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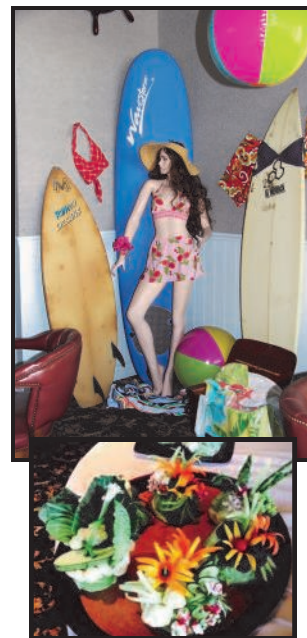
CIYC is located at Lat 34° 09' 48.9" N; 119° 13' 35.6" W

4100 Harbor Blvd., Oxnard, CA 93035.

Phone (805) 985-2492

Channel Islands Yacht Club

currents



Opening Day
April 6





Message From The Commodore Keith Moore



I wish to express my thanks to everyone at CIYC who helped make our **Opening Day** a success. It was a perfect Southern California day ...and everything came together smoothly.....the Harbor boat paradethe Ventura County Brass Band music on the lawnthe Club and visitor recognition ceremoniesall followed by an outstanding presentation of food and decorations. It takes an incredible team of talented individuals to make this day memorable.....And I was proud to represent CIYC on our **Opening Day**. Many thanks.



CIYC BRIDGE - Opening Day Harbor Boat Parade

Vidar Bech, Keith Moore and Dave Wardlow on Gary Johnson's "JOY SEA"

Moving into summer time, we are looking forward to the **BOCCI Ball Season** May8, every Thursday night. Shelly Ward has over thirty teams signed up. Also, remember to sign up for **MOTHER's Day Brunch** on May 11 – with champagne and good ole down-home cooking, just like mother used to do – by the **CIYC Board of Directors**. And when you get this, yours truly, along with Vidar Bech, and Dave Gable will be crewing with Zoran Barbaric on his catamaran **"TOMAHAWK"** on the famous **125-mile Newport to Ensenada Race – April 25**.

See you on Deck!

Keith Moore

Your Commodore 805-551-0983





Message From
The Vice-Commodore
Dave Wardlow



Now that spring has sprung, we are well into our year of activities. Opening day was an excellent show of who we are and how we represent ourselves as a club. Thanks to all for their hard work from ship shape to the decoration of the club and the wonderful spread of food and treats for all. What a great day!

Beefeaters dinner was good. Then Easter brunch was another fun event. Looking forward to a wonderful talent show which will be premiering the best of our members willing to share their abilities.

I would like to touch base on a subject dear to me. The projection of what Channel Island Yacht Club is about. I find it important that we reflect who we are as a club, thanks to all the work Jerry Wood and others are doing to grow our membership and share our drive as a self-help club. How we conduct ourselves is key to the success of this club. Without new members this club cannot sustain itself. We can no longer blame the economy for our failure. It is time to move forward and grow. With that said, I suggest we treat each other with respect and focus on building unity. There is no underlying current, maybe just a few ripples that will change with the tide. If you have any questions, then read your by-laws. They were written for the membership as a guide line, in mind with the use of common sense and respect for one another. There is no need to bring out the sergeant of arms or the judge advocate, maybe the use of a little order and focus on the matters at hand. Thank you.

Just wish the best of luck to all of those going on the Laughlin trip. Have a great time!

See you all soon.

Dave Wardlow
Vice Commodore

Gary and I would like to thank everyone for helping to make Olga Hokom's memorial beautiful. The captains (and owners) of the boats used for the burial at sea. Wendell Morrisset for his kind words as our Chaplin. The Islanders for helping with the food. Sharon and Mary Ann for setting up the room. Bill Cline for helping with boat assignments. We love our extended yacht club family and appreciate the cards and love shown to us during this time. We are truly blessed.

Joyce and Gary Johnson



Message From The Rear-Commodore Vidar Bech



Opening Day opened with the annual Boat Parade, **CANNON** shots and blue skies. We also managed to get all our Commodores on one boat, **“JOY SEA”**, Captained by Director Gary Johnson and hosted by Joyce.

The Blue Gavel party was on **“OUR BLUE HEAVEN”**, captained by Jack Borkowski. Director George O’Neill and Adele on **“ADELE MARIE”**, Fleet Captain Frank Sullivan and Sharon on **“VALKYRIE”**, Clark Lewis in his red speedboat and Frank Laza with his electric “party” boat were making sure our club was proudly represented. RAM Captain Harry Krum and his crew anchored **“FUS’EE”** as a turn-boat and for once was not moving. If I missed anybody, I apologize.

The Port Royal Regatta/Wild Bill Rig Race took place Saturday, April 12. Only the Wild Bill Rig Race was run this year, due to lack of sign-ups for the Port Royal Regatta. Committee boat, **“VALKYRIE”**, captained by Fleet Captain Frank Sullivan went out with Racing Chair Jane Thomas, PRO Bill Brayton, Jr. Staff Commodore Tom Warden, Staff Commodore Dick Olsen, Cruise Director Cindy Arosteguy, Olga Siefke and I went out to get everybody started. We started 4 boats in Spin A group at 11:00 and 5 boats in Spin B group at 11:15. The winner in Spin A: **“E-TICKET”**, skippered by Tom Hudson came in at 2.48.57 and the winner of Spin B: **“MAGIC DRAGE”**, skippered by Mike Hopper came in at 2.50.48; they will also be the First Winners to be listed on the new “Wild Bill Rig Race” Oil Rig Perpetual Trophy donated by Bill Brayton. **“TROUBLEMAKER”**, skippered by our RAM Roxanne Vettese took 2nd place in Spin A with Steve Aronson as a crewmember. Robert Heatherly with **“GRACE”** had a good race: crew Sherry Heatherly, stepson Sean Fitzpatrick, Graham Paine, David Lieberthal and Mark Harrington. In Spin B, Shelly Johnson on **“ZOARCES”** did a good race with the crew of Dann Daggett, Bruce Long, Charlie Clark and Larry Glover. The Skippers Breakfast was a combined effort by Mary Foster, Olga Siefke and Marnie with a little help from me and a delicious hot meal for the returning racers, made and served by LeeAnne Clark assisted by Olga Siefke, always a willing helper. Good job by all.

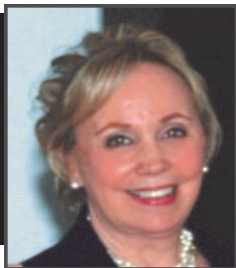
The next Race to be hosted by CIYC is Saturday, May 31, the Bob Cooke Memorial Double-Handed Race.

CIYC was represented in the Newport to Ensenada race by **“TOMAHAWK”** with Fleet Surgeon Zoran Barbaric and his crew, Commodore Keith Moore, Staff Commodore Dave Gable and yours truly. **“TOMAHAWK”**’s motto is “The Bucket List” Race. Harry Krum’s **“FUS’EE”** had to cancel due to mechanical issues.

May Cruising: Trip to Prisoner’s Harbor at Santa Cruise Island. Look for flyer with information on all activities. Do not miss this one, get your boats ready and fill up your oxygen tanks. (For diving)

**Vidar
RC**





Message From First Mate Vera Cline

Greetings Channel Islanders,

What a great **Opening Day!!!!** The weather was perfect for the **Boat Parade** and **outdoor Opening Day ceremony** and it just got better after that...

Everyone loved the **Surfing USA decor** in the dining salon and bar. Big thanks to Mary Ann and Keith Moore, Sharon and Frank Sullivan, Pam Nast, Johanne Berg, Erika Barbaric, Sherie Ireland (and her friend, Pat), Mary Foster, Judy Fraser, Les Hardwick, Bill Crier, Annie Landry, and Jan Bryan for making it happen. Thanks to all our members who contributed their surf boards and surf memorabilia—that really helped to keep our decorating budget to a minimum. And, how did you like the **window painting????** I think Annette and Frankie would have been very happy.

Preparing the **spectacular party food** was Joyce Sheridan, Karen Farrell, Linda McCulley, Pam Nast, Elyse Gonnello, Mary Howard, Sherie Ireland, Jackie Biederman, Diane Miner, Olga Siefke, Gary and Joyce Johnson, Cindy Arosteguy, Sue Woolf and Carol Lazzarevich. If I left anyone out, I sincerely apologize—we had many, many helpers. Let's not forget Carole Naylor's famous deviled eggs. OMG, I saw piles of food on people's plates—it was a feeding frenzy. I think the word has gotten around that CIYC offers the **VERY BEST** party food and we did not disappoint.

The **beautiful food plating** with the adorable carved vegetable vignettes was prepared by Deborah Tyhurst and Opal Gilpin and assisted by Sherie Ireland, Linda McCully and LeeAnne Clark.

But, best of all: **THE SURF BAND (aka Surf Cadets)**. **WOW!!!!** Thank you Curt Ingram, Larry Stein, Bill Lynch, John Medlin and John Vlahos. That band really got the party going! I don't know about you, but I think we should start a **Surf Cadets Fan Club** right here at CIYC. That was the absolute best for me—what fun!!!

Anglers' Corner May 2014

By Frank Sullivan



WSB Grow-out Pen update:

The White Sea Bass Grow-out pens are now full, with a little over 32,000 juvenile fish. We took 4 deliveries over a week long period. The fish were so small they had to lend us nursery nets with smaller mesh to keep them in. There were so many CIYC members and friends that came to help that I couldn't keep track of them all. Thanks everyone!

Fishing:

As I write this, it is still rock fish that are mostly being caught in our area. I have seen some reports of WSB being caught at Catalina Island and expect to see some up here soon.

Big Fish of the Month:

Joyce Johnson won the March Big Fish with a 2 lb. Chili Pepper caught in the Anacapa Gap. So far this month Gary Johnson has the lead with a 15 lb. Sheepshead.

Joyce Johnson



Gary Johnson



Look for the sign-up sheet in the bar for the **Ladies Fishing Tourney!**

Upcoming events:

May 18th

June 1st

July 5th

September 12th

September 13th to 17th

September 19th

November 22nd

Ladies' Fishing Tournament

Men's Fishing Tournament

Free fishing day (no license needed)

Channel Islands Bill Fish Tourney Kickoff Dinner

Channel Islands Bill Fish Tournament

Channel Islands Bill Fish Tourney Awards Dinner

Anglers' Awards Scampi 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 9TH ANNUAL CHANNEL ISLANDS HARBOR SAFE BOATING EXPO SATURDAY, MAY 10, 2014 9:00 A.M. TO 4:00 P.M.



Choose to Boat Safely



Watch exciting offshore helicopter, person in water and fire rescue demos at 11:00 a.m. & 2:00 p.m.

Free Admission. Free Rides & Tours of the USCG Vessels.

Agency Booths & Displays: Red Cross, Coast Guard Auxiliary, Channel Islands Harbor Patrol, Oxnard Police/Fire Dive Team, Channel Islands National Park, Ventura County Sheriff's Rescue, Ventura County Fire Dept., NOAA Weather Service, Channel Islands National Marine Sanctuary and Ventura Sail and Power Squadron.

- Commercial booths, hands-on exhibits
- Free digital selective calling (DSC) registration
- Free vessel safety exams at the Launch Ramp
- Free flare inspection and disposal
- Safety demonstrations
- Food and beverage

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For additional information call: (800) 704-5620
www.safeboatingexpo.com • www.channelislandsharbor.org • www.facebook.com/SafeBoatingExpo



CIYC Lady Anglers

Sunday May 18th 2014

The annual Ladies fishing tourney has been scheduled for **Sunday May 18th**, 4am to 4pm. The weigh in is at CIYC at 4PM. Sign up is \$10 (collected by the boat captains) and the prizes will be distributed at 50% for 1st place, 30% 2nd place, and 20% 3rd place, the **Sign-up list is in the bar on a clipboard or e-mail me at frank.sullivan@roadrunner.com.**

This event, in the past has been a blast. **If you are a boat owner please let me know if you are willing to take on some of these ladies.** If you are a lady wishing to fish the tourney and don't have a ride let me know. If the weather is good we should have a great time.

Good Luck, remember Tourney fish don't count for Big Fish of the Month but can qualify for Big Fish of the Year, so keep turning them in.

*Frank Sullivan,
Anglers' Chair*

Doc Lines

Blood Pressure and Other Things

1) This is an interesting one from the University of Sao Paulo in Brazil. High blood pressure affects about 20% of adults. Some can normalize it by exercising and limiting salt intake and stress. Many elderly people can't exercise if they are overweight or affected by arthritis. A good number need medication to control it. And for some people with high blood pressure, even the pills fail.

In this study doctors recruited those resistant to pills and put them into a swimming pool to do light exercise. Now this has been done before, and it did some good. But in this study, the water was heated to 90F (32C). That's very warm and it did the trick. One hour, three times a week, over a 12- week period reduced blood pressure by an average of 36mmHg/12mmHg. And kept it down even three days later.

The difficulty, of course, is to find a pool heated to that temperature, unless there are lots of little kids swimming, oblivious to pool etiquette. But one can probably find a Jacuzzi, and instead of just soaking, do some light exercise.

There are some rare conditions that can produce high blood pressure and are treatable either by surgery or interventional radiology. Best check with your health care provider (also known as a doctor, a decade or two ago).

2) Reducing calorie intake by 10-30% extends life expectancy and slashes the risk of disease. Long ago this was discovered using rats as experimental animals. Now scientists at the University of Wisconsin/Madison showed similar results in rhesus monkeys. This 20-year long study found that a control group of monkeys, allowed to eat as much as they wanted, had 2.9 times the risk of disease and a threefold increased risk of early death, compared to the restricted diet group.

3) A doctor was addressing a large audience in Tampa. "The material we put into our stomachs is enough to have killed most of us sitting here, years ago. Red meat is awful. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. High fat diets, and diets high in hybridized wheat and carbs can be disastrous, and none of us realizes the long-term harm caused by toxins in our drinking water. However, there is one thing that is the most dangerous of all, and most of us have eaten it, or will eat it. Can anyone here tell me what food causes the most grief and suffering for years after eating it?"

After several seconds of quiet, a 75-year-old man in the front row raised his hand and softly said, "Wedding Cake."

Your Fleet Surgeon, Zoran
Thanks to Erika for editing



Interview with Mike Fleming

By: Dan Jordan

What led you to join CIYC?

Mike Fleming recently relocated to Ventura and boaters and sailors are about as good a group of people one can meet. Mike says he found out about CIYC when he “was lucky enough to meet CIYC member, Shelly Johnson (one of the good people mentioned above), who invited me to go sailing and see the Club. Thanks Shelly!” Mike says he got his interest from his father, “who was a pilot, but always loved sailing. A wing is a wing I guess.” Mike’s first boat was “a 16' Aluminum Grumman flat back/sailing canoe.” He says “In high school, I used my car battery to run the trolling motor and I still have the Grumman.”

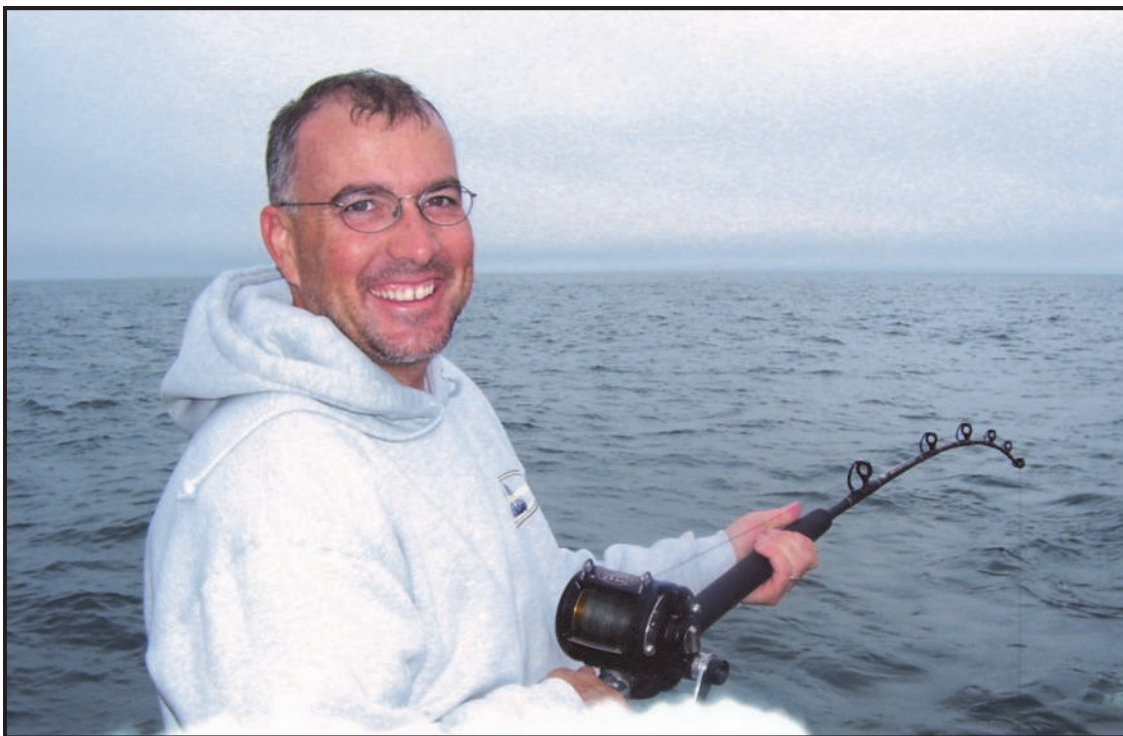
Mike’s current boat is a 1979 Irwin Citation 34 named **"SEAFOOD"**. CIYC members would have to travel a bit to take her out. She’s currently docked on the Chesapeake Bay (Solomon's Island, MD).

Mike says he’s still figuring out what would be his ideal boat, but that's the fun. He also notes he’d love to see – and sail on – other members’ boats.

He has a hard time choosing where he’d go if he could cast off the dock lines for an extended period. It might be the Caribbean, Southwest Alaska, or Tahiti. There are so many beautiful places to choose from.

Mike is already involved with the newly formed CIYC Dive Club (“Thanks, LeeAnne!”) and would love to join the Fishing Club.

Mike says he’d be glad to recommend CIYC to friends. “I would tell them the same things I tell my friends back home, that everyone is super nice and welcoming. It’s been great so far. Thanks All!”





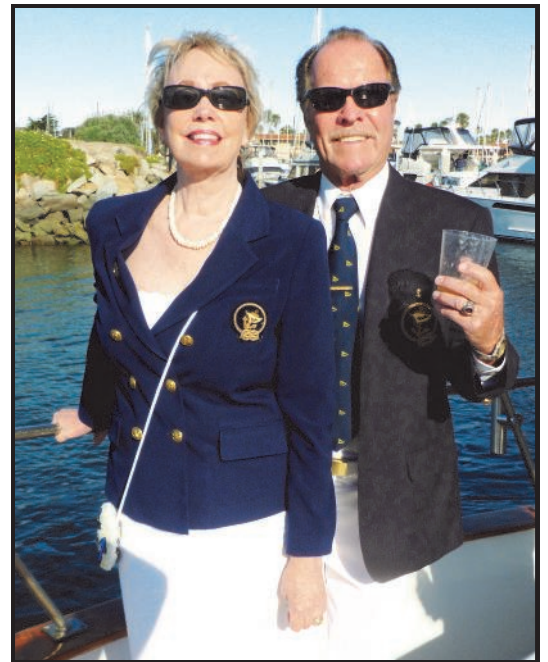
Opening Day
Boat Parade
April 6





Opening Day
Boat Parade
April 6





Opening Day
Boat Parade
April 6



Opening Day April 6





May 2014

Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Bar Hours Sunday 3pm to close, Closed Mon & Tue, except special events Wednesday-Thursday 5pm to close Fri & Sat 4pm to close		1 No Movie Rehearsal Talent Show	2 5-7pm Happy hours Birthday Bash Rehearsal Talent Show	3 6:00pm Variety Show
4 1pm Cinco de Mayo Party 1-4pm Open house	5	6 7pm British Brass	7 Wed Night Fun night Dinner 6:30 Bingo 7:00	8 6:30pm Bocce Ball Starts	9 5-7pm Happy hour 6:30pm TGIF	10 NO DINNER
11 Mothers' Day 1pm LUNCH BOD cooks	12	13	14 2pm Bridge group Wed Night Fun night Dinner 6:30 Bingo 7:00	15 Currents Article due 6:30pm Bocce Ball	16 5-7pm Happy hours	17 7pm Epicurean dinner
18 Ladies' Fishing Tournney	19	20 6:30pm CIYC Board Meeting	21 4:30 pm Islanders BOD Wed Night Fun night Dinner 6:30 Bingo 7:00	22 6:30pm Bocce Ball	23 5-7pm Happy hours 7pm General meeting	24 NO DINNER
25	26 Memorial Day 5pm Holiday Supper Club	27	28 2pm Bridge group Wed Night Fun night Dinner 6:30 Bingo 7:00	29 6:30pm Bocce Ball	30 5-7pm Happy hours	31 7pm Beefeaters dinner Bob Cooke Memorial double handed race
All Club Cruise to Prisoner's Harbor		All Club Cruise to Prisoner's				





Channel Islands Yacht Club

JUNE 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Men's Fishing Tourney	2	3	4 Wed Night Fun night Dinner 6:30 <i>Bingo 7:00</i>	5 6:30pm Bocce Ball	6 5-7pm Happy hours	7 7pm dinner
8	9	10	11 2pm Bridge group Wed Night Fun night Dinner 6:30 Bingo 7:00	12 6:30pm Bocce Ball	13 5-7pm Happy hours Birthdays Bash 5pm Marina Fest kickoff social in dining room	Cruise
15 Fathers' Day Currents Article due Open House Weekend	16	17 6:30pm CIYC board meeting	18 4:30 Islanders BOD Wed Night Fun night Dinner 6:30 <i>Bingo 7:00</i>	19 6:30pm Bocce Ball	20 5-7pm Happy hours 7pm General Meeting (nominating committee)	21 Club Rental Ret. Party
22 9am Disabled Vet's sail day	23	24	25 2pm Bridge group Wed Night Fun night Dinner 6:30 Bingo 7:00	26 6:30pm Bocce Ball	27 5-7pm Happy hours 7pm CI2MDR kickoff dinner (Beefeaters)	28 9am Skippers meeting CI 2 MDR Race 1pm Dinghy Party Room rented Wedding
29 CI 2 MDR Race	30				<div> <p>Bar Hours</p> <p>Sunday 3pm to close, Closed Mon & Tue, except special events Wednesday-Thursday 5pm to close Fri & Sat 4pm to close</p> </div>	





CMYC PRESENTS OUR ANNUAL VARIETY SHOW

AROUND THE WORLD WITH "007"

May 3, 2014

*Enjoy A Musical And Comedy Adventure As We Travel Around
The World With Intrigue And Romance*

Hourdourve's And Show \$20.00

Hourdourve's served from 6-7

Show starts 7:15



NOTICE *** NOTICE

GOLF AND FUN IN LAUGHLIN

Bus Trip to Laughlin for 3 nights.

We still need about 15 more people to fill the bus.

Trip to take place Monday May 5th
return Thursday May 8th.

Bus will leave CIYC around 9am on Monday
and return around 4pm on Thursday.

Price based on 50 passengers,
cost will be \$70.00 per person round trip.
If less than 50, price will be adjusted.

Hotel will be the Aquarius at a rate of \$29.99 per room per day
+12% tax and \$3.00 per person luggage charge.

Golf cost to be decided.

Pass the word.

Call me Jack Borkowski at 805 890 2623 or e-mail to
jackjb99@yahoo.com to reserve your spot.



HAPPY MOTHERS DAY

CELEBRATE A VERY SPECIAL DAY

AT CIYC WITH A

CHAMPAGNE LUNCHEON

MAY 11 - 1:00 PM

GOOD OLD FASHION HOME COOKING
LIKE MOTHER USED TO MAKE!

FEATURING YOUR CHEFS

THE CIYC BOARD OF DIRECTORS

MENU TO FOLLOW

FARE - \$20.00

CHILDREN UNDER 10 - \$10.00

UNDER 5 - FREE



Join us for Springtime in Provence Saturday, May 17, 7:00 pm at CIYC, \$20

Fragrant lavender fields, cobbled streets and sizzling coastlines - Provence's endless charms have inspired writers, painters and travelers galore. This bewitching corner of southern France combines lively coastal cities and quaint, whisper-quiet villages, making it a favorite destination for everyone from jetsetters to laidback retirees. In such a diverse region the food is equally varied, but always rich with herbs and distinctively French.

Your Epicurean chef, LeeAnne Clark, has created a menu for CIYC to allow you to experience the rich flavors of the South of France, reflecting some of the more widely-known Provincial fare, and inspired by Springtime in this farm-dotted paradise. The menu includes:

Field Greens Salad: Salad greens tossed with fresh Herbes de Provence in a tangy olive oil dressing.



Ratatouille: A classic Provincial vegetable stew originating from Nice, which combines tomatoes, zucchini, eggplant, olives and garlic in a richly herbed broth. Vegetarians take note: this is substantial enough to be your main course!



Herbed Rack of Lamb: Lamb is a staple in this farm-rich region, and is prepared using an aromatic rub of garlic and freshly chopped garden-grown herbs.



Gratin Dauphinoise: Sliced potatoes baked in a rich creamy cheese sauce



Tart Tropicienne: This famed tart was created by a pâtissier when Roger Vadim was making the film "And God Created Woman" in St Tropez, starring Brigitte Bardot. She loved it so much that she asked to have it every day. It has now become the symbol of St. Tropez.

CHANNEL ISLANDERS
ANNIVERSARY
DINNER

Tuesday, May 27, 2014
7:00 pm ~ \$15.00



ALL CIYC MEMBERS INVITED!!!

Joyce Sheridan and her Crew Presents

Caesar Salad

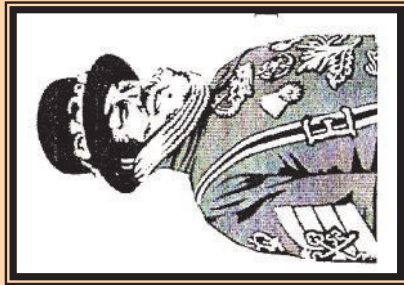
Garlic Bread

Chicken Piccata over Angel Hair Pasta
with garlic, herbs and Parmesan cheese

Tomato Pie

Homemade Cannoli

Please join us, please sign up at the bar!!!



Tri-Tip and Salad Bar

Saturday May 31st

Time 7:00PM

Brought to you by Tom Naylor & crew

Tri-Tip Station

Beef cut to your specification

Chicken also available

Full Salad Bar

Everything you would expect + some special treats

Desert Bar

An Assortment of Goodies

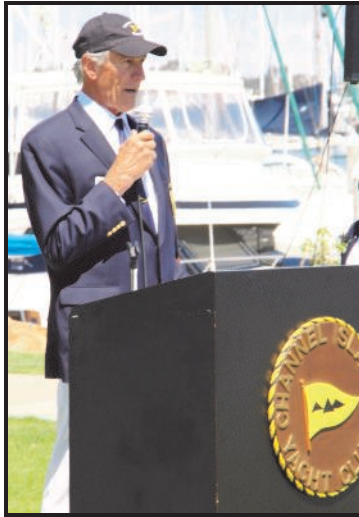
All this for \$15.00/With Reservations





Opening Day
April 6





Opening Day
April 6





Opening Day
April 6





Wild Bill Rig Race
April 12
"Hell Yeah!"





April Birthday / Anniversary Bash
April 11



Birthday Bash - "Friday, May 2nd,"

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



May Birthday Celebrations are: Daniel Voss, Larry Stephenson, Bill Byron,
Bill Johnson, Cindy Crocket, Gary Hunsaker, John Barr, David Wardlow,
Liz Campbell, Opal Gilpin, Sheryl Olds,
Lori Robinson, Maggie Campbell, Paul Hatcher, Paul Paulin, Dave McCue,
Logan Olds, Gary Childs, Deborah Tyhurst, Howard Simon,
Richard Wilson, Donna Eyman, Duane Wherland.



May Anniversaries are: Andrea and Keith Kucera,
Judith Balcerzak and Daniel Jordan, Ed and Claire Irving,
Jim and Linda McCulley, Carol Watson and Howard Simon,
Art and Linda Philo, Bob and Sharon Deyling,
John and Bernadine Carlson, Hardy and Olga Moll,
Larry and Karen Stein & John and Rose M Hazeltine.

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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 **Vice-Commodore, Dave Wardlow 805-693-1724**

or **Rental Manager, Sharon Sullivan 805-985-6155** for scheduling and rates.

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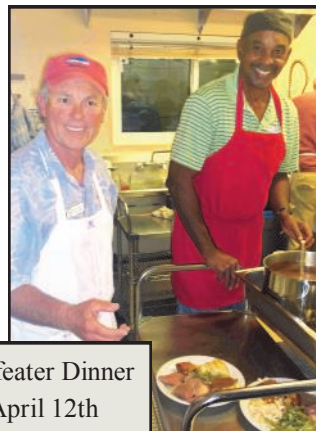


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