



OCTOBER 2016 VOLUME 56 ~ ISSUE 10

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Channel Islands Yacht Club

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Phone (805) 985-2492

published monthly

Currents



**Join the CIYC Cruisers for
the Scorpion Experience!**

**Scorpion Weekend Cruise
October 15-16, 2016
Little Scorpion, Santa Cruz**

Come join fellow CIYC cruisers for:

- Cocktail Party
- Kayak Excursions
- Hiking
- Make New Friends

Contact the 2016 CIYC Cruise Director
Dann Daggett for more information.
Email: captaindann805@gmail.com
Cell: 805-509-8523

For everyone's safety, we like to know who's
cruising, so please contact the Cruise Director
and/or sign up in the cruise book in the CIYC bar.



Should the cruise be cancelled due to
weather we may still organize a
cruise-in / dock party so...

watch for updates!



Visit us online at www.ciycc.club



Message From The Commodore Vidar Bech



Congratulations to the newly elected Board of Directors. The sitting board is looking forward to working with you in the coming year. After the Bridge is elected, we can all look forward to a great 2017.

Again we have celebrated another Anniversary, the 56th and counting. Jr. Staff Commodore **Dave Wardlow** took charge of the Dinner, Jim Cubberly provided the music, and a fun time was had by all.

Our BOD, Budget, Finance and By-Law Committees and others have been hard at work this year, updating our club on all the new laws and regulations that the State and Federal Governments throw at an organization like ours. Dealing with Taxes, Employees, Payroll and Internal Rules have been a lot to catch up on. Thanks to our hard-working members, we are making headway.

The improvements in the entry hallway should be well under way by now, thanks to generous donations by our members. If we raise enough money, we will also make improvements on other projects that desperately need to be done. The list is long.

As my year is slowly winding down, I do have to mention some things we could improve. Since we are a yacht club, we need to support the people that put in a lot of effort to arrange Cruising, Racing and E-boat events and they are not getting the support I feel a club like ours should be able to give. These are events that keep our club vital and make it appealing to new and younger members.

October has a few important “**celebrations**” that I would like to mention: 9th – **LEIF ERIKSON**; 10th – **Columbus Day**; 12th – **YOM KIPPUR** and, also, **Halloween**. I guess you can figure out where I am coming from. Sorry, if I offended anybody, but I think by now it is a proven fact which Europeans were here first.

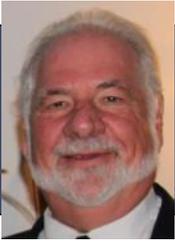
It is hard to believe that the Holidays are already here with the stores gearing up with candy and Halloween outfits. But this year, my favorite celebration probably will be **New Years Eve**.

Till next time,

Vidar,

Commodore





Message From
The Vice-Commodore
Sheldon Berger



Hello All

It's hard to believe that we are now entering the fourth quarter of the year. As Fall approaches, our Club activities are as popular now as they have been all year. Our Halloween Party will be a lot of fun. Mike and Donna McKendry will be taking the lead on this event. The McKendry's love Halloween and it's sure to be a great evening. Look for details in the weekly email blast.

Our ship-shape work day at the Club was successful with a limited amount of attendees. It was the same weekend as a cruise. Duane Wherland worked on the front door to make sure that it now closes properly and locks! Thanks Duane! Thanks go out to Tom Webb and Les Hardwick for their help in installing new hallway lights. We are going digital for full brightness and longer lasting bulbs. We can make our Club a green Club.

Speaking of going green...the entry way rehab is underway. The ceiling light fixtures will be replaced with energy efficient fixtures with digital lights. New paint colors will enhance the lighting and not be as absorbing as the dark colors. Our Club will shine. Lean and Clean! Bob & Mary Lou Taylor have taken the lead and are doing a great job.

On September 14th the Wednesday Night Speakers program was a huge success with 60 attendees. Our guest speaker was Norm Perron, from Fairwind and Del Rey Yacht Club, he conducted a seminar on the use of VHF-DSC radios and demonstrated how to set up "calling groups", a valuable tool for cruisers.

Sharon Sullivan has been doing a great job for increasing our income on Club rentals. Year to date room rentals earned the club \$9,400.00. This does not include the increase in bar sales. Sharon and her crew make sure that our clubhouse dining room is in tip-top condition for these rentals and our own Club events. The table settings always look great and supplies are current. Thank you Sharon and your Saturday morning crew.

Many thanks to our September Wednesday crew chefs, Gary Johnson, Bob Ridenour, Bill Scarpino and Bill's Ship-Shape Seminar Series. Bill's guest speaker was Dr. Henry Montes, Radiation Oncologist with St. Johns Hospital. The program was very informative on different ways to beat cancer, as well as treatments available.

Thanks to all for a great September.

Shelly Berger





Message From
The Rear-Commodore
Penny Lipp



The Bob Cooke Memorial Double-Handed Sailboat Race took place on August 27, 2016. We had four boats participating and four boats finished. First place non-spinnaker, Brent Swanson on **Velero**, a 29 ft Islander, first place on spinnaker, Garrett Baum on **Disheveled Rogue**: a Jay 24.

Staff Commodore Frank Sullivan once again provided **Valkyrie** for the Committee boat and Bob Ridenour, Rick Tyhurst, and Les Hardwick assisted on deck. Staff Commodore Tom Warden was our PRO. CIWSA Commodore Janet Dart assisted by calculating the race results.

Brent Swanson is the grandson of Bob Cooke, the namesake of this race. Brent inherited his grandfather's famous sailboat, **Velero**, along with Bob Cooke's sailing skills. Brent has won first place on this special race on many occasions.

The theme for the Parade of Lights this year is '**Hurray for Hollywood**'. We need help on the planning and preparation of the entry for CIYC in the December 13, 2016 boat parade. We need a boat! If you know of a boat, please let us know how to contact the owner. Our Parade of Lights organizational meeting is on October 9, 2016 at 1:00 P.M. at the CIYC bar.

The next planned cruise to Scorpion is October 15-16, 2016. Please contact Captain Dann Daggett or Cindy Crocket for further details.

Feeling blue? What does that mean?

In the world of sailing, if a ship lost its captain during a voyage, the ship would thereafter fly blue flags and the ship would have a blue band painted along her hull when she returned to port. Hence, "*feeling blue*".

Carpe Diem, seas the day.

Your Rear Commodore,
Penny Lipp





Message From
First Mate
Karen Farrell

Hello Channel Islanders and CIYC Members!

Here we are in October and the beginning of our very busy months. In September, we successfully helped the Channel Islands Bill Fish Tournament enjoy two Friday night dinners. Joyce Sheridan, Jack Borkowski, Shelly Berger and Clark Owens were the cooks on September 9th and did a great job - a big thank you to each of them. A big thank you also goes to Sharon Sullivan for setting the tables for both dinners and the crew on the 9th – Erika Barbaric, Barbara Brauns, Vera Cline, Karen Farrell, Mary Ann Moore, and Jane Van Daalwyk. Karen and Vera also made the very yummy dessert! The crew for the 16th – Erika Barbaric, Marnie Bech, Elyse Gonnello and Mary Ann Moore – thank you for doing a great job! Lastly, thank you to Eleanor Hovaten for making dessert.

On another note, Eleanor's husband, Max, had triple bypass/open heart surgery on September 19. According to doctors everything went well. Our thoughts and prayers go out to Max for a speedy recovery and we will do whatever we can to help Eleanor through the next couple of months.

As of this writing, the nominating committee (Georgie Olsen, Mary Ann Moore, Cindy Crocket, Barbara Brauns and Marnie Bech) do not have a complete slate of officer nominations for 2017. By the time you get this newsletter, the announcement will have been made. The election dinner is scheduled for October 27 and Joyce Sheridan, the Luncheon/Dinner Chairperson, will be cooking dinner. All Islanders, please plan to attend!

I will be in Minneapolis for a 2-week visit with my kids from 9/22 to 10/4, and I will be very happy to be back at the club for Birthday Bash....Oh, ya! It's my birthday month. 😊

Karen Farrell
1st Mate 2016



Anglers' Corner - October 2016

By Frank Sullivan



Big Fish of the Month:

The July Big Fish was a 42.7 lb. Yellowtail caught by Dave Erikson.

The August Big Fish was a 13.5 lb. Yellowtail caught by Donna Eyman.



WSB Grow-out Pen Update:

We are waiting to hear when the next cohort of fish will be delivered. We are doing maintenance now.

Fishing Report:

The 45th Annual Channel Islands Bill Fish Tournament is in the history books now. Sixteen boats competed for 5 days. The waters were not as warm or as prolific as the last 2 years. First place was taken by Team Hydrocarbon with 4 marlin released, second was Team Seaway with 2 releases, and third was Ruckus with 2 releases. Some of the boats went south (including Valkyrie) looking for warmer water but that didn't result in any more fish. Those who stayed north did better with 3 of Hydrocarbon's fish coming all in one day.

Upcoming Events:

November 19th

Anglers' Awards Scampi Dinner





UNITED STATES COAST GUARD
U.S. Department of Homeland Security

MARINE SAFETY ALERT

Inspections and Compliance Directorate

September 12, 2016
Washington, DC

Safety Alert 13-16

**WE'RE NOT INFLATING THE IMPORTANCE OF THIS MESSAGE
CHECK FOR PROBLEMS BEFORE YOUR LIFE DEPENDS ON IT!**

This safety alert reminds all inflatable life jacket users of the importance of performing periodic maintenance on their equipment. Instances of fatal accidents where inflatable life jackets failed to properly inflate have been documented. When a life jacket fails to inflate properly, the results can be life threatening. Unknown bladder leaks may exist, fabric degradation or an improperly installed CO₂ cylinder is all it takes to render an inflatable life jacket ineffective by preventing its inflation or ability to stay inflated.

Various manufacturers of inflatable equipment will likely have different maintenance instructions for their products and directions for the user to service and inspect the devices. Knowing and following the manufacturer's maintenance instructions are critical. Proper maintenance service and inspection will ensure all parts of the life jacket including the bladder, inflation mechanism and CO₂ cylinder are checked and in good working order.

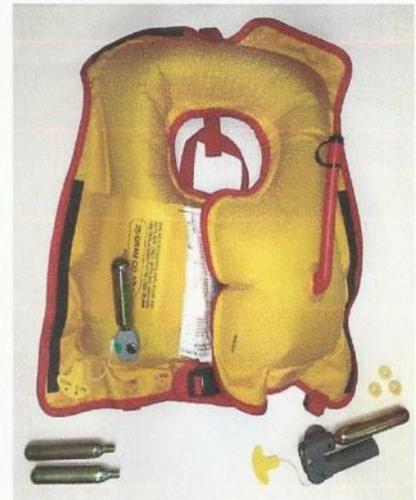
The Coast Guard **highly recommends** routine maintenance, service, and inspection in accordance with the manufacturer's instructions.

The following inflatable life jacket inspection guidance is for informational purposes only and does not supersede any manufacturer recommendations or instruction:

- 1) Each voyage, prior to getting underway:
 - a. If there is a service indicator check it to ensure it is GREEN. If the service indicator is RED the mechanism has been fired or is incorrectly fitted.
 - b. Check for visible signs of wear or damage by ensuring that there are no rips, tears or holes; that the seams are securely sewn; and that the fabric, straps and hardware are still strong.
 - c. For auto-inflating life jackets, ensure all auto components are armed and not expired. Following the manufacturer's instructions, reveal the inflation system and oral inflation tube. Check that the CO₂ cylinder is firmly secured. Examine it for rust or corrosion. If you remove the CO₂ cylinder for inspection, be sure to carefully replace it without over-tightening.
 - d. Repack the lifejacket as per manufacturer's instructions. Ensure the pull-tab lanyard is accessible and unlikely to be caught when being worn.
- 2) Periodic checks as recommended by the manufacturer or when in doubt:
 - a. Inflate the bladder using the oral tube and leave it overnight in a room with a constant temperature. If the bladder loses pressure, take the lifejacket to an authorized service center for further tests. Do not attempt to repair a life jacket yourself. If there is no obvious loss of pressure, deflate the life jacket by turning the cap of the inflation tube upside down and pressing it into the inflation tube. Gently squeeze the inflatable life jacket until all air has been expelled. To avoid damage do not wring or twist the life jacket.
 - b. Repack the lifejacket as per manufacturer's instructions. Ensure the pull-tab lanyard is accessible and unlikely to be inadvertently snagged when being worn.

Store your life jacket in a dry, well ventilated location away from dampness and out of direct sunlight. It's important to rinse your life jacket with fresh water after salt water exposure and dry it thoroughly prior to storage. If your life jacket is set for auto-inflation, remove the auto-inflation cartridge prior to rinsing. The life jacket manufacturer may have specific requirements, so read the instructions on the lifejacket.

This safety alert is provided for informational purpose only and does not relieve any domestic or international safety, operational, or material requirements. Developed by the Office of Auxiliary and Boating Safety and the Office of Investigations and Casualty Analysis. Questions or comments may be sent to HQS-PF-flidr-CG-INV@uscg.mil.





Taking Harbor Land from Boaters and Visitors for Private Profit!

On August 17, the Harbor Department submitted Amendment #7 to the Public Works Plan to Coastal Commission. This amendment proposes to take 4 acres of boat trailer, RV, overflow parking and 4 acres of visitor parking and half of Fisherman's Wharf for 390 apartments. There is strong community and boater opposition to this proposed development because it is taking approximately 11 acres of prime public land designated as boater and visitor serving to build a private massive fortress-like apartment complex that is 2 city blocks long and 55 feet high. It is the wrong project for Fisherman's Wharf.

Unlike the development proposal to replace the old Casa Sirena Hotel, this proposed project does not serve recreational boaters nor does it serve and improve visitor and community access to our beautiful harbor.

On August 24, the Coastal Commission's initial review rejected the Harbor Department's (HD) application as incomplete. The Commission listed 8 different requirements that must be met prior to resubmitting the proposal to the Coastal Commission for another review.

One requirement necessitates the Harbor Department obtain an amendment to the Oxnard Local Coastal Plan (LCP) as the proposal is inconsistent with the current LCP and zoning ordinances. This means the Oxnard City Council must approve an LCP amendment, get Coastal Commission for approval for that amendment before the HD can resubmit its application for Amendment #7.

Another requires the HD to provide an additional traffic study that covers peak season summer traffic. The study originally submitted by the HD was a one-day traffic study on Thursday, April 21, 2016 between 7am-9am and 4pm-6pm.

Over 6,000 County residents and visitors have signed the petition opposing Amendment #7 to the PWP and stressing the importance of keeping the priorities and focus of the harbor on recreational boating, commercial fishing and visitor serving commercial businesses as originally designated and envisioned in the current Harbor PWP.

Those who are interested in more information should go to: cineighbors.com.

You can stop this project. The City of Oxnard can stop this project. The Coastal Commission can stop this project. But this cannot happen without community and boater support. Help is needed in the form of tax deductible donations. 100% of contributions will pay for legal and expert fees. Donations can make a difference. Those interested in donating to help stop this development:

Make checks to: **Western Alliance for Nature**

Memo line: **Channel Islands Harbor**

Mail: 3600 S. Harbor Blvd. #488, Oxnard, CA 93035

Whether you donate or not, you can say no to the taking of Harbor land from boaters and visitors for private profit.

You can write letters to:

City Council, City of Oxnard, Mayor Flynn: timbflynn@gmail.com

California Coastal Commission:

Wesley Horn: Wesley.Horn@coastal.ca.gov

Deanna Christensen: Deanna.Christensen@coastal.ca.gov



Hi Liz:

The **Do You Know?** article is on vacation this month.....

Regards,

Keith & Mary Ann

New CIYC Board Members Elected Sept. 23
Bob Deyling, Linda Weisfuss, Mike Farrell and John Medlen.



Doc Lines

Mediterranean Diet (3rd update)

A few years ago Doc Lines wrote about the Mediterranean diet: It can cut heart attacks, strokes, and death rates in people at high risk for heart disease by as much as a THIRD. The newest randomized double-blind study on survival of heart patients confirms, that for heart patients, it cuts chances of early death by 37%.

Compare that to taking statins; they cut mortality by 18%. Obviously, combining both would maximize one's benefit. The findings are so impressive that a group of cardiologists recommend subsidizing parts of the Mediterranean diet to encourage the public to change their eating habits. Previously, it was also found that this diet has a protective effect against diabetes and cancer.

What to eat? Four or more servings of fish a week, vegetables, fruit, olive oil, nuts, and some legumes. One alcoholic beverage a day for women and two for men are suggested (half pours at CIYC = "one alcoholic beverage"). Red meat? No more than two or three times a week.

What not to eat? Sweets, cookies, pastries, cakes, sugar, etc.; also limit dairy products, including butter, as well as processed red meats.

No More Viagra

The little blue pill takes 30 minutes to take effect. Enter a British company with a topical gel. The gel is applied locally to the area of interest, and takes effect in 5-10 minutes. It was effective in 82% of study participants. There were no adverse effects (including the four-hour thingy) and, therefore, the gel will be sold over the counter; no prescription needed. Now we are talking.

The active ingredient in the gel is glyceryl trinitrate, which is a vasodilator and was used to treat patients with angina. The firm said, "Following sexual stimulation, a natural erection occurs."

Needless to say, shares in the company more than doubled. The global market for erectile dysfunction treatment is worth \$5 billion a year. And, also of interest, is that the same company introduced a condom with its inner lining coated with a similar gel.

What was your first thought after reading about this gel, hmmm? Not mine. I thought, what would happen if only one side was painted with the gel? Let's say the port side. Would the vessel then veer to starboard? Or, could a clever application produce a zig-zag course? We're in uncharted waters, and they could be exciting.

Your Fleet Surgeon, Zoran

Thanks to Erika for editing.



FRIENDS OF
MARY FOSTER
ARE INVITED TO
A CELEBRATION OF HER LIFE

SUNDAY, OCTOBER 23rd

FROM 1:00 TO 5:00 PM

NO HOST BAR



MARY FOSTER
COMMODORE 2010



Connie & Kristen #1 Bocce Champs
Gayle & Nancy #2 

Thank all of you for your participation
And a real fun Bocce season!



Connie & Kristen #1 Bocce Champs
Gayle & Nancy #2



Thank all of you for your participation
And a real fun Bocce season!





November 2016

Channel Islands Yacht Club

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|---|---|---------------------------------------|
| 6 10am Calendar Meeting | 7 8 US Election Day VOTE | 8 2pm Bridge group 6:30 pm Wed .Dinner | 9 6:30pm Wed .Dinner | 10 5pm Islanders BOD meeting CIWSA meeting | 11 Veterans Day Tentative room rental 5-7pm Happy Hours | 12 7pm Beefeaters dinner |
| 13 Cruise | 14 15 Currents Article Due 6:30pm CIYC board meeting | 16 6:30 pm Wed .Night Dinner | 17 6:30pm Movie Night | 18 5-7pm Happy Hours | 19 7pm Anglers' awards & Scampi dinner | Cruise |
| 20 1-4pm Open House | 21 22 23 2pm Bridge group No Dinner | 24 Thanksgiving 3pm Potluck Dinner | 25 5-7pm Happy Hours Start Decorating Club | 26 7pm Soup dinner Decorating Club | 27 Decorating Club | 28 29 30 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 08/28/16



'Birthday Bash' - October 7th by Connie Calo

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

October Birthday Celebrations for: Tom Webb, Gary Gilbert,
Harry Krum, Wendell Morrisset, Carole Naylor, Evelyn Anderson,
Jordon Eller, Rick Ireland, Nga Lawson, Marty Owens,
Barbara Brauns, Dennis Howarth, Tom Everett, Joyce Sheridan,
Karen Farrell, Cathy Scott, Dennis West, Paul Fredericks,
Kathy Masi, Sandy Crocket and Leslie Webb.

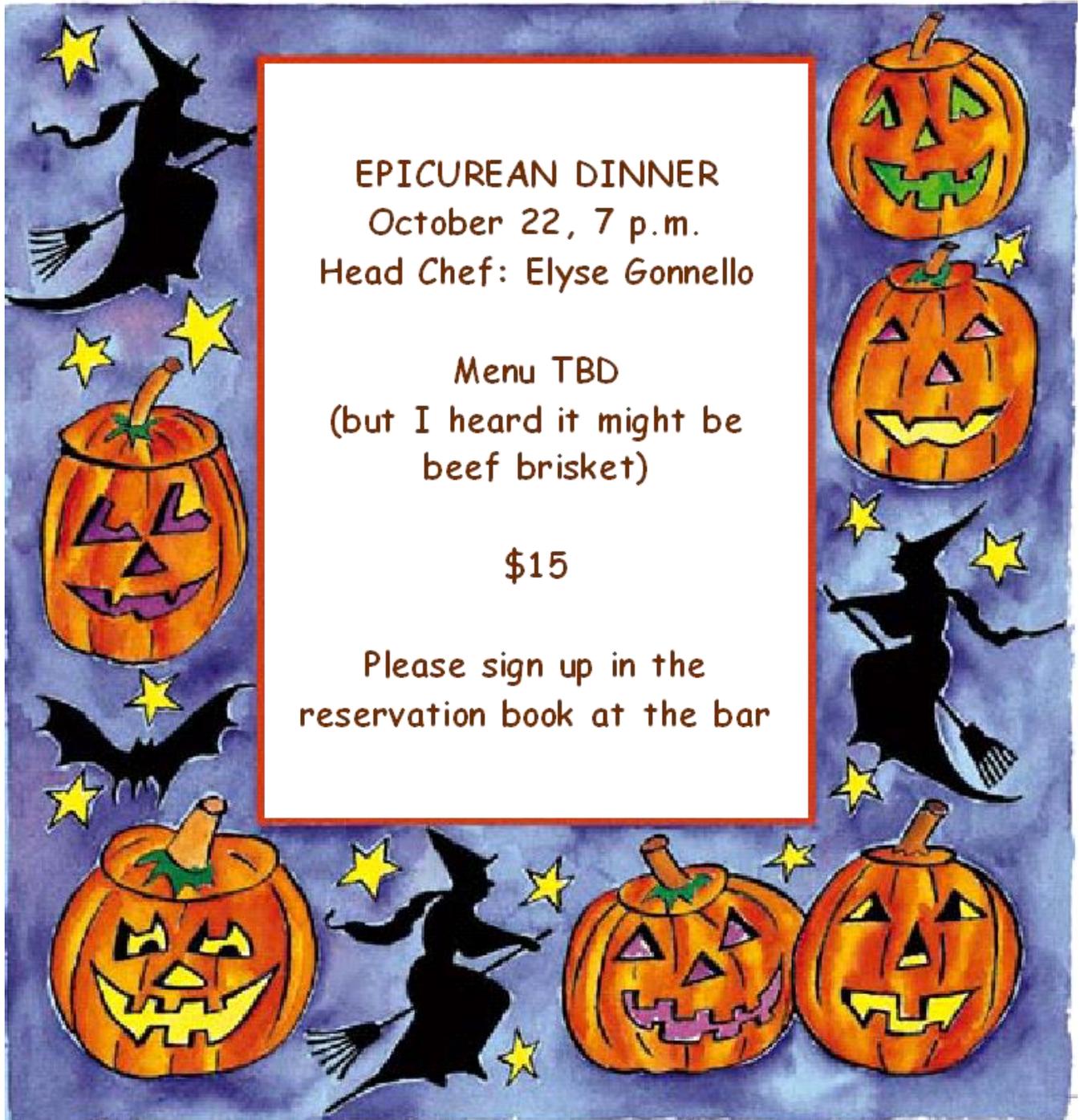
October Anniversaries are: Charlie and LeeAnne Clark,
Ken and Jane Thomas, Peter and Kathy Hunt,
Russell and Margaret Campbell.

**Thank all of you for your participation
And a real fun Bocce season!**





OCTOBER



EPICUREAN DINNER
October 22, 7 p.m.
Head Chef: Elyse Gonnello

Menu TBD
(but I heard it might be
beef brisket)

\$15

Please sign up in the
reservation book at the bar





CIYC HALLOWEEN MONSTER MASH DINNER-DANCE!

October 29 at 7:00 p.m.

**Sponsoring Monsters:
Donna and Mike McKendry**

Prizes for best costumes!

Monster Taco Bar Featuring:

Chicken Pox Tacos

Mad Cow Tacos

Spooky Refried Beans

Gory Spanish Rice

Spider Web 7 Layer Dip

Pumpkin Tres Leches Cake

\$20

Please sign up in reservation book at the bar



**Thank all of you for your participation
And a real fun Bocce season!**





**Thank all of you for your participation
And a real fun Bocce season!**





HALLOWEEN 2015





HALLOWEEN 2015



HALLOWEEN 2015





HALLOWEEN 2015



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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!

Currents Advertising

| Ad Size | Dimensions High x Wide | Inside Pages 6 months | Inside Back | 1 year -20% |
|-----------|------------------------|-----------------------|-------------|----------------------------|
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| 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. |
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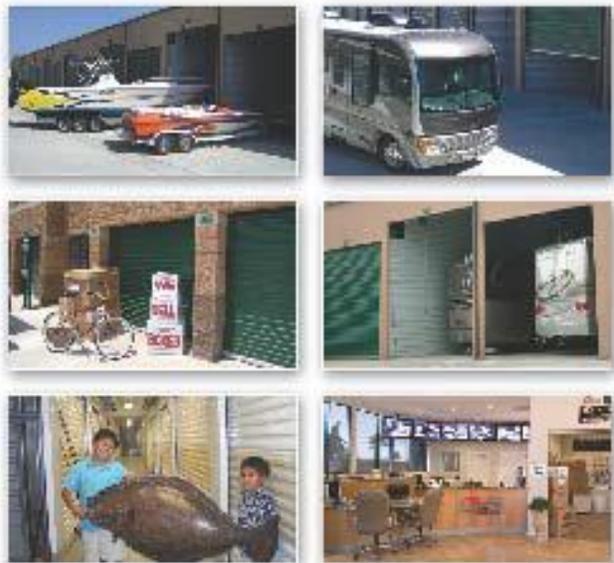
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Volume 56 - No. 10

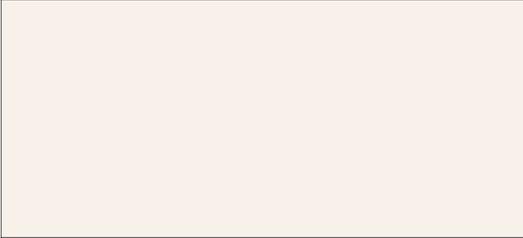
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DEADLINE NOTICE:

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

Next deadline: October 15, 2016

for the November 2016 Issue



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