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Channel Islands Yacht Club

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published monthly

Currents



SEPTEMBER

EPICUREAN DINNER
SEPTEMBER 24, 7 p.m.
Head Chef Sherie Ireland

It's FALL So Time For a
Hearty Fall Dinner:

Pork Schnitzel
Purple Cabbage Salad
German-Style Creamed Spinach
Apple Crisp

\$15

Please sign up in reservation book
at the bar



Message From The Commodore Vidar Bech



It is with sadness I start writing this article. The club has lost some very special members and close friends of Marnie and me: **Ellie Bishop** and **Mary Foster**. Ellie, our no-nonsense darling could do and did almost everything you asked her to and she did it very efficiently. The Variety Show will not be the same without her and I am sure her spirit will be there in the future, too.

Mary Foster was a driving force in the club for years and she knew everything about the routines. When I joined the Board and was elected Rear Commodore, Mary was my go-to person. She told me everything I needed to know. These people will surely be missed.

We also have a few members that are struggling with severe health problems and our thoughts and prayers are with them and their families.

On a happier note, **Connie Calo** and **Jack Borkowski** just arranged another very successful **Calo Challenge Golf Tournament**. Rumors have it that there were very special refreshments served at the 18th hole by **Lynda**. Old members that live hours away showed up to be part of it and had a blast.

September is one of the most important months at the club; we select the new Board for the next year. It is very important to get good people that will work well together and keep our club moving forward.

I feel good about the Budget and Finance Committee headed by **CFO Shelly Berger** and **Treasurer Clark Owens**. They are on top of our finances and working hard to make sure we know how we are doing. Many aspects of the club's activities have been discussed and dissected, some are not as profitable as you might think. It is good to know that this committee is keeping a close eye on our operation.

VC Shelly with **Bob and Marylou Taylor**'s help have some great ideas on improving the looks of our entrance; and we are trying to do fund-raising activities to get money toward that goal. It might be slow going, but we'll get there. This definitely has my blessing, since it has been on my wish list for a long time.

Till next time.

Vidar,

Commodore





Message From
The Vice-Commodore
Sheldon Berger



Hello all and I hope you are enjoying the great summer weather.

August was a busy month with the very successful **Chowderfest 2017** benefiting the Channel Islands Maritime Museum. Many thanks to the members of CIYC. The manpower and galpower was over and above the top and very much appreciated! Our members handled everything from ticket sales, food service, wine service and a host of other jobs. The event drew just over 1,100 attendees and grossed \$40,000 for the museum. CIYC rocks! Our core committee needs to be expanded and if any member of CIYC would like to help out on the planning for 2017, please contact myself or Clark Owens.

A big thanks to the Beefeaters for coming to the rescue to cook a great tri-tip dinner for the Cowboy Hoedown. The social committee including Joyce Sheridan, Barbara Brauns and line dance instructors Bob & Mary Lou Taylor made sure that this was a successful event.

On July 23rd members were treated to our annual Chile Cook-off. Joyce Sheridan again took charge and we had 10 entries for the competition. All entries were a winner as the chile provided was over the top and delicious. Thanks to all that participated.

Bob & Mary Lou Taylor have helped me in arranging for the entryway upgrade. I know once completed all members will be quite happy with the improved lighting, flooring and paint. Thanks for all your help.

Many thanks to Jannette Sosothikul for a Thai Food dinner that was completely paid for by her friend's restaurant. We had a great crowd for that Wednesday Night Dinner.

As many of you know, my wife Nancy has been suffering from extraordinary back and neck problems along with a Lupus condition. She has difficulty walking more than just a few feet and the pain is over the top. By the time this Currents issue is mailed, she should have had back surgery #5. I have not spent much time at the club as her needs at home are great. Nancy wanted me to thank all who have contacted her with best wishes and the many cards that she has received. Both of us can't wait to get back to a normal routine and spend time at CIYC with our many friends.

Sheldon Berger,

Vice Commodore 2016



Message From The Rear-Commodore Penny Lipp



On August 13, 2016, the Annual John Larson Memorial Race was held. We had four CIYC sailboats. Race Chair, Jane Thomas, organized this race by providing the Notice of Race and the special Sailing Instructions, guiding the racers where to go and what rules to apply. This was a pursuit start with a slower PHRF rated boat going “first” and the faster rated boats starting in descending order. Staff Commodore, Thomas Warden, had his debut as PRO (Principle Race Officer) to start and oversee the race.

Staff Commodore, Frank Sullivan, provided his vessel, **Valkyrie**, for the race committee. Dann Daggett and Bob Ridenour were on the race committee handling the signal flags. All went well with a perfect start outside our breakwater entrance. The boats were sent 13.3 miles around the Mandalay Buoy, around oil platform Gina to the Port Hueneme Buoy and then for a finish in the Channel Islands Harbor. The only glitch was the failure of the windless on **Valkyrie**; Dann and Bob hauled up the anchor and chain by hand!

The boats finished as follows:

- First: Shelly Johnson on **Zoarces**
- Second: Rick Tyhurst on **Eau Claire**
- Third: Harry Krum on **Fusee**
- Fourth: Jane Thomas on **Wai’Lani**

This race is in honor of John Larson, who was a long-time member of our club. He was the spouse of Betty Larson and the father of Deborah Tyhurst. John’s favorite combination of drink and nutrition was rum and chocolate chip cookies. Following the race, the traditional rum shots were handed out by Deborah and stories and memories of John Larson were shared at the bar. Ruth Hatcher provided her exquisite chocolate chip cookies and peanut butter cookies for the occasion. Our thanks to Staff Commodore Jack Borkowski, Susan Woolf and Phil Woolf for their assistance in preparing the food for the sailors following the race. You may notice a plaque is affixed to the corner of the CIYC bar where John Larson spent many hours.

The Bob Cooke Double-Handed Memorial Race will be covered in next month’s article.

The next dinghy party is planned for October 2, 2016.

There is no such thing as a bad day on the water. May the peace of the sea be with you.

Penny Lipp,
Rear Commodore





Message From First Mate Karen Farrell

Hello Channel Islanders and CIYC Members!

Here it is September! August has been one of our 'quieter' months for the Islanders.

But to catch up on July:

Regular Meeting: We had 17 paid diners, 3 cooks, and we welcomed 3 new members – Bob Deyling, Mike Farrell, & Dick Olsen. We had a quorum and the revised by-laws and standing rules were unanimously passed. We even made a little money! Thank you again to the cooking crew of Joyce Sheridan, Carol Lazzarevich, Pam Nast, and our bartender Bob Deyling.

Pancake Breakfast: We had a huge crowd 55 paid and a LOT of kids that were free and a crew of 12 including our bartender BOB! Thank you to all that helped. We really appreciate the turn-out! We got off to a rocky start by blowing a circuit breaker with all the griddles, warming trays and plate warmer, so the pancake line was backed up to say the least! Once it was all figured out everything went smoothly. Since this was a fundraiser we were very happy with the outcome. Thank you to everyone that supported this event.

We have a nominating committee that will be working on the Islander board nominations for 2017. The committee will be Georgie Olsen, Mary Ann Moore, Cindy Crocket, Barbara Brauns and Marnie Bech. Sometime in September, I will announce who the committee is recommending

Coming up in September we have the Channel Islands Billfish Tournament dinners on Friday, September 9 and the 16th. I spoke with Skip Miser and he expressed their appreciation in all that we do to make the dinners a success. We will need volunteers, so please check your calendars for those dates if you haven't already volunteered.

On a somber note and on behalf of all the Channel Islanders, I want to send our love and sympathy to Rich Szewzuk and the family of our dearly loved CIYC Member, Mary Foster. Mary passed away August 14th after being hospitalized for a few weeks. Mary wore many 'hats' at CIYC, most recently being the 2010 commodore. Mary had endless energy and helped CIYC in so many ways over the years. She will be missed by all. RIP Mary.

Have a fun and safe Labor Day weekend!

Karen Farrell, 1st Mate 2016+



Anglers' Corner - September 2016

By Frank Sullivan



Big Fish of the Month:

So far, no fish has been submitted for the Big Fish of the Month for August.

WSB Grow-out Pen Update:

Congratulations to all of you who assisted in a very productive White Sea Bass gro-out, probably the most productive we have had: very few mortalities and healthy-looking fish.

We released the 17,500++ WSB from the Channel Islands Grow-out Pens Monday night 8-15-16 after 8:30 pm. We had lots of help, not only from CIYC members but from other Angling groups, including Gary Johnson's friends from "Chasing Tail Fishing Crew".

Fishing Report:

Skip Miser and Gary Johnson both took their boats down to the Osborn Bank on reports of Marlin there. Skip had a couple of knockdowns and a hook-up but was unable to get any to stick to a release. Gary had four knockdowns and a couple of hook-ups and was able to bring one to the swim step for a clean release. It was estimated to be about 250lbs.

Water temps have been in the 72- to 75-degree range behind Anacapa and Santa Cruz Islands, but the water clarity is not yet there for the clear purple/blue we like to see.

Time to get the Marlin lures rigged and put fresh line on our trolling gear before the Channel Islands Bill Fish Tourney. Hope they are close in again this year! These photos from last year:



Upcoming Events:

September 9 th	Channel Islands Bill Fish Tourney Kick-off Dinner
September 10 th to 14 th	Channel Islands Bill Fish Tournament
September 16 th	Channel Islands Bill Fish Tourney Awards Dinner
November 19 th	Anglers' Awards Scampi Dinner



DO YOU KNOW? Larry and Karen Stein

By Keith & Mary Ann Moore

Larry met Karen 50 years ago. Larry happened to be walking down his block in Merrick, Long Island, New York, and there was Karen, visiting with friends, sitting on a doorstep It was love at first sight!

Larry's band played gigs at the high school dances and Karen was his biggest fan. They enjoyed the usual teenage activities together, going to the beach, amusement parks, and to concerts and shows in and around New York City. Some memorable times were camping out at the 1969 Woodstock Music Festival, and summers in the Catskills playing in the bands (remember the movie "Dirty Dancing" with Patrick Swayze and Jennifer Grey?).



After they both graduated from the University of Buffalo in 1972, they married, honeymooned in Cape Cod and then traveled to Europe and toured on \$5/day for six weeks. Returning, they packed up their VW Bus and departed NY for California. Larry went to CalArts in Valencia and Karen studied art at CSU Northridge.

Living in Newhall, Larry was involved in a 40-year career in national arts-in-education and played in LA area bands. When their children, Ariel and Ben were in elementary school, Karen volunteered so much time in the classroom and the PTA, that she decided to become a teacher. Karen got her teaching credentials and embarked on a 25-year career, teaching second and third grades at the Sulphur Springs School District.

Ariel is married to Chris and have two children: Avery and Scarlett. Ben works at Bar Rincon inside Whole Foods and teaches in the El Rio School District.



In the early 2000's, Larry and Karen bought a weekend getaway in Ventura and spent lots of time at the beach. After a bike ride to Hollywood Beach, Karen loved the area and they bought a second home near their children, who had relocated to Ventura. When Larry and Karen retired, they moved to Mandalay Shores and the beach full-time!

Real estate was Karen's hobby for decades, but 11 years ago, it became an amazing second career. In 2005, Karen got her realtor license, and with her daughter formed the Coldwell Banker Ariel & Karen team, specializing in beach and marina homes. Ariel and Karen were recently named among Coldwell Banker's top agents nationwide!

Although Larry and Karen love the beach and ocean, they were never boaters,until that day Karen surprised Larry with a Duffy electric boat, "The Cocktail Circuit." That led them to meet Frank and Gayle Laza, their instant friends who introduced them to CIYC.

From Karen's real estate endeavors, they have many great friends with those who have also relocated to the Channel Islands. Some have joined CIYC, which they feel is a great focal point for social life. Through the yacht club, they have also met many members and new friends.

Larry, with a career in musical composition and performance, always said he'd retire "just to play music at the beach". A drummer since the age of 5, he started playing the ukulele while in Hawaii in 1992. Larry auditioned for the 2011 CIYC Variety Show, and not only sang and played uke but was asked to be the MC. Since then, he has hosted the Variety shows, and is the music director for CIYC's House Band. You could say; Larry is now truly living his dream! Be sure to say hello to a great CIYC couple.....

And stay tuned for next month's Do You Know?

Doc Lines

The Bare, Naked Truth

Many years ago, I remember my chief of urology responding to a Dear Abbey question - whether it was wise for women to sleep in their underwear? He said no, with understandable humorous undertones.

Some forty years later, a whole bunch of scientists from different medical specialties came together and published, in a respected medical journal, that sleeping naked has many benefits, and they readily recommend it - both for men and women.

The first benefit is that sleeping naked lowers one's body temperature; this helps in falling asleep. Our bodies are colder at night, even as much as one half of a degree, which is pretty much required for deep sleep.

A study utilizing a thermo-suit demonstrated that lowering skin temperature just 0.4 degrees C, resulted in decreased waking up at night and shifted sleep to deeper stages. This was especially true for young and elderly participants in the study.

And good sleep is important to lower serum levels of cortisol, the stress hormone, which is produced daily during one's hectic workday. Also, the body turns to brown fat for energy needs, just as bears do during hibernation. Good for weight loss.

This is also a great way to let your skin "breathe." Cocooned in working clothes all day, being naked during sleeping hours allows the skin to be exposed to air. This also helps prevent unwanted yeast infections in warm, moist genital areas: especially relevant to women.

And men also. For their sperm quality, including sperm count and motility, it is necessary that testicles live at 95-96 degrees Fahrenheit. This is a little bit cooler than the rest of one's body temperature. In 18th century London, chimney sweeps often developed testicular cancer due to heat exposure to the groin. Keep them cool!

Sleeping naked also has beneficial effects for couples sleeping together. Just simple skin-to-skin contact increases production of the pineal gland hormone oxytocin. This hormone is shown to increase trust and emotional bonding between humans, especially couples.

And, of course, there are amorous advantages as well, which I suspect you are all aware of.

So, what percentage of the population sleeps naked? More than you think. Some studies say about 50%. How about you?!

Your Fleet Surgeon, Zoran

Thanks to Erika for editing.





RoundUp Social
August 06





RoundUp Social
August 06





RoundUp Social
August 06





Ventura British Brass Concert
August 12





Walter Russakoff on Vignette II





September 2016

Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Bar Hours Sunday 2pm to close, Closed Mon. & Tues. except special events Wed. Thurs. & Fri. 5pm to close, Sat 4pm to close			1 Bocce Ball	2 5-7pm Happy Hours <i>6pm Ships store open</i> TGIF/ Birthday Bash	3 No Dinner Dining Room Rented
4	5 Labor Day Holiday Supper Club	6	7 6:30 pm Wed. Dinner	8 5pm Islanders BOD <i>meeting</i> CWSA meeting Bocce Ball	9 5-7pm Happy Hours 6:30pm CIBFT Kickoff Dinner by Islanders	10 7pm Beefeaters dinner CIBFT
11 Electric Boat Rally 1-4pm Open House	12	13	14 2pm Bridge group 6:30 pm Wed. Dinner	15 Currents Article Due Bocce Ball	16 5-7pm Happy Hours 6:30pm CIBFT Awards Dinner by Islanders	17 7pm Anniversary Dinner/Dance Staff Commodores to Cook
	Channel Islands Bill Fish Tournament					
18 Room Rental	19	20 6:30pm CTC board <i>meeting</i>	21 6:30 pm Wed. Night Dinner	22 Bocce Ball	23 5-7pm Happy Hours 7pm General Meeting Election of Board	24 7pm Epicureans dinner
25 <i>Memorial for Ellie</i> <i>Bishop</i>	26	27	28 2pm Bridge group 6:30 pm Wed. Dinner	29 Bocce Ball	30 5-7pm Happy Hours	

As of 08/25/16





October 2016

Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>Lady at the Helm Race</i>
2 <i>Dinghy Party</i> 1-4pm Room Rental	3 <i>Rosh Hashanah</i>	4	5 6:30 pm Wed. Dinner	6 Bocce Ball	7 5-7pm Happy Hours 6pm Ships store open Birthday Bash	8 <i>Neil Underwood Race</i> Room Rental Wedding
9	10 <i>Columbus Day</i>	11	12 <i>Yom Kippur</i> 2pm Bridge group 6:30 pm Wed. Dinner	13 5pm Islanders BOD meeting Bocce Ball	14 5-7pm Happy Hours 7pm Ventura British Brass Concert	15 Currents Article Due 7pm Beekeepers dinner
16	17	18 6:30pm CITC board meeting	19 6:30 pm Wed. Night Dinner	20 Bocce Ball	21 5-7pm Happy Hours	22 7pm <i>Epicureans dinner</i>
23 <i>Caregivers Sail-a-thon</i>	24	25	26 2pm Bridge group 6:30 pm Wed. Dinner	27 <i>Islanders Meeting</i> 6:30pm Movie Night	28 5-7pm Happy Hours 7pm Annual Meeting Election of Bridge	29 7pm Halloween Social / Dinner
30	31 <i>Halloween</i>					
<div> <p>Bar Hours</p> <p>Sunday 3pm to close,</p> <p>Closed Mon. & Tues. except special events</p> <p>Wed. Thurs. & Fri. 4pm to close,</p> <p>Sat 4pm to close</p> </div>						

As of 08/20/16

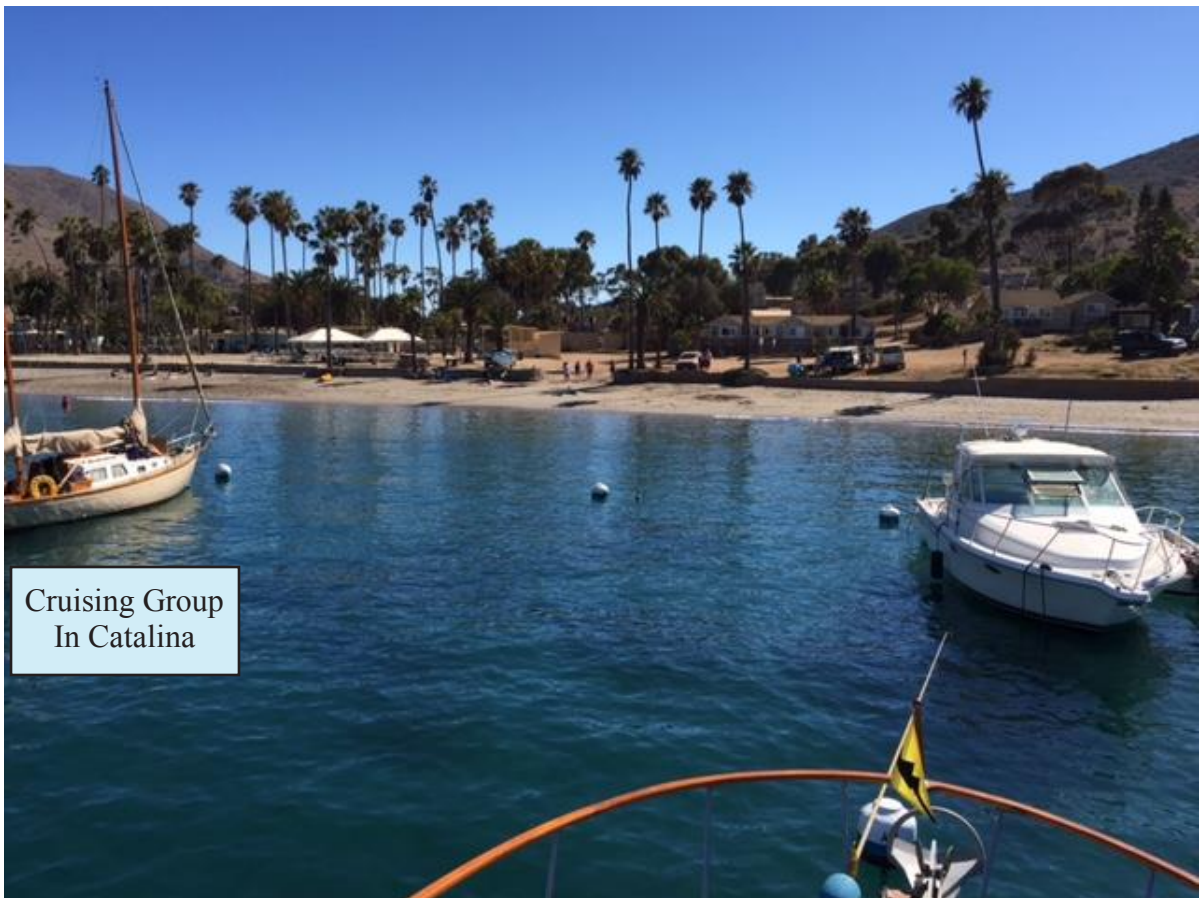


'Birthday Bash' - September 2nd by Connie Calo

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

September Birthday Celebrations for: George O'Neill III, John Walls,
Ann Marie Gross, Anastasia Worman, Shelly Berger, Tim Smith, Weldon Farris,
Jackie Biederman, Pat Korecky, Gwen Everett, Ginny Mathews, Dave Martin, Ben
Wada, Russ Campbell, Donna Jordan, Vera Cline, Vidar Bech, Janet Gardner,
John Carlson, Charlie Clark, Jennifer Smith, Carol Bartlett, Joyce Johnson,
Roxanne Vettese, Madeline Hunsaker, John Medlen, Barry Bernbaum,
Beverly Hamilton, Bob Waldo, and Bill Lynch.

September Anniversaries are: Philip and Susan Wolf, Bill and Judy Sandham,
Dick and Georgie Olsen, Shelly and Nancy Berger, Bobby and Lee Orgel,
Miles and Lea Linman.



Cruising Group
In Catalina





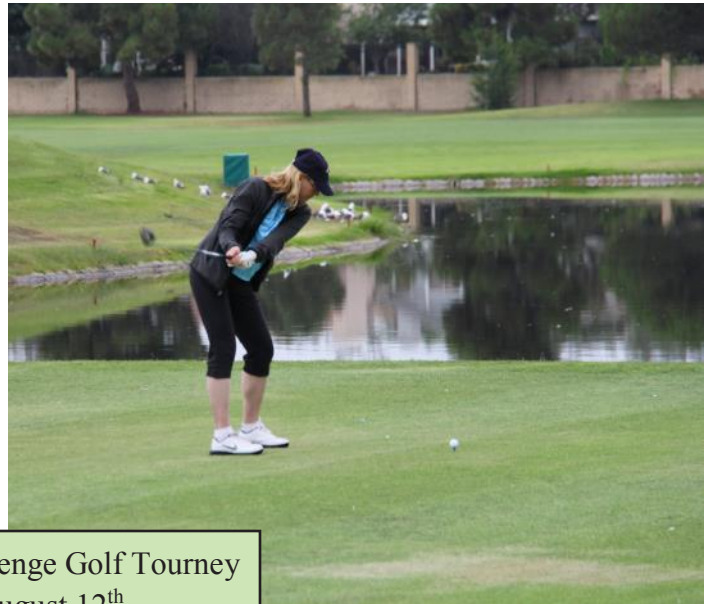
Dann & Cindy,
Cruising Group
In Catalina





Calo Challenge Golf Tourney
August 12th





Calo Challenge Golf Tourney
August 12th





Calo Challenge Golf Tourney
August 12th





Calo Challenge Golf Tourney
August 12th





Calo Challenge Golf Tourney
August 12th





Calo Challenge Golf Tourney
August 12th





John Larson Memorial Race
August 13th





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Club Rental

The **CIYC dining room facility**
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Please contact **Rental Manager,**
Sharon Sullivan 805-985-6155

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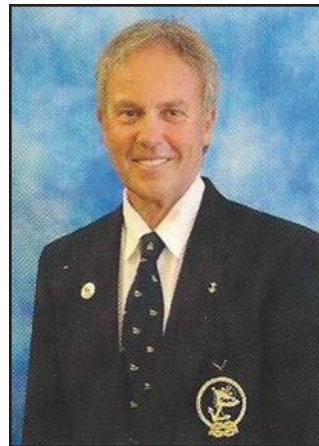
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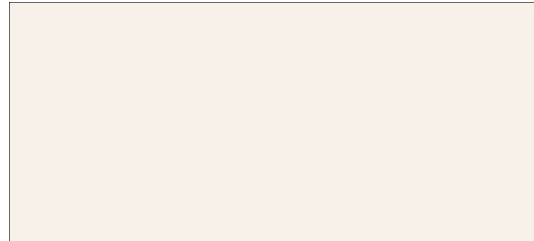
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for the October 2016 Issue



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