 hours to transit the small bowel, it'll now take 6-16 hours. No wonder one would not want to eat with a paralyzed bowel! So one eats less.

Eats less of what? Less of whatever low-nutrition food one consumed while getting obese to begin with. One will continue to eat and drink: pizza, French fries, all fried foods, doughnuts, sugar, seed oils, cereals, low-fat milk, processed foods, and all that beer.

But our digestive system is not designed to be paralyzed. This invites many side effects such as: nausea, diarrhea, vomiting, constipation, abdominal pain, headache, fatigue, upset stomach, dizziness, feeling bloated, belching, gas, heartburn, and a runny nose or sore throat.

More serious side effects include: pancreatitis, vision loss, kidney failure, allergic reactions, racing heart at rest, and gallbladder problems (including jaundice).

Other important side effects are increased risk of major depression (195%), anxiety (108%) and suicidal thoughts (106%). In animals it produced thyroid tumors, including thyroid cancer.

Besides fat loss, there is also significant loss of muscle tissues (sarcopenia) and bone (osteoporosis). It is of utmost importance to keep your muscles and bones intact and functional especially as you age. There are lawsuits regarding side effects in progress.

The weight loss from ***GLP-1 agonists*** disappears once the drug is stopped. This requires the patient to become a permanent customer. An addict. This greatly pleases Big Pharma. In 2024 ***GLP-1 agonists*** made $20 billion in profit. They are working hard to have Medicare pay for it. For 2030 they are estimating $50 billion.

Some 70% will stop the drug and rapidly regain weight by their fat cells repopulating and enlarging. Not their muscle cells. Thus, one will be even fatter after discontinuing the treatment.

Should you take it? If you are really obese, maybe. If you are overweight with a potbelly, moobs, or cankles, it would be better to change your diet by eliminating most carbohydrates and seed oils and decreasing your alcohol intake. Maybe changing to a ketogenic or primal diet. Always talk to your doctor.

## Greetings from the Islanders!

We would like to share that Eveline Paullin has resigned from the club due to health concerns that are improving - and she sends greetings to all! She will be focusing on commitments closer to home for now.

Eveline held the important role for the Islanders of Treasurer, First Mate, and had assumed the role of Second mate for 2025. We thank Eveline for her amazing contributions to both the overall club, and the Islanders! **We wish her well!**

**In response to this new vacancy, the following Islanders were nominated for 2025:**
**First Mate**: Open
**Second Mate**: Eveline Paullin (has since resigned)
**Corresponding Yeoman**: Carole Naylor
**Recording Yeoman**: Reneau Oglesby
**Purser**: Sue Woolf
**Head Chef**: Evelina Arglen
**Memorials**: Sharon Sullivan

**Trading Smiles, Laughs, and Ideas at Tradewinds!**

Our first meeting was held on January 7, 2025, at the Tradewinds, where we enjoyed some lunch, laughs, and camaraderie. We reviewed the upcoming responsibilities for the Islanders and are happy to report that we are overwhelmed by the sheer number of volunteers ready to take on responsibilities in the absence of so many open positions!

**Current Islander responsibilities include:**

**Meeting planning**: Kat Kushner
**Currents article**: Katie Love
**Opening Day**: Claire O'Farrell, Deborah Tyhurst, Linda Greenup
**Father's Day**: Evelina Arglen
**Billfish**: Carole Naylor
**Holiday Decorating**: Open
**Tree Lighting**: Open
**Jingle Bell Brunch**: Ginny Johnson, Ginny Mathews
**Memorials**: Sharon Sullivan

**Over 10k Raised for Club Needs!**
The Islanders were proud to donate $10,574 to the club for its needs in 2024!

**Events, Meetings, and Dues,**

Your involvement in the Islanders is greatly appreciated and needed.
Stay tuned for upcoming events and meetings! ALSO, as a gentle reminder – please don't forget to pay your $20 Islander dues for 2025! We know where you live – at the club!!

# CIYC RACING REPORT By Cap'n Jane Thomas

*JANUARY*

*Sunday, January 5: Racers' Kickoff Meeting & Vendée Globe Review* - The Racers' Kickoff Meeting was well attended, including two on Zoom. Afterwards, a few visitors joined us to see Jerome Sammarcelli's presentation about the 10th quadrennial Vendée Globe race. Jerome is a rigger (Sailutions), a solo and short-handed offshore racer, well versed in Vendée Globe boat and skipper details, and an entertaining speaker.

We'll see Jerome and other Pacific Single-Handed Sailing Society (PSSA) racers again on Thursday, March 13, for the Meridian 400 skippers' meeting, a 400nm qualifying race for long offshore races such as the Pacific Cup. Racers will leave Channel Islands Harbor the following day, sail 150nm out to sea and sail 3 more legs to form a large trapezoidal course to Marina del Rey.

*Saturday, January 11: SCYA Installation and Annual Awards Dinner* – CIYC's trophy case has a new temporary resident, an antique bronze binnacle - the SCYA Peggy Slater Memorial Trophy! Peggy was a legendary southern California ocean racer, yacht broker, friends with, and sailing mentor to stars such as James Arness, Raymond Burr, Hal Holbrook, Errol Flynn, and more. When she started racing in the 1930s, yacht clubs did not allow women to become members. She became the first female member at Cabrillo Beach Yacht club at 15 and the first female member of the Los Angeles Yacht Club at 21. During her career she won more than 800 trophies, logged more miles than any other woman and most men of her day, and paved the way for women in the traditionally male-dominated sailing world.

Janie Brockman, Deborah Tyhurst, Jane Thomas, and Wailani O'Herlihy at the SCYA Installation and Awards dinner.

On January 11, Deborah Tyhurst rode with Kenny and me to Redondo Beach for the black-tie SCYA Installation and Awards dinner at King Harbor Yacht Club. CIYC racers Wailani O'Herlihy and Janie Brockman met us at KHYC. To round out my cheering section, our good friend, SCYA Junior Staff Commodore, Kathy St Amant, was present, and Capt Fran Weber came with a bouquet of flowers, announcing that she would be presenting the Peggy Slater award to me!

I feel very honored and humbled to receive the Peggy Slater Award for 2024. I am thankful to my husband Kenny for the experiences we shared while cruising in Mexico for 3 years in the 1980s, which made me a better and braver sailor. Since moving to Channel Islands Harbor in 2003 and joining CIYC in 2005, my focus has changed from cruising to racing, and I have made many sailing friends in Ventura County and throughout southern California. I sincerely appreciate CIYC members Tom Warden and Bill Crocket for loaning me their boats to race during the early years and the many women and some men who have put their faith in my sailing knowledge and skills and crewed for me over the past 18 years.

Continued next page

I have sailed with, sailed against, or met at least half of the other 34 Peggy Slater award recipients and have great respect and admiration for them all. I met Capt Fran Weber (2010) and Karyn Jones (2007) in 2010 when our racing team decided to start a Women's Sailing Association in Channel Islands. They drove up from Marina del Rey to share with us how the Santa Monica Bay Women's Sailing Association operates. In 2011, Fran recruited me to race in a Linda Elias Memorial Women's One Design (LEMWOD) regatta on the Catalina 37s at Long Beach Yacht Club; Linda Elias was the 1992 awardee. I raced against Kathy St Amant in several LEMWODs and sailed on her boat in the Newport to Ensenada race in 2022 and 2024. I raced the LEMWOD annually from 2011 through 2019, skippered a LEMWOD team from 2013-19, and coached new Catalina 37 sailors through 2024. I came to know many other Peggy Slater awardees - crewing with Liz Hjorth (1998), Judy-Rae Karlsen (2012), Carol Armitage (2016), Terri Manok (2018), and Marie Rogers (2020) and chartering the 37s through Mary Voigt (2021).

*Sunday, January 19, CIYC Blessing of the Fleet* – WAILANI and crew joined dozens of CIYC boats for the CIYC Blessing of the Fleet. It was a chilly morning, but the blessings from Commodore Marc Gault were warm and hopeful for a successful racing season in 2025, and the hot lunch at the club was much appreciated!

*The Midwinter Regatta* – Up and down the California coast multiple yacht clubs will be hosting Midwinter Regatta racing during a 2-day event, either February 15-16 or February 22-23. SCYA coordinates the regatta, provides the individual trophies for the winners, and sends an SCYA representative to award the trophies. Each host club is responsible for local race management, including the local regatta dates, which classes are eligible, the sailing instructions and race courses, scoring the race, and hosting the awards. CIYC has hosted the Midwinter Regatta for our region for more than a decade and is looking for helpers on and off the water on February 22-23.

Winter weather is often unpredictable - sometimes we see sunny days, light wind, and flat seas, but more often we contend with high winds and big seas, resulting in postponement or cancellation of one or both days. Nonetheless, we always plan for both days with high hopes that Mother Nature will cooperate – at least one day!

In the past several years, we have been running two races simultaneously on both days with separate sailing instructions for the boats that like the challenge of short, upwind/downwind courses and for those that prefer longer, random-leg reaching courses. I've also invited the big and small multihulls to join us this year, but their response is pending. Look for an update with race results next month!

*Upcoming Races and J/24 Workday:*

- Sunday, February 2: PCYC's TGIS Winter Series #1 of 3
- Sunday, February 9: J/24 Workday (10:00am-2:00pm), then Super Bowl Sunday
- Saturday, February 15: PBYC's Spring Series #1 of 3
- **Saturday, February 22: SCYA/CIYC Midwinter Regatta, Day 1 of 2**
- **Sunday, February 23: SCYA/CIYC Midwinter Regatta, Day 2 of 2**
- Sunday, March 2: PCYC's TGIS Winter Series #2 of 3

The complete racing schedule can be found online.

ASBCYC region: [click here] or [here]

All of SCYA including ASBCYC: https://scya.org/race-calendar/

Contact me or Vice Commodore, James Glass, for more information and to volunteer to help with the Midwinter Regatta, February 22-23. Contact me directly for more information about the J/24 workday, learning to sail a J/24, and/or becoming an authorized J/24 skipper!

Happy Sailing!
Jane Thomas
CIYC RAM Captain &
Race Chair

Blessing of the Fleet: Lisa Thomas, Wailani O'Herlihy, Jane Thomas, Alison Rowe (above)

# CIYC February 2025

**CHANNEL ISLANDS YACHT CLUB**

Watch your email for updates and RSVP early!

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | | | | | | 1<br>***7pm Dinner—Beefeaters*** |
| 2<br>***3pm Bar Opens***<br>*4 pm Welcome Committee Meeting* | 3 | 4 | 5<br>*6:30pm Wed dinner* | 6<br>*6:30 pm DJ Trivia*<br>*Bar food* | 7<br>***Birthday Bash potluck*** | 8<br>*Set up for Super Bowl* |
| 9<br>***1pm Bar Opens***<br>**Super Bowl LIX Party** | 10 | 11 | 12 Lincoln's BD<br>*6:30pm Wed dinner* | 13<br>*6:30 pm DJ Trivia*<br>*Bar food*<br>***6pm CIWSA meeting*** | 14 ***Valentines Day***<br>***7pm Valentines Social Crème*** | 15 |
| 16<br>***3pm Bar Opens*** | 17 ***Presidents' Day***<br>*5pm Finance meeting* | 18<br>***6:00pm CIYC BOD*** | 19<br>***5 pm Islanders' BOD meeting***<br>*6:30pm Wed dinner* | 20<br>*6:30 pm DJ Trivia*<br>*Bar food* | 21<br>*Happy Hours 5-7 pm*<br>*Lite Bites*<br>***7 pm CIYC General Meeting with Karaoke to follow!*** | 22<br>***1st day Midwinter Regatta***<br>***7pm Dinner—Epicureans*** |
| 23<br>***3pm Bar Opens***<br>***2nd day Midwinter Regatta***<br>**5 pm Racers Awards dinner** | 24 | 25 | 26<br>*6:30pm Wed dinner* | 27<br>*6:30 pm DJ Trivia*<br>*Bar food* | 28<br>*Happy Hours 5-7 pm*<br>*Lite Bites* | |

AS OF 1/30/2025

## CHANGE OF WATCH 2025

Photos by

Bonnie Chaney

CANAVAN BRUNCH

WOW

MARY and MITCH MASONER'S AMAZING SOUTHERN FRIED CHICKEN

# The Epicurean DINNER!

Blessing Crew

Law Dogs dinner before the black out!

# BEEFEATERS

Presented by
Phil MacPhail & Crew

## Saturday Feb 1st 2025 at 7pm

Menu

Red wine short ribs*
Mashed potatoes
Broccolini
Baguette
Chopped salad
Chocolate crème brûlée

*Salmon option available.

Request for Salmon must be made with RSVP

Live music from Vinny Berry.

$35 per person

RSVP reservations.ciyc@roadrunner.com

# Valentine's Day Crème

Come One Come All

## Friday February 14
## 7:00 PM

- Chef Pat
- Chef Judy
- RSVP EARLY!

### Menu

*Surprise Me Appetizer*

*Shaved Red Onion Avocado Tomato Salad With Balsamic Glaze*

*Cornish Game Hens on a bed of Blue Cheese infused Wild Rice*

*Sweet Glazed Baby Carrots*

*Dessert*
*Chocolate Fountain with Fresh Fruit Variety*

$35
Per person

Entertainment:
Frank Barajas

RSVP EARLY!

reservations.ciyc@roadrunner.com

Come Alone - Bring a friend
Bring your Sweetheart - CIYC Loves You!

# SUPERBOWL SUNDAY AT CIYC

Sunday, February 9, 2025

Bar opens at 2:00pm

Kick off at 3:30 PM

Baked BBQ pork ribs
BBQ beans with and without bacon

Pretzel bites with beer cheese
Potato salad

Philly cheesesteak sliders
Tomato pie (thick Sicilian pizza)

Coleslaw, chips, dips and cookies

LIX

SUPER BOWL

$20

$20

CIYC Members RSVP
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# Summer Youth Sailing
# Channel Islands Harbor

**Serving Youth ages 8-18**
**in Channel Islands,**
**Oxnard, and Ventura County.**

**SUMMER SAILING JUNE-AUGUST 2025**
**PROGRAM FEES**
**1-week session $350 for first week**
***Early registration discount: $300***
***if registered by March 31st!***
$325 additional weeks
or students same household

Pacific Corinthian Youth Foundation

**www.pcyfsailing.org**

SCAN ME

*Sailing skills are skills for life!*
*Get the kids on the water!*

The Pacific Corinthian Youth Foundation is a non-profit organization that sponsors and instructs youth sailing in Channel Islands Harbor. The Foundation was started in 1992 by members of the Pacific Corinthian Yacht Club and uses part of the PCYC grounds and guest docks to run the programs.

**We want your children to learn to sail and have a great time while they do it. Learning basic sailing skills is supplemented with fun activities such as sailing to the park, having picnics, going on treasure hunts, sailing on bigger boats, playing sponge tag and more!**

The Foundation serves all of Channel Islands Harbor and its surrounding communities. The Foundation's Board of Directors is comprised of representatives from Pacific Corinthian Yacht Club, Channel Islands Yacht Club, Channel Islands Women's Sailing Association, with support from Anacapa Yacht Club, which hosts Thursday night races and postrace barbecues. The PCYF program is supported by grants from the California Department of Boating and Waterways as well as private donations and course enrollment fees.

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## HAPPY JANUARY ANNIVERSARIES!

Sharon Uhlig & Jim Stych Feb 02
Jim & Linda Perry Feb 04
Duane Wherland & Lori Robinson Feb 19
Pat & Bill Magee Feb 20
Leslie Rehak & Paul Crisafulli Feb 20
Frank & Sharon Sullivan Feb 25
Mike & Karen Farrell Feb 26

## HAPPY FEBRUARY BIRTHDAYS!

Schoonmaker, Fredyann Feb 2
Dilldine, Michelle Feb 3
Nelson, Louie Feb 4
Johnson, Tammi Feb 6
Morgan, Paul Feb 6
Organ, Julie Feb 7
Wales, Mary Feb 10
Resler, Tom Feb 11
Osenbaugh, Marilyn Feb 12
Reaume, Sean Feb 21
Arstill-Burke, Carmela Feb 13
Van Daalwyk, Dennis Feb 13
Federico, Rico Feb 13
Rogers, Melissa Feb 15
Solandra, Mindy Feb 17
Stillar, Burt Feb 18
Schwartz, Robert Feb 18
Glass, Katrina Feb 20
Stevens, Maggie Feb 20
Dickey, Bryan Feb 22
Parizo, Tom Feb 22
Bell, Sheila Feb 23
Paulin, Diane Feb 24
Fowler, Jamie Marie Feb 25
Ward, Shelly Feb 26
Estabrook, Dan Feb 28

## Friday February 7

**Birthday & Anniversary Bash**

Happy Hours 5 -7PM
6:30 Potluck

## STAND UP COMEDY NIGHT
## SATURDAY FEBRUARY 22

Wendy Liebman has appeared on the Tonight Show with Johnny Carson, Jay Leno AND Jimmy Fallon, The David Letterman Show, The Jimmy Kimmel Show, and the Hollywood Squares. She won Best Female Stand-up Comic Award by the American Comedy Awards and was a semi-finalist in America's Got Talent. She has also appeared on HBO, Showtime, and Comedy Central.
www.wendyliebman.com

CIYC Member, Katie Love has more than 20 years of experience on comedy stages including the Hollywood Improv, The Comedy Store, and Laugh Gallery. She is the author of the memoir, Two Tickets to Paradise, from Cult to Comedy, winner of the National Indie Excellence Award for Humor and the recipient of the 2023 Writer's Digest Personal Essay Award for her essay, Killer Punchline: Comedy-Tragedy in the Dating World. She is the co-creator and producer of Laugh Gallery, a celebration of the art of comedy and the comedy of art.
www.writelaughlove.com

**Watch your email for dinner details!**

# CIYC

## Friday Feb 21

Bar opens at
5:00pm Happy Hour
6:00 Lite Bites

## 7:00pm
## All Members General Meeting

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. Visa has reduced their charge to 3%, so even though MC is still 4%, we reduced what we charge our patrons to flat 3% to coincide with Visa.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.

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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 20th of the month** preceding the next publication month.

**Next deadline *FEBRUARY 20, 2025***

**for the MARCH 2025 Issue.**

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Erika Barbaric
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If you EMAIL photos please make sure they are high resolution of at least 150 dpi or above to *currents.ciyc@roadrunner.com*. Please do not send images by text if at all possible.

PLEASE send **details**: names and dates of people in photos and photo credits.

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