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JANUARY 2015 VOLUME 55 ~ ISSUE 01

Commodore: Dave Wardlow
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Asst: Frank & Sharon Sullivan
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Channel Islands Yacht Club

currents



Parade of Lights
Pirate Theme
December 13th

We won it all!



Message From The Commodore Dave Wardlow



I would like to say “job well done” to Vice Commodore Vidar Bech and his crew for their amazing efforts and end production for the Parade of Lights A well-deserved win.

I would also like to thank all the cooks who have stepped up for the Holiday season doing Sunday brunch, Wednesday dinners and all the wonderful dinners provided for the Maritime Museum, CBs and Coast Guard parties. And to the Sea Scouts who volunteered their help, this is “very much appreciated”.

Thanks to those who supported and assisted me through my journey as Vice Commodore. I hope to pass off a clean slate to our incoming Vice, Vidar Bech.

As the Commodore for 2015, I would like to say thank you. Let's have a great no-nonsense year. This is a self-help club, meaning we all pitch in and get the job done. We all have something to bring to the table. So, let's put this energy together and create a cohesive and prosperous yacht club. We have a new year ahead and a new lease on life. It is time to move forward, leaving the past the past and the future our future.

Have a Safe and Happy Holiday Season,

Dave Wardlow
Commodore 2015

Message From The Rear-Commodore Jim Lovins



Happy New Year! Ready to start the new year as 2015 Rear Commodore. Thanks to all of you for putting your confidence in me and electing me as your Rear Commodore. I am proud to be a member of C.I.Y.C.

Looking forward to working with all members, power and sail, during the year.

Kudos to Vidar Bech for the use of his boat for the parade. A special thanks to all the volunteers who put in the time and effort to make it possible.

Jim Lovins
Rear Commodore 2015





Message From The Vice-Commodore Vidar Bech



2015

Wow, time is going fast when you are having fun! A big thank you to all the talented people that worked so hard on the Parade of Lights boat and actually made it fun. We succeeded with what we set out to do because of you. Not to take away from all the others, but, special thanks goes to the electronic wizard **Dann Daggett**. On his laptop, he made the sound of the canons and the lightning at the same time as canons were flashing. Tube lights lit to the top of the masts, and it didn't fail during the whole parade. I have been in electronics all my life, but this goes way beyond me. That tells me that if we work together with all the talent we have in the club, we can accomplish what we set our minds to do.

Dave Wardlow has done a fantastic job making lots of tasteful dinners as Vice Commodore. Since I don't have that kind of talent, I will need to count on help from all the great cooks we have in our club to fill that void. **Please**, come forward and let me know if you are willing to help; it will be greatly appreciated. I know many members will be very thankful, too. This year, I will work hard to make sure we are all having a good time: have fun events and keep transparency from the top down, so we all know what is happening in our club, especially our fiscal situation. If the people that are working with me on our finances work as hard as our crew did on the Parade Boat, then I know we will succeed.

Since our club is based on the self-help principle, there will be lots of opportunities for all of you to pitch in from time to time. Sometimes it doesn't take much, like cleaning off tables and bringing glasses back to the bar. Ja, ja, nag, nag.

The first dinner of the year will be served by Gary Johnson, and it's coming up on January 10, which is also the **Change of Watch dinner**. Look for announcements, and please make your reservations early. Our first Ship-Shape will be January 24, and our aim is to make the clubhouse shine by Opening Day.

Marnie and I will be gone for 2 ½ weeks in January on a trip to Norway to celebrate her sister's 80th birthday and we will miss some events. Sorry, but I was told I did not have much choice in the matter, if you all wanted to see us together again in the club. We will be back on January 29 and will try to recover fast.

Till next time,
Vidar
VC 2015

Anglers' Corner - December 2014

By Frank Sullivan



On **November 22nd** we had a great **Anglers' Awards Dinner** prepared by Dave Gable and his Crew. We recognized and thanked the members of the White Sea Bass Grow-out Pen Team for the hard work accomplished this year.

Sheri Ireland won both the Ladies' Tournament and the Big Fish of the Year with a 28.1 lbs. White Sea Bass caught on Skip Miser's ***Dawn Patrol***. The cash prize was \$100, and her name was engraved on the Big Fish of the year Trophy and the Ladies' Tournament Trophy.

This year's Sportsman of the Year Trophy was awarded to **Bob Deyling** in recognition of catching the first Marlin in the Channel Islands Bill Fish Tournament (this was his 1st marlin and the 1st marlin caught on the ***Valkyrie***), all his work on the WSB pens and participation in the Anglers' programs.

WSB Pen Update: After a banner year for our Grow-out pens, we were recognized by SeaWorld Research Institute for being the highest producing Volunteer-run facility on the statewide system. Additionally, the folks at SeaWorld Research Institute calculate that our fish grew at a rate 1.4 times that of the other pens in the system. We expect to receive another Cohort on juvenile WSB this month to hold over the winter months.

Anglers' Club Info: Angler's dues of \$10 for the 2015 fishing season are due January 1st 2015. Please send in your Angler's dues with your regular club dues billing. If you forgot and sent the club dues in without the anglers' dues, you can provide a SEPARATE check made out to "**Channel Islands Yacht Club, Anglers,**" put **Anglers Dues** in the memo section of the check and send it or bring it to the club.

Reminder: Rock fish season ends December 31st 2014 and doesn't reopen until March 1st 2015! These species may only be taken or possessed in waters **less than 300 feet (50 fathoms) deep**. The daily bag and possession limit is 10 fish in combination of all species within the RCG Complex (includes all species of Rockfish, Cabezon and Greenlings) per person, with a sub-limit on Boccaccio (3 per person, also included in the 10 fish RCG Complex aggregate limit). Yelloweye rockfish, canary rockfish, bronzespotted rockfish, and cowcod may not be retained (bag limit: zero).

When you are a CIYC Anglers' Club member you can win \$50.00 if you bring in the biggest Legal fish of the month, sharks, rays and tournament fish do not count. You can only win once a year, but as the Lotto people are fond of saying "you can't win if you don't play".

There is a scale in the shed where the ice machine is. All you have to do is weigh the fish in with a CIYC club member or bartender as witness and record the weight. Put the record in the Anglers mail box in the hall down stairs. If you like, call me on my Cell 805-205-4073 and I will witness your catch and take a photo for the Currents. You may also e-mail me the photos and details.

You may also win the Big Fish of the **year** if you turn in the largest fish before the Anglers awards dinner in November. The Big fish of the **year** does not have to have been a big fish of the month winner and may be a tournament fish.



Message From First Mate Pam Nast

Greetings CIYC Members and Channel Islanders,

January 2015, already! My first Currents article as your First Mate 2015 ... I am honored and will do my best to live up to some great legacies!

Recent comments from Islanders included a desire to have more luncheons and outings ... I want to reassure you that we will and our new Second Mate, Olga Siefke Falzone, is already planning some great excursions! General Membership Islanders meetings have been scheduled beginning with **Thursday, January 15th for our Change of Watch Dinner at 6 p.m.** We hope to have more consistent attendance this year ... please mark your own calendars to include our 3rd Thursday of each month Islanders meetings ... we may have some time/date changes; but, those will be advertised well in advance.

Now, to thank our diligent 2014 members who spent so much time and energy making December 2014 fabulous ... ***Tree Trimming*** Elves: Vera Cline, Sharon & Frank Sullivan, Mary Ann & Keith Moore, Joyce Sheridan, Bill & Melody Crier, Johanna Berg, Erika Barbaric, Elyse Gonnello, Carol Naylor, Bob Nast, Annie Landry, Jim Lee and his friend Becky. ***Jingle Bell Brunch!*** (What a great event!) Elves included: Vera Cline, Linda McCulley, Olga Siefke Falzone, Joyce Sheridan, Mary Ann & Keith Moore, Elyse Gonnello, Gary & Joyce Johnson, Karen & Mike Farrell, Jane Van Daalwyk, Beverly Richardson, Mary Howard, Laurie Preston. In addition, many thanks to the wonderful vendors Sue Wolf's daughter, Kim, Melody Crier and Judi Balcerzak! OH! And, big thanks to our wonderful bartenders, Lynda and Cecily.

Did you notice a trend in the above lists of names? We have some very active members ... and some of you will need to step up and do more to help make our organization the best it can be this coming year! Please fill out your Islanders Membership Applications so that the new Islanders Board will know exactly what committees and events you will help make wonderful. Please contact me if you have not received an application ... they should be included in your CIYC Membership packet.

Thank you ... I am looking forward to a fabulous 2015!

Pam Nast
First Mate, 2015

Doc Lines

To D or not to D?

This comes from UCSD. People in the study who **died from any cause** were found to have a low level of vitamin D in the blood. The authors suggest one's blood level for 25-hydroxyvitamin D should be checked annually. Levels of 20-30ng/ml are too low. Normal levels are 30-80 ng/ml.

Indeed, low vitamin D levels are common in **the elderly, the overweight**, in those **who lack direct exposure to sunlight**, or **live in northern latitudes** during winter months, or have **dark skin**. Also, many middle-eastern women have low vitamin D.

We know that vitamin D3 is used for preventing and treating rickets and lack of bone calcium in adults. It also **prevents cancer**, boosts the **immune system**, increases **antimicrobial** peptides in the blood, cuts the risk of **Alzheimer's** disease by 50%, quells **anemia** in chronic kidney disease, promotes cells to **utilize insulin**, among other things. Clinical trials are underway to see if vitamin D is of benefit to patients with **multiple sclerosis**. But, why wait?

Preventing cancer? Yep, especially **prostate** cancer, and possibly **breast and colon** cancer. Vitamin D regulates the growth rate of normal and cancer cells. It helps them to differentiate. Most cancer cells are undifferentiated. It also suppresses prostate inflammation, which could be a precursor to prostate cancer. Vitamin D in the blood of patients with aggressive prostate cancer was as low as 12 ng/ml.

We know that sunshine produces vitamin D in the skin. The problem is that as we age, this process is slowed down to a trickle. Even worse, the elderly would have to strip down to skimpy bikinis or Speedos (horrors) for hours. A nudist beach? Think of the sunburns! Foods such as oily fish, eggs, and mushrooms are natural sources of vitamin D, but they are not sufficient to keep blood levels high enough.

The UCSD group recommends taking up to 4,000 IU (international units) of vitamin **D3** daily. Many other scientists also support this dosage, but they caution to check with your doctor first, as there are some conditions where vitamin D is not indicated (lymphoma, sarcoidosis, primary hyperparathyroidism, etc).

If you're heliophobic, tied to your computer, overweight, or elderly; have a prostate, a colon, breasts or immune disorders: Please read this article twice! Carefully!

Ref: 1. Garland CF, Kim JJ, Mohr SB, et al: Meta-analysis of All-Cause Mortality According to Serum 25-Hydroxyvitamin D. Am J Public Health, 2014.

2. Lambert JR, Whitson RJ, Iczkowski KA et al: Reduced Expression of GDF-15...The Prostate, 2014

Your Fleet Surgeon, Zoran

Thanks to Erika for editing.



James P. Lee - 2015 Fleet Surgeon

I believe that I am a self-motivated, personable professional with strong communication skills and deal with people of all demographics.

I was born in Madrid, Spain, to an American father and a Dutch mother. My childhood was filled with a lot of traveling. Being raised in many countries such as Kwajalein, Madagascar, and the Netherlands, our family moved to the states in 1979. We resided in Connecticut, my father's home state.

After graduating from high school, I enlisted in the United States Air Force. I went to technical school and trained to be a medical technician. After completing training at Sheppard AFB, I was stationed at Hahn AB, West Germany, continued on to Massachusetts, Texas, Germany again, then arriving here in California.

The events that I will always remember are responding to the 1996 Khobar Towers bombing in Saudi Arabia, the 1998 Nairobi Embassy bombings, and the events that unfurled on the World Trade Center on Sept 11, 2001.

The specific event that I hold true to my heart is that I facilitated the on-load/off-load and veterinarian assistance for an Army working dog injured during combat in Iraq and transported via aero medical evacuation to Germany.

I am looking forward to being your Fleet Surgeon: keeping you safe and on the things that matter to your health and well being, as well as your outlook on our future .

Qualifications:

Medical Service Attendant	1985 – 2011
Non-Commissioned Air Force Academy	July 2003
Infection control Service Attendant	May 2003
Combat Life Saver Course	Oct 1994 – Sep 1995
EMT Instructor	
CPR Instructor	
Flight Medicine Instructor	

Education:

Community College of the Air Force	
A.A.S	
Cuesta College	2008 - 2011
Ventura College	2013 – Present
(Graduate this spring with a degree in medical administration)	





Parade of Lights
Pirate Theme
December 13th



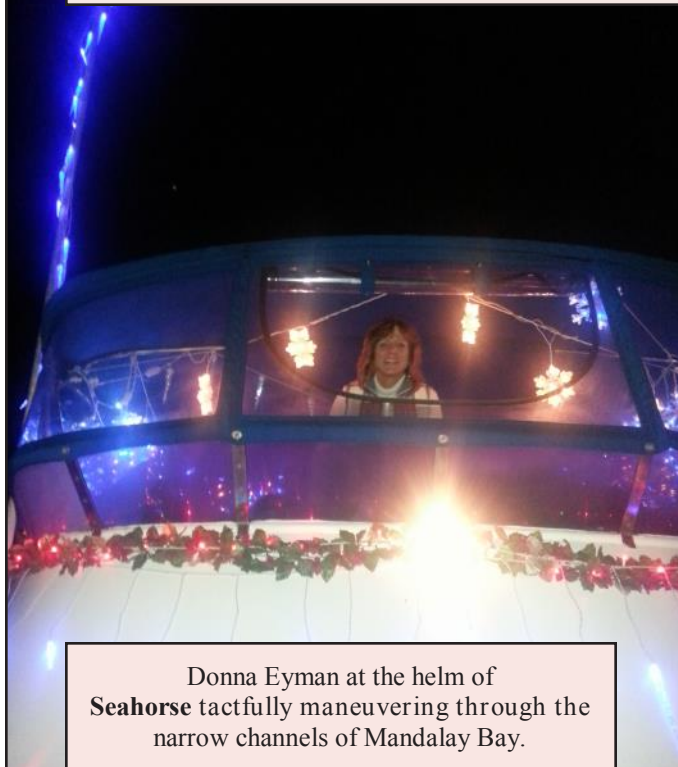
Parade of Lights
Pirate Theme
December 13th





Carolers enjoying soup and libations prior to departing for caroling.

On Friday night, December 19th, CIYC carolers entertained the Mandalay Bay and Seabridge communities with our CIYC Christmas spirit. Several residents came out to join us in caroling including Frank and Sharon Sullivan (see Facebook posting). We practiced some of our carols at the club while enjoying the delicious soups prepared by Joyce Sheridan. Donna Eyman and Bill Klug graciously hosted the carolers on **Seahorse**. Joining us on electric boats were Tom and LaNell McKnight on **Life is Good** and Sherie and Eric Ireland on their electric boat, **Unknown Name**.



Donna Eyman at the helm of **Seahorse** tactfully maneuvering through the narrow channels of Mandalay Bay.



Carolers holding up the stern.



December 19th, CIYC carolers entertained the Mandalay Bay and Seabridge communities.

Seahorse caroling at Frank & Sharon Sullivan's home.



Ginny, Rita, Judy and Shirley



Captain Donna caroling - she even had a microphone.





January 2015

Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<div>Bar Hours</div> <div>Sunday 3pm to close,</div> <div>Closed Mon & Tue, except special events</div> <div>Wednesday-Thursday 5pm to close</div> <div>Fri & Sat 4pm to close</div>			1 New Year's Day CLUB CLOSED	2 9am Undecorate the Dining Room 5-7pm Happy hour	3 Commodore's Cruise 10am
4		6	7 4:30pm Islanders Board Wed Night Fun night Dinner 6:30 Bingo 7:00	8 6:30pm CIWSA Meeting	9 5-7pm Happy hour Birthday Bash	10 Change of Watch Dinner
11	12	13 6pm Beefeaters COW	14 2pm Bridge group Wed Night Fun night Dinner 6:30 Bingo 7:00	15 Currents Article due 6pm Islanders COW	16 5-7pm Happy hour	17 12-2pm Power squadron meeting 7pm Dinner
18	19	20 6:30pm CIYC board meeting	21 Wed Night Fun night Dinner 6:30 Bingo 7:00	22	23 5-7pm Happy hour 7pm General Meeting	24 Shipshape 7pm Epicureans Dinner
25 Room rental for a Baby Shower	26	27	28 2pm Bridge group Wed Night Fun night Dinner 6:30 Bingo 7:00	29	30 5-7pm Happy hour TGIF Fish fry	31 Memorial for Evans Hughes NO Dinner





February 2015

Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1pm SUPER BOWL	2	3 7PM British Brass Concert	4 Wed Night Fun night Dinner 6:30 Bingo 7:00	5	6 5-7pm Happy hour	7 7pm Beefeaters Dinner
8 1-4pm OPEN House	9	10	11 2pm Bridge group 4:30 pm Islanders Board Wed Night Fun night Dinner 6:30 Bingo 7:00	12	13 5-7pm Happy hour Birthday Bash	14 Valentine's Day 7pm SOCIAL /Dinner
15 Currents Article Due	16 President's Day	17 6:30pm CIYC board meeting	18 Wed Night Fun night Dinner 6:30 Bingo 7:00	19 Islanders Event	20 5-7pm Happy hour	21 8am Skippers meeting SCYA Midwinter's Race Dinning Room Rented
22 8am Skippers meeting SCYA Midwinter's Race Oscar Party	23	24	25 2pm Bridge group Wed Night Fun night Dinner 6:30 Bingo 7:00	26	27 5-7pm Happy hour	28 7pm Epicureans Dinner Shipshape





2015 Commodore's Cruise

Saturday, January 3, 10:00 a.m.

Commodore Dave Wardlow

*invites the CIYC Fleet to meet at the Channel Islands breakwater
& POP A CORK*

If you will be bringing your boat or **need a ride**,
please RSVP to Cruise Director, Cindy Arosteguy at (805) 208-1962
or cinarost@yahoo.com

**Don't be shy,
there should be plenty of room on our boats
to take CIYC Members out on this YC experience!**

9:00 a.m. Meet at the club to board boats and/or pickup crew.

10:00 a.m. Congregate at the breakwater
for the blessing of the fleet ceremony.

Commodore Dave Wardlow ,
along with Vice Commodore Vidar Bech,
and Rear Commodore Jim Lovins
will present a bottle of champagne to each boat skipper.

All forms of watercraft welcome.

Please turn your radios to Ch. 68 for the ceremony.

12:00 p.m. Meet back at the club for lunch
prepared by Staff Commodore Jerry Wood.



CIYC CHANGE OF WATCH



DINNER & DANCE

MUSIC BY JOHN MEDLEN'S BAND:

ALCHEMY

JANUARY 10, 2015 @ 7PM

GARY JOHNSON WILL HOST A GOURMET DINNER

CAESAR SALAD WITH DINNER ROLLS,
THICK PORK TENDERLOIN CHOPS IN MUSHROOM SAUCE
MASHED POTATOES AND GRAVY
CAULIFLOWER AND CHEESE
SAUTÉED GREEN BEANS WITH GARLIC AND BUTTER
BANANA SPLIT BAR FOR THE DESSERT

EVERYONE SHOULD PLAN TO JOIN US..... SO WE HAVE REDUCED THE PRICE TO
\$20.00 - ADVANCED RESERVATIONS

CLUB ATTIRE FOR THE MEN & COCKTAIL ATTIRE FOR THE LADIES

COME EARLY.....BONNIE CHANEY WILL SET UP IN THE LOBBY TO
TAKE YOUR PICTURE FOR THE 2015 CLUB ROSTER





The Islanders

Change of Watch Dinner!

January 15th, 2015

6 p.m. cocktails
6:30 p.m. dinner

Menu:
Salad
Lemon & Artichoke Chicken
Pasta
Desert

\$15.00

Please come to help us celebrate the start of our new year!



THEY'RE RUNNING AGAIN!!!

TGIF - JANUARY 30

TGIF will start off early this year -
the first one will be held on January 30th.

TGIF features our famous FISH FRY,
ponies, jockeys, wagering, and raffles.

**Dinner will be served at 6:30
followed immediately by the races and raffles.**

Join us for the best races in the harbor!

**Come bet on your favorite filly,
nag, number or jockey.**

Take a chance on the raffles.

Fun will be had by all!!

Joyce and Clark, TGIF Chairpersons





SUPER BOWL SUNDAY TAILGATE PARTY

SUNDAY, FEBRUARY 1, 2015

1PM-UNTIL

Come join your fellow club members for **Super Bowl Sunday**. Tailgate-style food will be served: RIBS, CHICKEN, PULLED PORK, SAUSAGES, HAMBURGERS, HOT DOGS, etc. A variety of side dishes will also be available. There will be a side table with chips and dips. The Bar will have special drink prices to help you cheer for your favorite team. Games within the game will also be played.

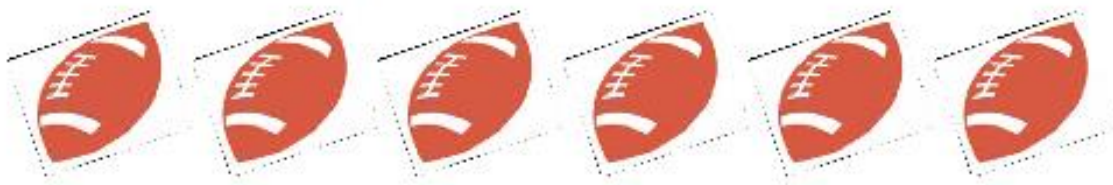
Please sign up in the Bar, so we can get an idea on how much to prepare.

In the past we have had as many as 120 people in the house.

Sign up by Thursday, Jan. 29th, 2015

\$15.00 Per Person

Drinks are a separate charge. Any questions, please feel free to call or e-mail me: Jack Borkowski, Bar Manager





Members Yvonne, (Weldon watching), Annie, Olga and Shirley



Donna & Bill

December 19th, CIYC carolers entertained the Mandalay Bay and Seabridge communities.



Members Cindy A. Cruise Director aka Pippi Longstocking, Joyce, Donna and Captain Otto Pilot driving.

Birthday Bash - "Friday, January 9th"

*Come and join us for our monthly celebration
for members whose birthdays and/or anniversaries are in January.
Bring "munchies" to share, and there is always a great birthday cake!
This year Connie Calo is going to do the Birthday Bash.*



JANUARY Birthday Celebrations are: Tom Warden, Bill Cline, Phyllis Gerding, Shel Johnson, Ginny Johnson, Susan Japinga, Dave Lochridge, Beverly Richardson, Katarina Bernbaum, Dann Daggett, Marty Sasson, John Wilson, Judy Fraser, Rosemary Lippert, Diane Sabol, Lana Lynch, Adele Penney, Don Dickey, Marcia Meinke, Woody Underwood, Norman Grencius, Tom Naylor, Bob Nast, Mike Smith, Max Hovaten, Tom Naylor, Johnathan Trautman, Hardy Moll, Stuart Horwitz, Dan Potter, Lea Linman



JANUARY Anniversaries are: Dan and Audrey Voss, Gary and Madeline Hunsaker, Bill and Lois Boyd, Bonnie and Bob Chaney, Gary and Joyce Johnson

Get the '2015 Currents' in the mail for \$20.
Send a check made out to CIYC.

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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!



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

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for the February 2015 Issue

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