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Channel Islands Yacht Club

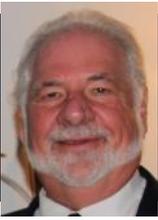
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published monthly

Currents



Mid Winter Race



Message From The Commodore Sheldon Berger



Hello to all,

As we close the first quarter of the year, our membership is growing, the clubhouse is looking beautiful, the meals have been outstanding and the member participation at the club is overwhelming. So many great events and thanks to all who worked on the different committees.

Next up are our Opening Day Ceremonies on April 2nd. The Islanders have been working hard to create this patriotic and Americana event with their preparation of delicious food, entertainment, and decorations. The Ship Shape crews have been cleaning, painting and repairing our club on Saturday mornings.

Opening Day will be followed by our annual Variety Show on April 7th & 8th. Barbara Brauns has lined up entertainment galore with our members shining in their full glory. This Las Vegas-themed show allows for all kinds of fun acts. Be sure to buy your tickets soon as this is always a sellout event.

Check out our newly updated website www.ciyc.com Thanks to Tom & Leslie Webb for underwriting the production costs. Our site will be updated regularly with events, photos and other items of interest for our members.

Several Sunday events have proven to be very popular with our membership. Frank and Gayle Laza sponsored a NASCAR barbeque, and Ruth and Paul Hatcher sponsored our annual Whale Watch Day. We need other members to crew a Sunday event. Please let Bob Taylor or me know if you are interested in helping out on a Sunday. It's a great way to spend a few hours with friends.

Your Bridge has been on the go visiting other yacht clubs for their opening day ceremonies. Recently the Bridge along with S/C Dave Wardlow attended the Santa Barbara Yacht Club event. We were all on our best behavior!

We continue to work on many "behind the scenes" items to improve our club. Our insurance has been updated, our employee rules and laws, and handbooks are up to date, our treasurer Clark Owens continues to work with his committee on our profit and loss budget, and several other improvements are falling into place. Thanks to all of our members who devote hours of their time to our organization.

Lastly, we have many new members that have joined CIYC. Make them feel welcome, buy them a drink, take them fishing or sailing, join them at dinner, and, most of all, encourage them to participate.

Here's to a great second quarter at CIYC!

Sheldon Berger, Commodore 2017





Ship Shape



NASCAR Viewing



**Mardi Gras
March 1st**





Message From
The Vice-Commodore
Bob Taylor



It's already April 2017.

The first week in April will be a real humdinger! It starts Sunday, April 2nd, with our Opening Day 2017. We will all meet in the area south of the clubhouse at 1:00 p.m. in our nautical attire (see Georgie Olsen's article on page 10). Local dignitaries, visiting Commodores, guests, and our members will join for the festive ceremony. This is all accomplished by our members under the direction of Karen Farrell, with the creativity of Deborah Tyhurst, the organization of our Secretary, Ruth, and our Junior Staff Commodore, Vidar Bech.

Up next, our Wednesday Night dinner on the 5th will be in the Fireplace Room and bar, due to the preparations and setup for the Variety Show. There will be a salad bar and possibly hamburgers and hot dogs.

Our famous Variety Show will open on Friday, April 7th, with a second showing on Saturday, April 8th. Director Barbara Brauns told me the talent this year will be spectacular! Be sure to get your tickets for either Friday Night or Saturday Night. Same show both nights.

What a week!!!

Tom and Carole Naylor will again host our Easter Brunch on Sunday, April 16th. It was super last year, and I'm sure it will be again this year.

We are a self-help club, and I want to thank all who volunteer to make these events possible. Thanks to all who perform, cook, chop, clean, set up, paint, sell tickets, sell clothes, organize, and to all those who show up to enjoy each event. It all comes together to make this a vibrant and friendly club.

Thanks,

Bob Taylor VC





Message From
The Rear-Commodore
John Medlen



Hello again, everyone. As explained to you all last month, I write these articles a month before they are published, and, therefore, while I was going to report on the results of the Regatta which was scheduled to occur on the 18th and 19th of February, due to weather that race has been continued to March 19; as such, I still don't have news for you since this is being written prior to that date. Also, I explained in the last edition that I had been in contact with John Hart, the Fleet Captain of Hurricane Gulch Yacht Club, who is interested in seeing whether our club would like to cruise with his club, as well as other clubs on the coast. Unfortunately, I have received zero input from our members to see if this is something all of you would like to participate in. I know our club is somewhat notorious for doing things at the last minute; however, we would need to commit to Mr. Hart if our club hopes to join the other clubs going to Catalina on June 23 – 25th. So, again, if you have any interest in this, please let me know as soon as possible so that appropriate plans can be made.

As a Rear Commodore I had the privilege of attending Opening Day ceremonies with our Commodore and Vice Commodore (as well as Bob's wife and mine) at the Santa Barbara Yacht Club. If you have never been to that club I would highly recommend it. The people treat members of our club as though we are family, and the view is spectacular as it is on the beach in the harbor. Furthermore, the food is amazing, and I would just say that you should go use your membership to experience the ambience up there when you get a chance.

As far as boating events, I have a calendar of ASBCYC 2017 races coming up. Again, if you want a complete list of these races, please feel free to contact me. April racing events in the area are: April 8 – J24 & PHRF Regatta #2 at VYC; April 9 – Tower Race at SBYC and TGIS Winter Series #5 at AYC/PCYC; April 15 – Opening Day/Smugglers Bash at VSC; April 22-23 – Channel Islands to Newport Beach; April 26 – the beginning of Wet Wednesdays; April 28-30 – Newport to Ensenada race; and April 29 – North South Invitational at SBYC.

That's it for now. Stay tuned for dates for dinghy parties and electric boat events. And always keep an eye out in the bar for flyers regarding these events, as sometimes they come and go in the same month, and, therefore, I would not have time to notify everyone in this newsletter.

See you all around the club!

John Medlen
Rear Commodore



**Message From
First Mate
Karen Farrell**

Hello, Channel Islanders and CIYC Members!

April! Boy, was March a busy month!! The Islanders’ Anniversary dinner was on March 23rd, and Opening Day will be April 2nd. As many of you know, our newsletter article is due on the 15th and much will have occurred after that date this month!! I will give a full report and recognize the MANY volunteers in the next newsletter. With great appreciation, I would like to thank all the people who have given donations for Opening Day to date.

I’m excited to say we are now up to 67 Islander members. Thanks to all of you who have joined. If you would still like to do so, it is never too late. If you need a membership form, please let me know – dues are only \$20!

On March 7th the Islanders’ outing was at the Rhumb Line restaurant for ‘Sunset Happy Hour .’ We had 12 happy attendees! See photo. If you have not been to the Rhumb Line in Ventura, give it a try. They have great happy hour specials and also have a very nice dinner menu. It is off Schooner right on the water – so great views!

Our 2nd Mate, Eleanor Hovaten, has our next excursion set for an April 29th, 2 p.m. matinee. It is at the Rubicon Theater in Ventura and the play is “Sylvia .” I hear it is a hysterical comedy. By the time you get this newsletter you will have received an email notice with all the details.

On another note, we still have committee positions that need filling. If you would like to get involved , please consider being a chairperson or committee member to one or more of the following:

- **DINNERS** – Joyce Sheridan and Vera Cline are committee chairs but need cooks and servers to help with Islander-sponsored dinners.
- **EXCURSIONS** – (Away from home events) as well as Social and special programs. This falls under the umbrella of the 2nd mate , but she needs help and ideas.
- **FUNDRAISERS** – We can’t help CIYC if we don’t have any \$\$\$, so let’s get a fundraising committee going. The board has had to fulfill this responsibility for several years.
- **PHOTOGRAPHER** – Take pictures at Islander events and 4 regular meetings.
- **HISTORIAN** – Archive pictures, etc., from Islander events and regular meetings.

We also need people to help plan and execute:
Father ’s Day Dinner 6/17; Pancake Breakfast 7/23;
Christmas Decorations; Tree Lighting Buffet 12/2; and
Jingle Bell Brunch 12/10.

Please let me know by email
karenfar@ymail.com or phone 805-512-7795 if you
have questions or would like to volunteer.

See you at the club!!

**Karen Farrell
1st Mate 2017**



Islanders at Rhumb Line





2016 - 2017 First Mate

Islanders' Anniversary Dinner
March 23rd



Past First Mates



March 23rd Cooking Crew



2017 Commodore Berger



Anglers' Corner - February 2017

By Frank Sullivan



Fishing Report:

OK, so what's the deal? Here it is three months into the year and NO ONE has claimed the Monthly Big Fish money this year! Remember, if you are a CIYC Anglers' Club member you can win \$50.00 if you bring in the biggest Legal fish of the month; sharks and rays do not count. You can only win once a year, but as the Lotto people are fond of saying "you can't win if you don't play."

There is a scale in the shed where the ice machine is. All you have to do is weigh the fish in with a CIYC club member or bartender as witness and record the weight. Put the record in the Anglers mailbox in the hall downstairs. If you like, call me on my 805-205-4073 and I will witness your catch and take a photo for the Currents.

The recreational fishery for white seabass is open year-round. The daily bag and possession limit is three fish (except that only one fish may be taken in waters south of Point Conception between March 15 and June 15). The minimum size limit is 28 inches total length or 20 inches alternate length.



WSB Grow Out Pen Update:

(Did you know that this is the 25th Anniversary year of the WSB Pens in Channel Islands Harbor?)

We had a very good turnout for the pre-release count and health assessment on March 8th and a well-choreographed crew that kicked butt. We got all 3 pens counted and health checked! We counted a total of 11,907 fish in one day!

Thanks to all who helped and those who were going to help the next day. Barring any problems, we will be releasing the fish in the beginning of April and then cleaning the nets. We are hoping for the next deliveries to begin about April 10th.

Upcoming events:

May 7 th	Men's Fishing Tournament
May 20 th	Anglers' Dinner
June 11 th	Ladies' Fishing Tournament
September 8 th	Channel Islands Bill Fish Tourney Kickoff Dinner
September 9 th to 13 th	Channel Islands Bill Fish Tournament
September 15 th	Channel Islands Bill Fish Tourney Awards Dinner
November 18 th	Anglers' Awards Scampi Dinner



Doc Lines

Our Two Most Important Muscles

We have 657 muscles. These include *skeletal* (for all kind of motions), *smooth muscle* (intestines, sphincters, iris), and *cardiac muscle* (differs somewhat under the microscope from skeletal muscle). That's a lot of muscles to keep in shape and functionally sound.

The old motto "use it or lose it" plays a big role here. It is unfortunate, as we get older, that many muscles are underused and in need of exercise. For example, when perusing Facebook we use some 38 muscles, a few more if we grimace at a stupid posting. Running is a little better; we use 99 muscles to accomplish the task. Our club members do lots of golfing. And that's commendable; 137 muscles are used and exercised.

But sailing is most likely the best. Especially racing. Just hanging on and keeping one's balance in a rocking boat is enough to wake up many dormant muscles. But changing sails, dousing the spinnaker, trimming sheets, shouting at each other, watching for competitors, steering, pointing, laughing, swearing, having one's heart racing, and hanging on for dear life - exercise some 656 muscles. That's why our racers look so fit and trim. Motor boaters, not so much.

Still, that leaves one muscle unaccounted for. That muscle is a *bulbocavernosus*. Not a very big muscle compared to the *biceps*. It lives in the perineum (that's the crotch for you in Rio Linda), and it plays a major role in establishing an erection and initiating and completing ejaculation and orgasm. Both in men and women. It's an equal opportunity employer. And this is one of the two most important muscles in the whole body.

And the reason is that without a functioning *bulbocavernosus*, humans could not reproduce and the human race would have become extinct. For individuals, however, the cardiac muscle remains the most important muscle of them all.

And sex, of course, is the only practical way to exercise both *bulbocavernosus* and *cardiac* muscles simultaneously. Both get a vigorous workout. And not only those two, all remaining 655 muscles get to be used and thoroughly exercised as well.

As we age, and after we hit our fourth decade, our muscles begin to shrink. About 2-3% per decade. Inactivity is the biggest contributor. It really is important to be as active as much as you can. Move about, get off the computer and off the couch. And, of course, the only reason I included a sexual topic in this article was to make you read it to the very end. The only way, dear readers, to reach you all.

Conclusion: Sex on a sailboat during a race, in windy conditions, is very beneficial to your health and well-being. Helps humanity as well. Hope you have a paramedic at the helm.

Your Fleet Surgeon, Zoran

Thanks to Erika for editing.



DO YOU KNOW?

Rocco (Rick) and Mary (Darlin) Belmonte

As told to **Keith & Mary Ann Moore**

Darlin was born in Memphis, TN. Her family lived mostly in the Southeast, U.S., but moved a lot, including four years living in Rio de Janeiro, Brazil. Her dad was a career Sears store manager.

Rick was born in and grew up in Greenwich, CT, until he left for college. His dad was a painting contractor.

Darlin and Rick met at **The Catholic University of America** in Washington, DC. Darlin graduated with a degree in Speech Pathology & Audiology, and Rick with a degree in Economics. They got married during their senior year. Rick had orders for active duty in the USAF and after graduation they moved to Denver, CO, where Rick was assigned as an instructor in Intelligence Data Handling Systems at the **Air Intelligence Training Command**. After discharge from the Air Force, they moved to Gaithersburg, MD, where Rick worked for **GE**



Information Systems. GE then moved them to L.A., and they bought a home in Manhattan Beach. Rick then took a position at **Occidental Petroleum** in Westwood as Corporate Systems Manager. From there, they moved to Hollywood Riviera and later to Palos Verdes Estates where they lived for nearly 30 years. They were avid scuba divers, tennis players, and Rick enjoyed bodysurfing and boogie boarding at the beach.

After working for a few consulting companies, Rick started his own firm, **IT Renaissance**, and assisted major corporations to improve their business through Information Technology. **Darlin** earned her MA in Counseling Psychology and opened a private practice in Torrance as a Marriage, Family Therapist. She enjoyed her time in this role for nearly 20 years.

Rick and Darlin have two daughters, Rachel and Dorian, who lived in Connecticut. So to be close to them (and the grandchildren!) and to care for Rick's aging parents, they moved back east for ten years. As life would have it, their oldest daughter, Rachel Oleson, now lives in Santa Paula where she home schools her seven children. Her husband is a professor at **Thomas Aquinas College** in Ojai. Dorian Belmonte also moved here too, and is the Director of Religious Education at **St. Roque Parish** in Santa Barbara. After Rick's parents passed, they returned to California and in May, 2016, bought a home in Westport with a boat dock. Now the family is geographically reunited.....once again!

Darlin has fully retired and loves spending time with her grandchildren, sewing, watercolor painting, singing in the choir at Santa Clara Parish, and walking their Foxhound, Ginger. She enjoys helping set tables for CIYC dinners. Rick is semi-retired, but still consults when interesting projects come his way. They both enjoy traveling to Mexico and Europe, and cruising on their Duffy in the CI Harbor. Rick has become an avid standup paddle boarder.

After moving to an area that was new to them, Rick and Darlin decided to join CIYC. It looked like a great place to make new friends. Rick enjoys the Bocce Ball group, and he recently joined the Beefeaters' cooking crew.

So please say hello and give a warm welcome to Rick and Darlin when you next see them at the Club.

..... And stay tuned for next month's DO YOU KNOW!|



Well, members, it is that time of year that we all have to brush our Club jackets off and press our white slacks, skirts or (only above knees) shorts. It is the custom of all the yacht clubs to dress in Club attire for Opening Days. If you are a new member and need assistance in where to acquire a navy blazer please feel free to ask anyone in the club where they got theirs. Ties and bullions are in the ship's locker. If for some reason, you don't have a blazer, please know you are still welcome, so come and enjoy the ceremony and festivities.

Respectfully,

Georgie Olsen
Protocol

WHALE WATCH CRUISE—19th ANNUAL MARCH 5, 2017

Was it raining? Yes!
Was it cold? Yes!
Was it windy? Damn Right!
Did That Stop Us! Absolutely Not!

The second half of the Whale Watch Cruise was still a “go” with about 85 members and guests meeting at the Clubhouse as originally planned, to hear tales, albeit fictitious tales, of a whale. The judges had an easy go of it since there were only 3 entries but that didn’t mar the enthusiasm or take away from the cheering and laughter which always seem a part of these festivities. I would like to thank John Hazeltine, Connie Calo, and the Dynamic Duo of Barbara Brauns and Joyce Sheridan for sharing their “tale.” Congratulations to Barbara and Joyce for the winning entry—quite a clever and a bit off-color poem sung to the song “Memories.” There were even requests for them to do an encore and they obligingly did so. **THANK YOU ALL** for making it the fun day that it turned out to be!

As tradition would have it, we served soft tacos, Paul’s famous beans (a lot of butter and cheese with beans added) and my homemade jumbo chocolate chip cookies.

I would like to thank my best friend Paul, my good friend Dave, and our diligent Del for their help. And since no one would have had avocados if it hadn’t been for Joyce Sheridan, I’d like to thank her for contributing them. Somehow guacamole is a questionable second when there are avocados around.

So, to all of you who were able to join us, “thank you so much for coming.” And to everyone, “see you next year.”

Ruth Hatcher
Whale Watch Cruise Chairperson



Whale Watch Cruise
March 3rd



Welcome new and returning Regular Members



Gary McFarland and
Gary (805) 340-8001
garymac67.qm@gmail.com



Sydney McFarland
Sydney (661) 301-9058
4cisyd@gmail.com



Tony Ots and
Tony (805) 312-2434
ttonvots@gmail.com



Melanie Ots
Melanie (805) 443-767



Warner Younis and
Warner (805) 890-5672
wy@the-bridge-group.com



Patricia Younis
Pat (310) 560-4419



April 2017

Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 1pm CIYC Opening Day 3:30 pm CIWSA Opening Day	3	4	5 Salad Bar with burgers and dogs	6	7 5-7pm Happy Hours Variety Show	8 Variety Show
9	10 Passover starts	11 7pm Ventura British Brass Concert	12 2pm Bridge group 6:30 pm PASSOVER Dinner	13 5pm Islanders BOD	14 1st TGI/Birthday Bash 5-7pm Happy Hours	15 Currents Article Due 2pm Room rental Baby-Shower
16 Easter Easter Luncheon	17 7pm CCA meeting	18 Passover ends 6:30pm CIYC board meeting	19 6:30 pm Wed .Dinner	20	21 5-7pm Happy Hours \$5 Salad Bar	22 9am Shipshape 7pm Epicureans dinner
23 Room rental Jane Thomas	24	25 Beefeater Bonding	26 2pm Bridge group 6:30 pm Wed .Dinner	27	28 5-7pm Happy Hours \$5 Salad Bar	29 7pm Beefeaters dinner
30 1-4pm Open House						

Bar Hours
 Sunday 3pm to close,
 Closed Mon. & Tues. except special events
 Wed. Thurs. & Fri. 5pm to close,
 Sat 4pm to close

As of 3-28-17





Channel Islands Yacht Club

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1		2	3 6:30 pm Wed .Dinner	4 8:30 am to 4 pm CDFW/CCA meeting	5 5-7pm Happy Hours 7pm Cinco de Mayo/ social and Birthday Bash	6 No dinner
7 Men's Fishing tourney	8	9 630pm HOA meeting	10 2pm Bridge group 6:30 pm Wed .Dinner	11 6:30 CIW/SA 5pm Islanders BOD	12 6:30pm TGIF 5-7pm Happy Hours	13 NO DINNER Setup dining room for luncheon
14 Mothers' Day 1pm Luncheon	15 Currents Article Due 7pm CCA meeting	16 6:30pm CIYC board meeting	17 6:30 pm Wed .Dinner	18 Bocce Ball Starts	19 \$5 Salad Bar 7pm General Meeting 5-7pm Happy Hours	20 7pm Anglers Lobster dinner
21 1-4pm Open House 5-9pm Crier room rental	22 8am-4pm Room rental for meeting	23 8am-4pm Room rental for meeting	24 2pm Bridge group 6:30 pm Wed .Dinner	25 Bocce Ball	26 5-7pm Happy Hours 7pm Epicurean dinner	27 Room Rental BD Party
28	29 Memorial Day Holiday Super Club	30	31 6:30 pm Wed .Dinner		Bar Hours Sunday 3pm to close, Closed Mon. & Tues. except special events Wed. Thurs.& Fri. 5pm to close, Sat 4pm to close	

As of 3-28-17

'Birthday Bash' - April 14th by Connie Calo

***Come and join us for our monthly celebration
for members whose birthdays and/or anniversaries are in April.
Bring "munchies" to share, and there is always a great birthday cake!***

***April Birthday Celebrations for:** Melanie Ots, Scott Worman,
Monica Norwood, Bob Chaney, Mary Barker, Sherry Brisbane,
Nancy Swanson, Kim Cole, Earl Sullivan, Bobby Orgel, Vincent Pearson,
Richard Sherlock, Sharon Sullivan, Rick Belmont, Pat Younis, Tracy Eriks,
Georgie Olsen, Jerry Barker, Bonnie Chaney, Linda Weisfuss,
Steven Aronson, Bobbi Nowitzki, Bev Hammood, Karen Stein,
Bob Ridenour, Don Johnson, Diane Miner.*

***April Anniversaries are:** Allan and Alison Gabel,
William and Lana Lynch, Bob Ridenour and Jairo Mazariegos,
Gary and Kim Cole .*

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CIYC Cruising Chair	cruising.ciyc@roadrunner.com



EASTER LUNCH

By Tom and Carole Naylor
Plus Crew

Salad Bar

A meal in it's self.

Meats

Turkey
Ham

Side Dishes

Stuffing
Mashed Potatoes and Gravy
Potatoes Au Gratin
Glazed Carrots
Green Beans
Sweet Potato Casserole

Dessert Bar

Assorted Sweets

<u>Club Opens</u>	<u>Serving</u>
12:00 p.m.	1:00 p.m.
Adults	\$15.00
Children 3-10	\$7.50
Under 3	Free



Our Easter Chicken and Rabbit will be making an appearance.

Please let us know, when you sign up,

how many children in your group would like an Easter Basket.



**AYC St Patrick's Day Regatta
Harry Krum and crew represented CIYC
aboard sailing vessel Fus'ee.**



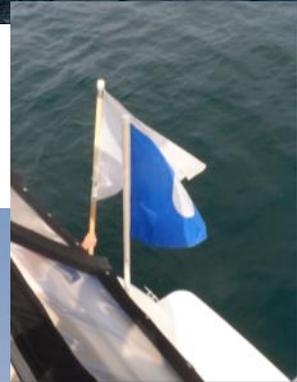


Mid Winter Race





Mid Winter Race





Mid Winter Race





St. Patrick's Day
Dinner/Social
March 17th





Mardi Gras
March 1st



St. Patrick's Day
Dinner/Social
March 17th





Club Rental

The CIYC dining room facility is available for rent for private parties to members, or non-members sponsored by a member.

Please contact **Rental Manager,
Sharon Sullivan 805-985-6155**

for scheduling and rates.

Help us help the Club to be Prosperous!

ROOM RENTAL PRICES – 2017

- \$250.00 Members and immediate family only (brother, sister, daughter, son. All events except weddings)
- \$500.00 Weddings for members and immediate family only, see above. (Must block out 1 day for set up and 1 day for the event.)
- \$400.00 Non-members (retirements, baby showers, birthdays, etc.)
- \$1800.00 Non-member weddings. (Must block out 1 day for set up and 1 day for the event)
- \$30 to \$50 Night time meetings, while club is closed. No food or beverage. (No bar). HOA meeting, outside board meeting, etc.

Currents Advertising

Ad Size	Dimensions High x Wide	Inside Pages 6 months	Inside Back	1 year -20%
Biz Card	2.0"x 3.5"	\$108/6mo.		\$172.80/yr.
1/4 page	4.5"x 3.5"	\$168/6mo.		\$268.80/yr.
1/2 page	4.25"x 7"	\$288/6mo.		\$460.80/yr.
Full page	7"x 9"	\$468/6mo.	\$570 /6mo.	in/\$748.80 bk/\$912.00

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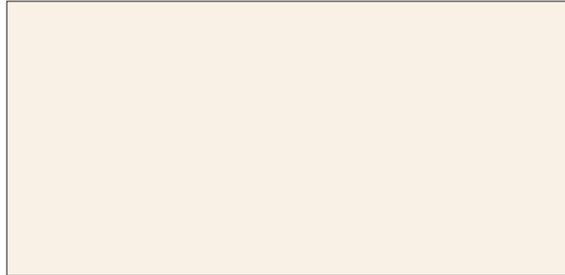
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