



CIYC is located at Lat 34° 09' 48.9" N; 119° 13' 35.6" W

4100 Harbor Blvd., Oxnard, CA 93035.

Phone (805) 985-2492

JULY 2013 | VOLUME 53 ~ ISSUE 7

Commodore: Tom Warden

Editor: Liz Campbell

Asst: Frank & Sharon Sullivan

Asst: Pat Korecky

Channel Islands Yacht Club

currents



June 1
Bob Cooke
Double - Handed Race



Message From The Commodore Thomas Warden



On June 2, the Commodore Classic sailboat race was sponsored by the Ventura Yacht Club.

Each year, Commodores race against each other from various yacht clubs in order to win the famous Commodore Classic trophy. Your Commodore and former Rear Commodore, Mary Howard, sailed Harry Krum's Benetau 38, "Fusee", to victory, winning first place by only 19 seconds! We had the best crew with Harry Krum as tactician, Curt Ingram, Sandra and Dave Lockridge. Thank you, Harry and the great crew of "Fusee" for such an outstanding experience and getting CIYC on the trophy at Ventura Yacht Club!

The Tequila Sunset Dinner was an outstanding success. Our bocce ball on Thursday nights is continuing to grow with an unprecedented amount of enthusiasm.

Thanks to everyone who participated in the Marina Fest over the June 15-16, 2013 weekend.

Our open house for those two days resulted in several new memberships and a lot of new friends. Even Dave Wardlow, Cary Verstynen, and Dave Gable sold out the BBQ tri-tip sliders two days in a row! Rose Hazeltine was collecting the money on Sunday.

Check your CIYC calendar for more events, cruises and races. Also, get involved with the cooking crew.

CIYC has fun for everyone!





Message From Keith Moore The Vice-Commodore



The Channel Islands Yacht Club runs on the volunteer efforts of many people working together to make things happen. Sharon Sullivan organizes a crew every Saturday morning to **Decorate Dinner Tables** for Saturday Night Dinners.

And perhaps you can recall how spiffy the Club was on our **Opening Day** event in April. Our floors and decks were washed. The patio floor had a new coat of paint. New awnings were installed, and from top to bottom the building looked great. All this was accomplished by the many volunteers who came for a few hours on **Ship Shape Saturday's** to clean, paint and fix things.

At the General Meeting last Friday, we recognized those members that worked three or more weekends, with the presentation of an **"I'M SHIP SHAPE"** T-shirt.

So far this year, our members that have received a T-Shirt are; **Table Settings:** Sharon Sullivan, Erica Barbaric, Sherie Ireland, Elyse Gonnello, Frank Sullivan, Johanne Berg, Katarina Bernbaum, Pam Nast, and Mary Ann Moore; **Ship Shape Saturday's Crew:** Jerry Woods, Cary Verstynen, Zoran Barbaric, Gary Johnson, Shelly Johnson, Les Hardwick, Barry Bernbaum, and Graham Paine.



We are still keeping track of your attendance, so join us on Saturdays and help out for a few hours, and you too can be recognized with a T-shirt at the next General Meeting.

CIYC participated as a sponsor in **The CI Harbor Marina Fest Weekend**, June 15 and 16 featuring a Boat and Car Show. Mary Foster organized CIYC's Booth on the docks. We promoted our Club and handed out **"Visit CIYC for a Beverage"** invitations to the visitors. Jerry Woods held an Open House seeking new members, and logged some 80 visitors to our bar. Cary Verstynen, Dave Wardlow, and Dave Gable fired up the Western BBQ and made Tri-Tip Sliders for the many visitors. And, of course, Rose Hazeltine stood guard..... and collected \$2 from everyone. She had money hanging out of every pocket!

Call any time with your suggestions.

See you On Deck

Keith

805-551-0983



Message From The Rear Commodore Jane Thomas



Due to heavy weather forecasted for the Memorial Day weekend, the CIYC Cruisers came to the

docks in front of the club in lieu of Prisoner's Cove. That didn't stop the fun though! Cruisers included Cindy Crocket and Dann Daggett, Marnie and Vidar Bech, Mary Howard and Curt Ingram, and Cindy Arosteguy and Bill Brayton, to name a few. Some brought their big boats and others came with dinghies and smaller boats and met for a dock party, brunch at the Hollywood Beach Wine Company, and toured the harbor as a flotilla with THE HOLE (Sam Bradbury and Michelle Smith).

On June 1 we hosted the Bob Cooke Memorial, Double-Handed Race (only 2 people on the boat). Gary & Joyce Johnson provided the Race Committee boat, *JOY SEA*, and 12 boats signed up to race. With a capable Race Committee (Bill Brayton as PRO and Tom Warden, Cindy Arosteguy, and Elyse Gonnello on the starting flags and finish line), I jumped ship to sail on *MOORE FUN* with Joe Joines (VSC) in the Spinnaker fleet; *MAJIC DRAGON* (Mike Hopper), *3 LITTLE BIRDS* (Mike Holbert), and *DISHEVELED ROGUES* (Garrett Baum) took 1st, 2nd, and 3rd places, respectively. Bob Cooke's grandson, Brent Swanson, raced Bob's boat, *VELERO*, under the CIYC burgee, and as usual, took first place in the Non-Spinnaker fleet, followed by *ZUMA JAY* (Kevin Dickman) and *ZOARCES* (CIYC's Shelly Johnson) in second and third place, respectively.

As a new tradition at CIYC, we held a Solstice Weekend celebration on June 22-23. Saturday morning a few hardy souls paddled and putted out to the breakwater. Elyse Gonnello, Les Hardwick, and Tom Warden were on Eric and Sherie Ireland's electric boat, Graham Paine and Vidar and Marnie Bech took their respective inflatables, Shelly Ward and Connie Calo came out in a 2-person pedal boat, and I paddled my kayak. Although the waves were not too steep, there was a swell running, and it was comforting to know that the group was waiting for me while I circumnavigated the breakwater. On Saturday afternoon, Curt Ingram and Mary Howard organized an Electric Boat Poker Run. Four boats were fully loaded with CIYC crews and went to 5 locations, collecting one playing card for each person at each stop. When all returned to the club, the crew on each boat played their individual hands for the winner of the best poker hand on each boat, then combined their cards for the best 5-card combination against the other boats. We all ended the day with a Solstice Supper hosted by Keith and Mary Anne Moore. Sunday was a musical picnic with the Songmakers' annual picnic and song circles. Bill Lynch is a member of the group; he and Lana coordinated their visit to CIYC. They brought a variety of items for the grill and for potluck, which they were happy to share with the CIYC members and guests who dropped in. The first circle started in the dining room and eventually overflowed into a second circle in the bar. A few CIYC members joined in with their instruments and/or voice. The SongMakers are used to holding their summer picnic at a park in Encino and were happy to be at CIYC – with grills on site and temperatures well below 100 degrees. We enjoyed their music and are already talking about next year! What a super Solstice weekend – great weather, great fun, great camaraderie, and great music!

The Women's and Men's Fishing Tournaments were also held in June. Check out Frank's Angler's Corner for results and for updates on the White Sea Bass program.

We are planning to finish off the month with the 25th annual Channel Islands to Marina del Rey race, which is jointly sponsored by CIYC and the Santa Monica Windjammers Yacht Club. At press time, entries have been low to date, but we are hoping for a few more. The pre-race dinner (Friday, June 28) and breakfast (Saturday, June 29) are open to racers and non-racers alike.

Another cruise – to Scorpion Anchorage on Santa Cruz Island -- is in the works for the last weekend in June. **Be sure to watch your emails for updates on upcoming activities. See you on the water!**





2nd place was
Joyce Sheridan with a red rock fish



1st prize went to
Sheri Ireland for a Calico Bass



3rd place was
Denise Dickey with a red rockfish



The Lady Anglers' Tourney took place June 9th.

Anglers' Corner

By Frank Sullivan

The Lady Anglers' Tourney took place June 9th. The 1st prize went to **Sheri Ireland** for a Calico Bass caught on Skip Misers boat the Dawn Patrol. 2nd place was **Joyce Sheridan** with a red rock fish and 3rd place was **Denise Dickey** with a red rockfish on Frank Sullivan's boat the Valkyrie.



We had 9 of our Ladies competing in the tourney and all had a great time.



Big Fish of the month of June:

So far in June the big fish is **Eric Ireland's** seabass weighed in at 22.4 lbs. caught while on Skip Miser's Dawn Patrol on the 15th.

WSB Pen Report:

The new predator net and containment nets have been delivered and the new roof installed with heavy duty bird netting covered with a dark sun shade cloth designed to last 10 years. Don Dickey, Curt Ingram and Bob Ridenour installed the predator net and turned the facility around. Next step is to install and the containment nets. We are going to try and rewire the feeders so they can be controlled separately in case we have more fish in one pen than the other.

Gary Johnson is going to try to put together some form of fund raiser to help pay for the work done so far, perhaps a dinghy party with the proceeds going to the Anglers fund.

The CIYC Men Angler's Tourney took place June 22nd with 14 anglers.

- 1st Erick Ireland 35.2 lb. WSB on Dawn Patrol
- 2nd Dave Erickson 29.4 lb. WSB on Dawn Patrol
- 3rd Zoran Barbaric 25.8 lb. WSB on Dawn Patrol
- 4th Tony de Marco 23.6 lb. WSB on Valkyrie
- 5th Gary Johnson 10.2 lb. Yellow Tail on Joysea
- 5th Manny Vega 9.9 lb. WSB on Valkyrie

Upcoming events:

- Sept. 6th CI Billfish Kickoff Dinner
- Sept. 7-11th CI Billfish Tournament
- Sept. 13th CI Billfish Awards Dinner

"Big Fish of the Month" \$50 prize

is awarded at the end of every month...however, you can only win once per year. Legal fin fish only and no sharks.

"Big Fish of the Year"

At the end of the year there will be a Big Fish of the Year award for \$100.00. it does not have to be one of the monthly winners, it can be a tourney fish or not, so if you win one month don't quit, the next fish you catch may be worth \$\$\$





The CIYC Men Angler's Tourney took place June 22nd with 14 anglers.



2nd Place
Dave_Erickson's_29.4_lb_WSB



1st Place
Eric_Ireland's_35.2_lb_WSB



3rd Place
Zoran_Barbaric's_25.8_lb_WSB



Gary_Johnson's_10.2_lb_Yellow_Tail



Manny_Vega's_9.9_lb_WSB



Tony_deMarco's_23.6_lb_WSB



Message From Channel Islanders First Mate **Mary Ann Moore**

Hello Islanders',

What A fun time we had in June. The club house was hopping this month. The Islanders' part of the fun was the FATHER'S DAY DINNER. Vera Cline, our Second Mate, put together a really great menu. We heard praises all night from our dinner guests. I hope the dads and future dads had a good time.

The kitchen crew was led by Vera Cline. Elyse Gonnello, Linda McCulley, Keith Moore, Pam Nast, and Dave Wardlow were part of that crew and they did a great job preparing the meal. The dining room crew was Katarina Bernbaum, Judy Fraser, Rose Hazeltine, and yours truly who served our guests. We had a lot of fun chatting with everyone. I especially had a great time on the mike.

Of course we have to thank Sharon Sullivan and her crew....Johanne Berg, Erika Barbaric, Katarina Bernbaum, Cindy Crocket, Dann Daggett, Les Hardwick, Sherie Ireland, Frank Sullivan, and yours truly for setting the tables and decorating for the dinner..

We cannot forget Mary Foster who handled the reservations. As you can see, it takes many people to put on a dinner.....one super TEAM.

Next month I'll write about our CHUCK WAGON BRUNCH. The CURRENTS has a new cut-off date.....so you all will have to hang by your nails like a cliff hanger until next month.

I would like to wish you all a very **HAPPY FOURTH OF JULY.**

HAPPY BIRTHDAY AMERICA

Be safe on land, air and sea....

Mary Ann (All Day All Night) Moore
First Mate



Doc Lines

“Eat your Wheaties!” (NOT)

In the 1970s a new high-yield, semi-dwarf strain of wheat was introduced. This produced 6 to 10 times more per acre than the older triticum spelt wheat. The introduction of this new wheat correlates well with the onset of the obesity epidemic in the US. The US government recommends that 25% of our daily food intake should consist of grains. Six servings per day. Google the food pyramid.

We’ve all heard of gluten, a protein present in all wheat, but especially abundant in the new wheat strain. Gluten is made of: a) glutenin (a sticky stuff) and b) *gliadin*.

Gliadin is digested down to an opiate-like compound that binds to receptors in the human brain and **stimulates** the appetite. Just the presence of this opiate results in a person consuming 400 extra calories a day (12,000 per month)!

But even if one buys gluten-free bread, another very important component of the new wheat strain remains: a complex carbohydrate, *amylopectin A*. This sucker is rapidly broken down by saliva and gastric juices, releasing glucose into the bloodstream in minutes. Did you all get that? In minutes. A slice of bread raises blood sugar higher and faster than a candy bar does!!!! Who knew? High glucose stimulates the pancreas to produce insulin. Over time, repetitive high glucose, and thus constant stimulation of insulin production, lead to “insulin resistance.” We know this as pre-diabetes and diabetes type 2. And we have been exposed to this stuff for the last 40 years. At a recommended rate of six servings a day?!

But even worse, repetitive high blood glucose over time leads to irreversible damage of insulin-producing cells in the pancreas, and thus, less insulin. So, less insulin, and more insulin resistance. See where I’m going with this?

At this stage the liver may begin to take over some sugar processing, converting glucose into fatty acids (triglycerides). High levels of triglycerides may further damage insulin-producing cells in the pancreas. We are set up for diabetes.

Also, the small particulate LDL (bad) cholesterol goes up, and HDL (the good one), goes down. It also appears that insulin helps deposit LDL into vessel walls.

The body loses its ability to sense the effect of the hormone Leptin (which signals, “You’ve had enough - stop eating already!”), so one’s appetite is not turned off. All this leads to accumulation of **visceral fat** (internal fat surrounding organs such as kidneys, intestines and the heart). It is this fat that gives one a big belly, or a spare tire, or love handles.

This visceral fat is worse than subcutaneous fat because it is **metabolically active** and introduces all kinds of bad inflammatory products into the bloodstream. Also, visceral fat produces estrogen and also prolactin. More fat, more estrogen, and thus moobs (horrors) in men, and an increased incidence of breast cancer in women. Wheat also increases blood acidity, which contributes to osteoporosis. As Leptin increases in the blood stream, it also increases in the joint fluid, which correlates well with cartilage destruction. And joints now have to deal with increased weight.

Yet another effect of gliadin has been uncovered: It unlocks the intestinal barrier. The small bowel is very smart. It won’t let many foreign substances into the bloodstream. But gliadin changes that. So, toxic stuff that would ordinarily pass through, now gets absorbed into the bloodstream. Not good!! It is possible that some autoimmune diseases (such as lupus and MS), and also asthma, thyroid problems, allergies, joint inflammation, and some bowel diseases, are induced or exacerbated. Inflammatory C-reactive protein and other harmful circulating blood factors go up. These, together with an increase in LDL (bad) cholesterol, promote coronary artery disease. And there is also celiac disease.

The question is: Are doctors now treating diseases caused by chronic consumption of the new wheat variety? Think about it: All frozen dinners, granola bars, tomato soups, many salad dressings - in fact, most processed foods - contain wheat (amylopectin A and gliadin). All cereals, cookies, breads, muffins, waffles, bagels, croutons, pastries, and cakes contain them. Now add sugar to cereal, donuts, and comfort food, and you have a ticking time bomb. Other foods such as corn, soybeans, soft drinks, fruit juices, dried fruits, etc., also contain carbs.

Could we all be better off by cutting out rapidly digestible carbs? If we could stop eating wheat products, avoid corn, corn products, and corn syrups, and limit our carbs to 50-100 grams per day (via veggies and some fruit), we could be doing ourselves a world of good! Over the past 40 years we have burned out our pancreases.

What to eat??? Meats, fish, eggs, veggies, raw nuts, fruits and oils (olive, coconut, avocado, walnut), cheeses, dairy. Basically a Mediterranean diet, but **without** pasta, noodles, fettuccine, spaghetti, vermicelli, tortellini, capellini, and Lamborghini. And, no bread. No wheat products! For dessert: fruit, yogurt, sugar-free sorbet.

This article is a very, very condensed summary from **Wheat Belly** (a referenced book) by cardiologist Dr William Davis. I also referred to **The Primal Blueprint** by Mark Sisson, and to several books by Dr Atkins and the Drs Eades on low-carb diets. An opposite point of view is in the book **The Spectrum** (2007) by Dr Dean Ornish. He advocates a mainly vegetarian diet, the consumption of whole grains, and the avoidance of most meat. It baffles me that serious medical professionals disagree among themselves, and also with the government’s recommendations. Always consult your personal physician to see what’s best for you.

COMMENT: Obviously, this report could have implications for our club members. But, what the heck: I report them as I see them. You may love it or hate it, follow it or reject it. Or, better yet, Google it, or get some books.

Respectfully submitted, your Fleet Surgeon General, Zoran

I thank Erika for her editorial and research assistance.



June 1
Bob Cooke
Double - Handed Race





June 1
Bob Cooke
Double - Handed Race



July 2013



Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 6pm Bar opens 7pm British Brass	3 Wed .Night Fun night Dinner 6:30 Bingo 7:00	4 Independence day 11am open house and BBQ	5 6pm Birthday Bash	6 Dinner
				Cruise to Coaches Prietos Anchorage		
7	8	9	10 2pm Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	11 6:30pm CIWSA meeting Bocce Ball	12 Bar Appetizers 6:30pm TGIF	13 Room Rented for private party
Cruise to Coaches Prietos						Cruise to Catalina Isl.
14 1-4pm Open House Dinghy Party	15 Currents deadline	16 6:30pm CIYC Board Meeting	17 Wed .Night Fun night Dinner 6:30 Bingo 7:00	18 Bocce Ball	19	20 9am Shipshape 7am Parking Lot sale 7pm Epicureans Dinner
Cruise Week to the Isthmus on Catalina Island						
21	22	23	24 2pm Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	25 Bocce Ball	26 Bar Appetizers	27 Cystic Fibrosis Fundraiser
28 John Larson Memorial Race	29	30	31 Wed .Night Fun night Dinner 6:30 Bingo 7:00	<div> Bar Hours Sunday 3pm to close, Closed Mon. & Tues. except special events Wednesday-Thursday 5pm to close, Fri & Sat 4pm to close </div>		



August 2013



Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Bar Hours Sunday 3pm to close, Closed Mon. & Tues. except special events Wednesday-Thursday 5pm to close, Fri & Sat 4pm to close		1 Bocce Ball	2 6pm Birthday Bash	3 Rental Class reunion
4	5		7 Wed .Night Fun night Dinner 6:30 Bingo 7:00	8 Bocce Ball	9 Bar Appetizers	10 Neil Underwood Regatta 7pm Dinner
11 12 Noon Anglers' Dinghy Party Fundraiser	12	13	14 2pm Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	15 Currents deadline Bocce Ball	16 Bar Appetizers	17 9am Shipshape 7pm Beekeepers Dinner Cruise to Scorpion Anch.
18 1-4pm Open House Cruise to Scorpion Anch.	19	20 6:30pm CIYC Board Meeting	21 4:30pm Islanders Board- Wed .Night Fun night Dinner 6:30 Bingo 7:00	22 Bocce Ball	23 Bar Appetizers	24 7pm Epicureans Dinner
25	26	27	28 2pm Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	29 Bocce Ball	30 6:30pm TGIF	31 BYOM BBQ Cruise to Coches Prietos/Alberts

Channel Islands Yacht Club

July 2013 Cruising Schedule

July 4 - 7

**Cruise to Coches
Santa Cruz Island**



July 13 - 20

Cruise to Catalina Island



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Sign up at the bar and check the cruisers blog for updates.
If you are not a member of the cruisers blog, submit an email to
ciyc-cruisers+subscribe@googlegroups.com to request to be added.



For more info contact Cindy Arosteguy, Cruise Director
cinarost@yahoo.com or (805) 208-1962





*Ventura Great Strides and Channel Islands
Yacht Club Present*

Casino Night for CF[★]

Saturday, July 27, 2013

6:00 - 11:00 p.m.

**Early Bird Tickets \$30 each
\$40 at the Door**

Purchase tickets at: <http://losangeles.cff.org/casinonight>

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with Jason Clay, Silent/Live Auctions, Raffle and More!*

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****Proceeds benefit research to cure Cystic Fibrosis,
the #1 genetic killer of children in the US***

Information Contact: Cathie Knapp Handmendak@att.net or 805-889-6871

Because of the risks to people with Cystic Fibrosis (CF), only one person with CF may be invited. Also individuals who have ever had a confirmed positive sputum culture for *Burkholderia cepacia* (B. cepacia) complex shall not attend any Foundation events or meetings. These requirements are because CF germs can be passed between individuals who have CF. Some germs in a person with CF can cause serious respiratory illness and, in some patients, may lead to death. CF germs are not a risk for otherwise healthy individuals. Despite this policy, individuals with CF might choose to attend events or meetings without informing the CF Foundation or without the Foundation's knowledge. If so, they do so at their own risk. The Foundation accepts no responsibility for any risk to health involved in attendance, or in any social contact between persons with CF. For more information, please visit www.cff.org.

CALO CHALLENGE

August 9th

RIVER RIDGE - VINEYARD COURSE

A benefit tournament to help support,
Ventura County Junior Golf and Life Skills Program.

4 PERSON CALLAWAY SCRAMBLE, 8:30AM SHOTGUN.
BRING YOUR OWN TEAM OR WE WILL PUT YOU ON A TEAM.

\$60.00 PER PERSON

GOLF, CART, RANGE BALLS, LUNCH

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ENTRY FORMS AT CHANNEL ISLANDS YACHT CLUB
OR THE RUDDER ROOM

FOR MORE INFORMATION CONTACT EITHER

CONNIE CALO (320 6431) OR JACK BORKOWSKI (890 2623)

ALL ENTRIES MUST BE TURNED IN BY AUG. 5TH





June 1
Bob Cooke
Double - Handed Race



Looking to Join-in!



Gary & Joyce Johnson



June 1
Dave Wardlow &
Beefeater Dinner





Music & Dancing
With Jason Clay



Birthday Bash - "Friday, July 5th"

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



July Birthday Celebrations are: Jack Borkowski, Jerry Wood,

Vicki Nutter, Connie Calo, Kim Hughs, Jr., Linda Scarpino,

Karyn Grencius, Skip Miser, Philip Woolf, Lee Miser, Johanne Berg,

Laurie Preston, LaNell McNight, DeDe O'Connor, Rick Tyhurst, Veronica Scheja,

Gary Johnson, Mary Ann Moore, Kitty Brown, Cary Verstynen, Bob Deyling,

Frank Sullivan, William Sabol, Cindy Arosteguy & Martin Walsh.



July Anniversaries are: William Crowe and Ann Marie Gross,

Cindy and Mark Pap, Jerry and Mary Barker.

Name	CIYC.com
CIYC Office	office@ciyc.com
CIYC Commodore	commodore@ciyc.com
CIYC Vice Commodore	vicecommodore@ciyc.com
CIYC Rear Commodore	rearcommodore@ciyc.com
CIYC Membership	membership@ciyc.com
CIYC Currents Editor	currents@ciyc.com
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**Currents
Editor**

Liz Campbell
(805) 816-1542

Assist. Editors

Frank & Sharon Sullivan
(805) 205-4073
Pat Korecky
(805) 551-8777

Photos

Bonnie Chaney

Mailing

Liz Campbell

Advertising

Lana Lynch
blynch4755@gmail.com



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Keith Moore 805-985-3311
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Sharon Sullivan 805-985-6155
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E-mail submissions to
currents@ciyc.com
Lizcaffrey@aol.com
or send via facsimile to
(805) 985-2942

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