



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

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AUGUST 2013 | VOLUME 53 ~ ISSUE 8

Commodore: Tom Warden

Editor: Liz Campbell

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Channel Islands Yacht Club

currents





Message From The Commodore Thomas Warden



It is now that time of year. We have to consider elections for the Board of Directors for Channel Islands Yacht Club. There will be five members' terms expiring in December 2013. The vacancies need to be filled by an election of five new members to our Board of Directors.

The schedule for the election process is as follows:

General Meeting August 23, 2013

Nominations will be accepted for consideration.

General Meeting September 27, 2013

Presentation of the nominees by the Nominating Committee plus additional nominations from the Floor and election of members to the Board of Directors will take place.

General Meeting October 25, 2013

The election of the Bridge will take place. The Bridge officers, Commodore, Vice Commodore, and Rear Commodore are elected from the Board of Directors.

There are nine members on the Board of Directors, including the elected Bridge officers. This is the governing body for Channel Islands Yacht Club. It is the Board of Directors that manages the business of the Club and makes things happen.

At our general meeting in June 2013, the Nominating Committee was formed as follows: Two Directors were appointed to the Committee and three members from the general membership were elected. The appointed Directors are Dave Wardlow and Kitty Fralic.

The members elected by the general membership for this year are Mary Howard, Laurie Preston, and Paul Hatcher. Paul Hatcher is the chairman of the Nominating Committee.

The purpose of the Nominating Committee is to interview members of the Club in order to determine those who have an interest in running for the Board of Directors and those who have special qualifications for the Board of Directors. The Nominating Committee will then make a recommendation of candidates for the five open positions.

If any voting member wishes to be considered as a Director on the Board of Directors for a two-year term for 2014 through 2016, please contact any member on the Nominating Committee at any time. We welcome new Directors to maintain the momentum of our special club. Over the past thirty days, we have gained four new memberships and we will continue with our membership drive.

All members are charged with the responsibility and honor of bringing new members into our club. This is your club and our strength is in the body of the membership. A larger membership means more funds for the benefit of the club and more activities which result in more fun!

A BIG THANK YOU to **Gary Johnson, Joyce Johnson, Cary Verstynen, Elyse Gonnello, Bill Cline, Les Hardwick, Mary Foster** and **Kyle Crocket** for all of their help and assistance with last weekend's dinghy party. A special thanks goes to Frank Sullivan and Graham Paine for delivering the tables and equipment to Carter Gage's house for the party. Carter was our outstanding Host for this event. It was a tremendous success!

Gary has two more dinghy parties planned for this summer and every member of the club should make an effort to attend each one. **They are a wonderful experience.**





Message From Keith Moore The Vice-Commodore



Just a short note to let you know how CIYC celebrated **AMERICA'S BIRTHDAY**.

On Tuesday, July 2nd, the BRITISH BRASS BAND played a rousing round of songs for a patriotic crowd. This group shared a good old fashioned American potluck snack feast. I have to admit some of the songs stirred up emotions. It was a special moment when they honored all FIVE branches of the Armed Services---Air Force, Army, Navy, Marines, and Coast Guard.

On July 4th CIYC participated in the Children's Parade up Harbor Blvd.....Later on, in early evening, we set up the BBQ. Thanks to Mary Ann and her brother Mike and yours truly, we began serving hamburgers and hot dogs to an endless crowd. The home-made Pineapple Upside Down Cake was a big hit!!!!!!

Fireworks capped the evening.....We all stood on the balcony and watched..... Ooh-hhh's and ahhh's at the right moments.....and yes if you heard singing.....it was some of our members displaying their PATRIOTIC spirit.

HAPPY BIRTHDAY, AMERICA!!!!

By the Way..... Perhaps you have noticed that Wednesday Night Bingo Dinners by Jack & Joyce are getting RAVE REVIEWS.....Everyone gets a chance to win a free Wednesday Night dinner for the next week.....Also, well attended are Dave Wardlow BeefEater's dinners. Dave prepared the first BBQ Prime Rib I have ever had!!

To complete America's birthday -- Dave Wardlow & Cary Verstynen and their team roasted Steaks over a red oak fire. Bill Lynch, Larry Stein and their Cowboy Band provided the entertainment and a little boot scoot dancing!.....and we enjoyed the special dinners from Vera Cline Epicurean crews..... like the Greek Dinner by Leeanne Clark. OP PA!!!

Our thanks goes to Frank Sullivan for keeping us informed with fresh calendars for what's coming up.

See you on Deck!
Keith Moore
Vice Commodore





Message From The Rear Commodore Jane Thomas



At the end of June we hosted the **start of the Channel Islands to Marina del Rey Race**, a jointly sponsored race by CIYC and Santa Monica Windjammers Yacht Club (SMWYC). The weekend started with a fantastic Kick-Off dinner on Friday night, which was well attended by racing skippers, their crew, and members alike. Beefeater **Dave Wardlow's** BBQd Tri-Tip was a big hit! **Jack Borkowski** and crew prepared a delicious and hardy frittata breakfast for the racers and Race Committee, consisting of **Bill Brayton (PRO), Commodore Tom Warden, Elyse Gonnello, and me** on Frank Sullivan's VALKYRIE. As usual, **Staff Commodore Mary Foster** helped with dinner tickets, race check-ins, and a myriad of other club details.

Port Captain Bill Cline assisted numerous guests from down south. Race entries included PHRF Spin *GHOST II* (SMWYC), *FORGIVENESS* (CYC), *GREEN DRAGON 2* (DRYC, formerly *WEST WING* owned by CIYC member, Dennis West), *AMAZING GRACE* (DRYC), and *PREDATOR* (AYC); Cruisers *PROMETHEUS & LADY THEMIS* (SMWYC); ORCAs *AFTERBURNER* (PBYC), *MINETTE* (SMWYC), *NECK SPRAIN* (KHYC), and *ORANGE* (PBYC). After the CI2MDR boats got underway, the Race Committee assisted Ventura Sailing Club with their starts for Frenchys Rum Run. Both groups of racers experienced very light air. Only 4 CI2MDR boats finished: PHRF *GHOST II*, *FORGIVENESS*, and *GREEN DRAGON 2*, in that order, and *AFTERBURNER* (ORCA). Most "DNFd" (Did Not Finish).

Commodore Tom Warden attended the awards breakfast at SMWYC, accompanied by **Penny Lipp**, new CIYC member and Del Rey Yacht Club (DRYC) member. They delivered the **Ray Russell trophy**, which was awarded to DRYC for the most entries in the race. The trophy had been on display at CIYC for the past several years, primarily because the race was not held. Though the size of this year's race did not rival the 30+ entries of yesteryear, we were happy to sync calendars between ASBCYC and ASMBYC and revive our connections with SMWYC this year. I'd like to challenge our CIYC racers to enter this 46 nm race and bring multiple trophies back next year!

With generally mild and sunny weather during the weeks before and after the **4th of July, CIYC Cruisers** met up at several Santa Cruz Island anchorages, and *CABANA GIRL* went on from Santa Cruz to Catalina Island for a week. Participating cruisers included *MAVERICK* (Bill Brayton & Cruise Leader, Cindy Arosteguy), *ADELE MARIE* (George O'Neill & Adele Penny), *CABANA GIRL* (Cindy Crocket & Capt Dann Daggett), *JULIET* (Charlie & LeeAnne Clark), *BLUE MAST* (Vidar & Marnie Bech), *JOY SEA* (Gary & Joyce Johnson), and *BOTHER ME TOMORROW* (Tim Smith, Jennifer Sparks with Mike and Lisa Smith and Bob Ridenour). I hope I didn't miss anyone! Check out the pictures and ask the cruisers how much fun they had!



John Larson Memorial Race, Sunday, July 28



At press time we are preparing for the **John Larson Memorial Race, Sunday, July 28**, hosted by Betty Larson and Deborah (Larson) Tyhurst. As we did last year, we will compute the PHRF-race distance time correction in advance to employ a "pursuit start" method. The slowest boat starts first, and the remaining boats' start times are staggered based on the relative differences in expected elapsed times. Theoretically, all boats should finish at the same time; therefore, the actual order of their finish determines how they place in their class. It's a fun race and lots of fun afterwards honoring John's next favorite hobby **after sailing – rum!**

Saturday, August 10th brings the Neil Underwood Regatta, an annual tribute to another avid CIYC racer who has passed. I didn't know Neil, but the members I've talked to who did know him speak fondly of him. This is a regatta, which means we could use 3 powerboats (Race Committee, Windward Mark boat, and Leeward Mark boat/Runner) and a couple of crew on each. We also need cooks for hot snacks for the racers and crew attending the post-race awards. If you have a boat and/or are able to help out in any way, please contact me. This is a great opportunity to fulfill your self-help club obligations and have a fun day on the water and at the club.

Mark your calendars for **Sunday, August 11**, for the **Anglers Dinghy Party/Fundraiser**. Maintenance and improvements to the white sea bass pens need our support to sustain and enhance our local fishing grounds.

CIYC Cruisers will be joining forces with **CIWSA** for a **Full-Moon Cruise to Scorpion anchorage, August 16-18**. We encourage CIYC and CIWSA boat owners to transport non-boat owners over and/or back when space and timing permits. Alternatively, Island Packers has multiple trips to Scorpion daily. Once on the island (actually, reserved well in advance online) campsites are available. A guided hike is being planned for Sunday morning.

All CIYC Racers: Start planning ahead and get your crew together to join the **CIYC Race Team** for the **Ventura Cup, Saturday and Sunday, September 14-15**. Check in and submit your entry form to **Stan Whisenhunt** (**VYC, swhisenhun@aol.com**) before September 6 and save \$25.

ZOARCES and *LIQUID ASSET* have signed up; *FUSEE* is considering it. With multiples of 3 boats per class (e.g., 1 more non-spin and 2 more spin boats), CIYC will pay the entry fees!

Watch your emails for more details on upcoming activities.

See you on the water!



John Larson Memorial Race, Sunday, July 28

Anglers' Corner August 2013

By Frank Sullivan



Big Fish of the month of July:

None turned in yet.

WSB Pen Report:

Hubs Sea World Hatchery has our fish ready to be transported. We are waiting for the Calif. Dept. of Fish and Wildlife biologist to inspect and release the fish for delivery. We expect delivery in mid-August.

There will be a Party Benefit For the White Sea Bass Grow-out Pens In Channel Islands Harbor Sunday August 11th 1:00-4:00 pm @ Channel Islands Yacht Club \$15.00 Per Person Live Music by "The Catterwailers" Chicken Fajitas, Pork Napolas Refried Beans, Rice & Dessert No Host Bar Come by Road or Water, temporary slips available. Raffle and Games with GOOD Prizes!!!!



Gary and Joyce Johnson spent 7 days at the Islands over the 4th of July Weekend fishing and relaxing on their boat the **Joysea**. They caught a 45.1 lb. Halibut, a 13.5 lb. WSB and released a smaller halibut, sharks, bat rays, lingcods on lots of live squid!



Upcoming events:

Aug. 11th	WSB Fundraiser party
Sept. 6th	CI Billfish Kickoff Dinner
Sept. 7-11th	CI Billfish Tournament
Sept. 13th	CI Billfish Awards Dinner





Message From Channel Islanders First Mate Mary Ann Moore

Hello Channel Islanders,

What a Sunday brunch we had.....If you were not a guest at the CHUCK WAGON BRUNCH, you missed a SUPER AFFAIR!!!! Second Mate, Vera Cline knocked another one out of the park or maybe I should SAY corral in staying with the theme.

I would like to THANK this great crew.....Second Mate, Vera Cline team leader.....team players---Erika Barbaric, Katarina Bernbaum, Jim Carlson, Bill Cline, Dan Daggett, Cindy Crocket, Judy & Dennis Fraser, Mary Foster, Elyse Gonnello, Les Hardwick, Gary Johnson, Joyce Johnson, Shelly Johnson, Linda McCulley, Keith Moore, Pam Nast, Clark Owen, Joyce Sheridan, Frank Sullivan, Sharon Sullivan, Cary Verstynen, and yours truly. This team decorated the room and the tables----this team shopped for days.....this team prepared the food....as well as served the food in a western setting.....and collected the money. Just a great group of peeps to work with.

Colorful cowboy bandanas decorated tables.....some of our guests even came in their best western attire.....

Our next brunch is planned for December....It will be another great brunch to start our holiday celebration. It will be a time for us to gather with our CIYC family before we start our celebrations with our personal families. Watch for that date!!!!

August is our quiet month. I will be working with our Board to put together a plan for our annual gift to CIYC. So stay tuned.....

As always ----keep safe on land, air and sea....
Mary Ann "All Day All Night" Moore
First Mate

Message From Doc Lines Your Fleet Surgeon, Zoran



My article in the July *Currents* was rather serious and probably the most important that will be published in the foreseeable future. I urge you to re-read it. Since starting my research on wheat, I lost 12 lbs in 5 weeks.

And now for some lighter reading: **Animal Experiments**

In earthworms: Resveratrol (an antioxidant in red wine) was found to increase their lifespan by 60%. The treated worms were also more energetic (wiggled more enthusiastically) compared with the control group. (From: Ecole Polytechnique Fédérale de Lausanne)

In parasitic worms: Humanity evolved together with our “old friends” – the intestinal worms. Now that modern hygiene got rid of them, a new theory is emerging that a whole host of diseases developed due to the lack of worms in our guts. These range from inflammatory bowel diseases and allergies, to multiple sclerosis. The idea is that our immune system came to rely on parasitic worm infestation as part of the way our body defends itself. There are numerous ongoing studies on mice and monkeys, and some on humans, to see whether controlled infestation with various worms will decrease the symptoms, or even cure the disease. My personal favorite is the pig hookworm since there is no chance of human cross-infestation. Also, there is a search for a protein compound the worms might exude, so that the protein, in pill form, could be substituted for parasitic eggs - more palatable than a voluntary infestation with worms. (Too many studies to quote)

In Salamanders: These guys can re-grow a severed limb and even the spinal cord. Not so if their macrophages are removed. Macrophages are cells within the body that engulf debris, dead cells, and bacteria, and digest them. In the early stages of healing, regeneration does not occur without macrophages in place. The capacity for regeneration is present in most species, but in most cases it has been turned off by evolution. Macrophage research in salamanders may help us reverse-engineer this process in humans. Think of reversing severed spinal cord paralysis, growing new knees, kidneys, and hearts. Grow a new, unused brain? (From: Australia Monash University) These guys better hurry up with their research!

In mice: A low calorie diet prevents the loss of brain cells and slows down cognitive decline. Such a diet activates an enzyme called Sirtuin 1 (SIRT 1), which protects against loss of nerve cells. (From: MIT and H. Hughes Med Inst) Now, if we all could remember to eat less!

In mice: This could be a breakthrough treatment for many forms of cancer. Malignant cells surround themselves with a protein called CD47. This protein protects the cancer cells from being engulfed and digested by the body's protective cells – the macrophages. The scientists created antibodies to CD47, and after binding to CD47, the macrophages are able to engulf and digest the cancer cells. It looks promising. Human trials start next year. (From: Stanford University)

In rats: Three different varieties of genetically modified (GM) corn were fed to rats for 90 days. Urine, blood, and weights of different organs were compared to control groups. Some disturbing findings suggesting toxic effects to kidneys and liver prompted investigators to ask for longer, 2-year longitudinal studies with at least three different mammalian species. Genetically modified crops incorporate insecticide (like Bt toxin) or herbicide (like Roundup) residues. They are engineered to produce their own built-in pesticide in every cell, living pesticide factories. A longer article on GM foods will follow in a future Doc Lines.



Substances have never before been an integral part of human or animal diets, and therefore the health consequences for those who consume them are currently unknown. (From: Int J Biol Sci 2009; 5(7)) Food industry scientists have criticized this study. Comment: I expect to see a flurry of negative GM articles. Putting it simply, the fear is that eating a bunch of corn chips produced by Bt-corn, may transform human intestinal bacteria.

In rats: A nutritional researcher was trying to fatten rats for an experiment. Having no luck using a diet of rat food pellets, the frustrated scientist sent an assistant to a supermarket to get “the stuff that people eat”. Within a week all the rats became obese. (From: NY University)

In happy rats: Lock a bunch of rats in a large cage and place several feeding water bottles at opposing ends. Put alcohol in one. The rats will congregate and socialize around the alcohol bottle, just as we do at the club bar. (Forgot the source, but we are really not so different from rats.)

In chickens: Well, this is not a chicken experiment, but rather an assay of inorganic arsenic concentration in off-the-shelf chicken meat. Arsenic-based drugs (for example, Roxarsone) are used in poultry feed to fend off infection and fatten the birds faster. Who knew? (Also used in the pork industry.) However, inorganic arsenic can also cause cancer and other problems in humans. There are three types of chicken being sold: conventional, organic, and antibiotic-free. The conventional type had about three times more arsenic compared to others. Assuming lifetime exposure, this could result in 3.7 additional bladder and lung cancer cases per 100,000 exposed persons. (From: Nachaman KE, Baron PA, Raber G, et al. Environ Health Perspect, May, 2013, Johns Hopkins University) Epicureans, take note!!! May we have some organic chicken, please?

In monkeys: Put eight monkeys in a room. In the middle of the room is a ladder; it leads to a bunch of bananas hanging from a hook on the ceiling.

Each time a monkey tries to climb the ladder, all the monkeys are sprayed with ice water - which makes them miserable. Soon enough, whenever a monkey attempts to climb the ladder, all of the other monkeys, not wanting to be sprayed, set upon him and beat him up. Soon, none of the eight monkeys ever attempts to climb the ladder.

One of the original monkeys is then removed, and a new monkey is put in the room. Seeing the bananas and the ladder, he wonders why none of the other monkeys is doing the obvious. But undaunted, he immediately begins to climb the ladder.

All the other monkeys fall upon him and beat him silly. He has no idea why. However, he no longer attempts to climb the ladder.

A second original monkey is removed and replaced. The newcomer again attempts to climb the ladder, but all the other monkeys hammer the crap out of him.

This includes the previous new monkey, who, grateful that he's not on the receiving end this time, participates in the beating because all the other monkeys are doing it. However, he has no idea why he's attacking the new monkey.

One by one, all the original monkeys are replaced. Eight new monkeys are now in the room. None of them has ever been sprayed with ice water. None of them attempts to climb the ladder. All of them will enthusiastically beat up any new monkey who tries, without having any idea why. (Reprinted from: Laughing it Out. com)

Comment: Apparently, this was research originally done in the UK. It has interesting parallels with human behavior. Think of our experiences in climbing the ladder in the corporate world, not to mention in our own yacht club.

Your Fleet Sturgeon, Zoran

I thank Erika for her editorial assistance.



Cruise to Coaches Prietos Anchorage
July 4th thru July 7th





Cruise to Coaches Prietos Anchorage
July 4th thru July 7th

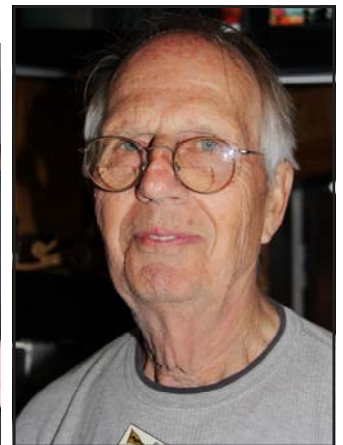


Auto Show





**Cystic Fibrosis Fundraiser
July 27**



**Cystic Fibrosis Fundraiser
July 27**





Cystic Fibrosis Fundraiser
July 27



Cystic Fibrosis Fundraiser
July 27



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 7pm <i>Beefeaters"London Broil Special"</i>
4	5		7 <i>11am room rental Rotary</i> Wed .Night Fun night Dinner 6:30 <i>Bingo 7:00</i>	8 Bocce Ball	9 Bar Appetizers <i>CALO CHALLENGE RIVER RIDGE VINEYARD COURSE</i>	10 <i>Neil Underwood Regatta 7pm Grilled Ham- burger Dinner</i>
11 <i>1pm Anglers' Party Fundraiser for WSB Grow-out Pens</i>	12	13	14 <i>2pm Bridge group</i> Wed .Night Fun night Dinner 6:30 <i>Bingo 7:00</i>	15 <i>Currents deadline</i> Bocce Ball	16 Bar Appetizers	17 <i>9am Shipshape 7pm Pork Roast by the Bridge Club -- Carter Gage</i>
18 <i>1-4pm Open House</i>	19	20 <i>6:30pm CIYC Board Meeting</i>	21 <i>4:30pm Islanders Board</i> Wed .Night Fun night Dinner 6:30 <i>Bingo 7:00</i>	22 Bocce Ball	23 <i>7PM General Meeting Nominations for Board</i> Bar Appetizers	24 <i>7pm Epicureans Dinner</i>
25	26	27	28 <i>2pm Bridge group</i> Wed .Night Fun night Dinner 6:30 <i>Bingo 7:00</i>	29 Bocce Ball	30 <i>6:30pm TGIF</i>	31 <i>BYOM BBQ</i>
						Cruise to Scorpion Anch.
						Cruise to Prisoners Harbor



September 2013



Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Cruise to Prisoners Harbor	2 Labor Day 3pm Holiday Supper Club	3 6pm Bar opens 7pm British Brass	4 Wed .Night Fun night Dinner 6:30 Bingo 7:00	5 Bocce Ball Awards Dinner	6 Bar Appetizers CI Bill fish kickoff dinner-6:30pm by Islanders	7 7pm Dinner CI Bill Fish Tourney
8	9	10	11 2pm Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	12 Movie night-6pm	13 Bar Appetizers CI Bill fish Awards dinner-6:30	14Yom Kippur Vent. Cup Team Race 9am Shipshape 7pm Epicureans Dinner
CI Bill Fish Tourney						
15 Currents deadline Vent. Cup Team Race 3pm Wine tasting	16	17 6:30pm CIYC Board Meeting	18 4:30pm Islanders Board Wed .Night Fun night Dinner 6:30 Bingo 7:00	19 Movie night-6pm	20 Birthday Bash & TGIF	21 11am Room Rental Wedding Lady @ the Helm Race
22 Dingy Party	23	24 5pm Beefeater Bonding Mtg.	25 2pm Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	26 11:30am Islanders Luncheon Movie night-6pm	27 Bar Appetizers 7pm Gen Meeting Election of BOD	28 7pm Anniversary dinner/dance
29 1-4pm Open House	30	Bar Hours Sunday 3pm to close, Closed Mon. & Tues. except special events Wednesday-Thursday 5pm to close, Fri & Sat 4pm to close				



THE CIYC BEEF EATER'S
FEATURE THE

"LONDON BROIL" *SPECIAL*

SATURDAY - AUGUST 3RD @ 7 PM



WEDGE-LETTUCE SALAD & BLUE-CHEESE
MASHED POTATOES - MUSHROOM ROOM GRAVY
CORN ON THE COB - GARLIC BREAD
DESERT

\$15.00 WITH EARLY SIGN UP

OR

\$18.00 AT THE DOOR

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

AT CHANNEL ISLANDS YACHT CLUB, PRIZES AND MUCH MORE.

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

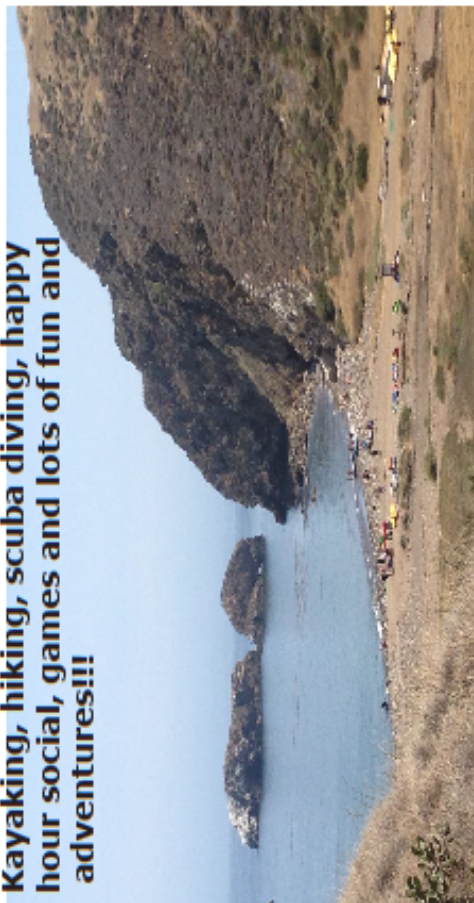


Channel Islands Yacht Club

August 17 & 18, 2013

Joint Cruise with CIWSA
Scorpion Anchorage, Santa Cruz Island

Kayaking, hiking, scuba diving, happy
hour social, games and lots of fun and
adventures!!!



The ladies have reserved two campsites for those CIWSA members who do not have boats to stay on overnight. If you have room to take any CIWSA members back and forth to the anchorage, please let us know. CIWSA has also made arrangements for a naturalist from the Nature Conservancy to take us on a guided hike Sunday morning.

Sign up in the cruisers book at the bar or email an RSVP to Cindy Arosteguy, Cruise Director (cinarost@yahoo.com) or Jane Thomas, CIYC Rear Commodore/Commodore CIWSA (sunglade@prodigy.net)



Party to Benefit

The White Sea Bass Grow-out Pens

In Channel Islands Harbor

Sunday August 11th 1:00-4:00 pm

Channel Islands Yacht Club

4100 Harbor Blvd, Oxnard

\$15.00 per Person



Live Music

"The Catterwailers"

Chicken Fajitas, Pork Napolas

Refried Beans, Rice

Dessert

No Host Bar

Come by Road or Water, temporary slips available.

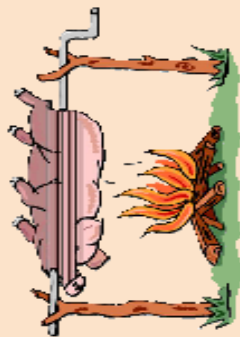
Raffle and Games with GOOD Prizes!!!



Epicureans Present

Baby Back Ribs BBQ with home made Root Beer BBQ Sauce

By Vera Cline and Crew



August 24, 2013, 7:00 pm

\$20.00 - Sign Up Early!!

-Menu -

Melon Ball and Berry Salad with Poppy Seed Dressing

Cornbread Muffins with Cranberries

Baby Back Ribs with Root Beer BBQ Sauce

Sweet Potato Fries

Lime Cilantro Coleslaw

Peach Crisp with Maple Cream Drizzle



Sunday September 15th 2013

Wine Tasting at CNYC

The past three years we have had very successful wine tasting events, thanks to you and your friends. With this notice coming out in August it will give you plenty of time to plan ahead. So mark your calendar, tell your friends we're doing it again. Young's Market will be this year's host distributor. Once again we will have a selection of domestic wineries, plus international choices available for your pleasure. A variety of delectable delights will also be available. The charge will be \$20.00 per person.

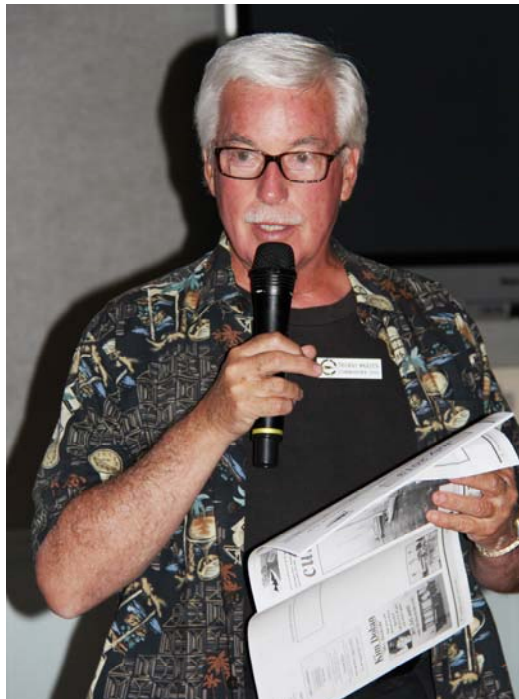
Tasting Begins at 3:00pm. Registration Opens at 2:30. Tell your friends, bring your friends. Limited to the first 100 people who sign up. Sign up at the Club or call me or my associate Connie Calo to reserve your spot.

Jack Borbowski 805 890 2623 - Connie Calo 805 815 0296





Epicureans Dinner
July 20





Epicureans Dinner
July 20





Channel Islands 2 Marina del Rey Race
June 29th





Channel Islands 2 Marina del Rey Race
June 29th





John Larson Memorial Race
July 28



Birthday Bash - "Friday, August 2nd,"

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



August Birthday Celebrations are: Judy Sandham, Bill Boyd, Jim Carlson,
Roger Knippel, Brent Swanson, Walter Russakoff, Bette Byron, Alison Gabel,
Carter Gage, Jean Strangio, Bill Brayton, John Hazeltine, Jane Thomas,
Ruth Hatcher, Sandra Lochridge, Cindy Pap, Dan Ward, Denise Dickey,
Judy Martin, Graham Paine, Clark Owens, Annette Staples & Bill Scarpino.

August Anniversaries are: Dennis and Judy Fraser,

Mike Smith and Lisa Bishop-Smith, Evans and Kim Hughes, Jr.,
Rick and Sherie Ireland, Skip and Laurie Preston, Skip and Lee Miser,
Ev and Ellie Babbe, Tom and Gwen Everett & Paul and Diane Paulin.



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