



FEBRUARY 2015 VOLUME 55 ~ ISSUE 02

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

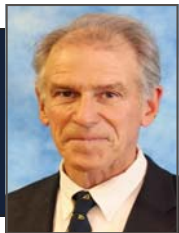
CIYC is located at Lat. 34° 09' 48.9" N; Long. 119° 13' 35.6" W
4100 Harbor Blvd., Oxnard, CA 93035.
Phone (805) 985-2492

Currents

Change of Watch
Saturday, January 10th



Dave Wardlow, Marnie & Vidar Bech, Jim Lovins, Tom Warden,
Penny Lipp, Bill Crier, Mary Howard, Curt Ingram, James Lee



Message From The Commodore Dave Wardlow



Well it feels like a new dawn. A big thanks to Gary and Joyce Johnson with their *"Lil Joy Sea"* electric boat hauling the Bridge members out for the Commodores cruise. A blessing to our fleet that showed up at the breakwater. A bottle of Champagne was bestowed on each Captain to christen in the new year. Thanks to Staff Commodore Jerry Wood for mustering up some good eats. Thanks for the great turnout..

Let me share with you that blessing so we all know our direction.

"Most gracious Lord, who numbered among your apostles the fishermen Peter, Andrew, James and John, we pray you consecrate this boat to righteous work in your name. Guide the Captain at the helm. So prosper her voyages then an honest living can be made. Watch over her passengers and crew and bring them to a safe return. And the Blessing of God Almighty, the Father, the son and the Holy Spirit be upon this vessel and all who come aboard this day and forever.
Amen"

Nothing wrong with asking for a little divine guidance when starting a new year. We can use all the positive support we can muster up.

With that said, please read the Currents and check the calendar for events. With your participation, whether helping or attending, makes these events successful which makes our club flourish. So sign up and bring a guest. Let's make for a good time.



We will be kicking off the month of February with Jack's Famous Super Bowl Sunday Party. So see you all there.

Happy Trails whether by Air, Land or Sea.
Dave Wardlow
Commodore





Message From
The Vice-Commodore
Vidar Bech



The Commodore's Cruise to the Breakwater was a success and the boats were properly blessed, thanks to 2 cases of Champagne. I hope everybody made it back safe; I also hope that cruises this year will be just as successful. The Change of Watch dinner was fun with good food, good music and an official change of the Board and Bridge. I am looking forward to working with a great group of people.

February Thank You's: I'd like to thank the Wednesday head-cooks this month: **Jim Carlson**, January 7; **Ruth Hatcher** on the 14th, **Pam and (60 lb. Seabass) Bob Nast** on the 21st, **Karen and Mike Farrell** on January 28, and their cooking crews if they had one. **Connie Calo** is hosting the Birthday Bash this year. I know she will do a great job helping us celebrate birthdays and anniversaries - something fun to look forward to.

Special thanks go to **Gary Johnson** for making a very tasty dinner for Change of Watch; **Tom Warden and Penny Lipp** for being willing to do Saturday night dinner on the 17th; and **Joyce Sheridan and Clark Owens** for stepping up and doing TGIF. Some people are like the Energizer Bunny, they just work and work and work.

We know usually 10% of the people do 90% of the work; our club does better than that, so please keep it up and help. Keep our club a real self-help club. If you have a special talent or interest, please let one of the officers know. It will make the club more interesting and fun; and please, sign up for **Barbara's** talent show "**Wild Wild West**" the Best Show of the Year.

With this, I will stop bugging you. By the time you read this I will be back from Norway. Hopefully my buns and my nose will have warmed up again. Keep the Club hopping with fun.

Till next time.

Vidar, VC



Message From The Rear-Commodore Jim Lovins



The Commodore Cruise Jan. 3rd was quite an event. The formal Boat Blessing "Buckaroo Buccaneers" met the CIYC fleet at the breakwater and delivered champagne to the skipper of each boat that participated. Sorry no notes taken but a special thanks to all skippers. A special thanks to Gary Johnson who provided and skippered his electric boat and deftly made some electrical adjustments on the water, courtesy of Harry Krum who provided the tool. A big shout-out to Jerry Wood and crew for providing lunch which was washed down with champagne.

Racing season is upon us. The RAM program is one of the most important programs that our club takes on. I am fortunate to have a number of dedicated members to help me. Thank you to Bill Brayton, Jane Thomas and a host of others (entire Membership Directory) for their guidance and help. A lot of thank you's - but remember, it is just January.

On **February 21 and 22**, CIYC will host the **Mid-Winter Regatta** and that starts the racing season for the club. How about a big participation of all members, skippers, crews and lots of on-shore help. For more information contact Jane Thomas. Looking forward to a very successful racing season.

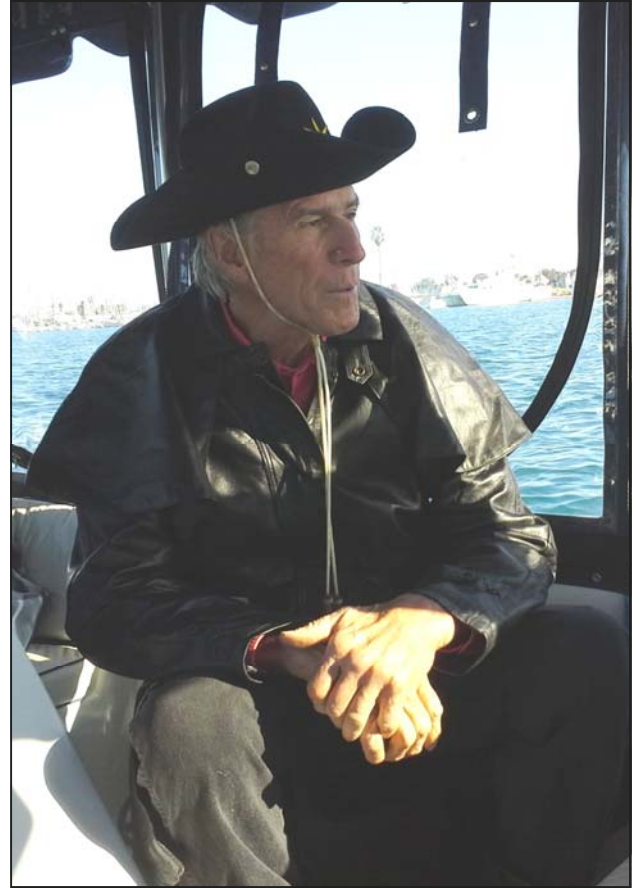
Cruising season is around the corner and it is time to get your boats ready. Remember those chores and maintenance items that we all said we would get to? Let's have a fun season!

Need more information?
Contact Cindy Arosteguy.



Commodore's Cruise - Jan. 3rd
Blessing of the Fleet





Commodore Cruise - Jan. 3rd
Blessing of the Fleet





Message From First Mate Pam Nast

Greetings CIYC Members and Channel Islanders,

Last night (1/15/2015) was our Islanders Change of Watch dinner. The menu was great and the company wonderful. Our past First Mate Vera Cline started the official portion of the evening by introducing her husband, Bill, who led us in the Pledge of Allegiance to the Flag, followed by 2014 acknowledgements and passing the gavel - this, after spending all day cooking! She is a marvel. Many thanks to kitchen crew Vera (of course), Karen Farrell, Olga Siefke-Falzone, Elyse Gonnello, Eleanor Hovaten, Linda McCulley, and Jim McCulley for taking photos of the event!

If you have not yet filled out your Islanders membership application form for 2015, please do so and return it to CIYC attention Linda McCulley. If you did not receive a copy ... please give me a call and I will be sure to send one via conventional or E-mail. I am anxious to know what committees and events interest our members. All CIYC members are encouraged to join The Channel Islanders.

As promised, we will be planning luncheons and outings for our members. Primrose Excursions provide our first two suggestions for bus trips:

HOLLYWOOD COSTUME EXHIBIT on February 12, 2015 from 9:30 a.m. – 6:30 p.m. Visit the historic Wilshire May Company Building, the future location of the Academy Museum of Motion Pictures. The exhibition brings together the world's most iconic costumes from the Golden Age of cinema to the present. After lunch on your own at the LA Farmer's Market, a trip to the Fashion Institute of Design and Merchandising to view the exhibit of this year's Oscar nominated costumes. Trip includes admissions and escorted transportation but not lunch. \$55.00.

SANTA BARBARA CULINARY SCHOOL on March 12, 2015 from 10:30 a.m. – 4:30 p.m. Enjoy a gourmet luncheon at the Santa Barbara City College Culinary School before the bus drops us off at Paseo Nuevo on State Street for shopping and exploring ... Trip includes lunch and escorted transportation. \$45.00.

If you are interested in either of the above noted excursions, please contact Olga or Primrose Excursions directly at (805) 535-5170 or www.primroseexcursions.com. We do want to know if you are interested in this type of day trip ... so please let us know.

Again, I am looking forward to a fabulous year for The Channel Islanders and CIYC ... please help us make it so. Mark your calendars for our February 19th meeting ... 5:30 p.m. at the club.

Pam Nast
First Mate, 2015





Message From Fleet Surgeon James “Jim” Lee

FACTS ABOUT MRSA

MRSA or Methicillin-resistant *Staphylococcus aureus* is a type of bacteria that is resistant or even immune to many types of antibiotics. Over time, it appears that it seems to grow more resistance to more types of antibiotics. This is possibly due to the bacteria learning to resist these drugs when the antibiotics are prescribed for viral infections such as colds or the flu. Not to scare anyone, but it is known that MRSA is also a common contaminate in meat.

Health Care Associated MRSA has been a long standing problem since early 1960. HA-MRSA is the leading cause of nosocomial pneumonia (acquired or occurred while in a hospital setting), surgical wound infection, and bloodstream infection. Nursing homes and hospitals have traditionally been the favorite breeding grounds for this disease. This would be due to improper preventative measures by health care workers and visitors to the patient's room. The bugs can be picked up on playgrounds, in gyms, and in meeting rooms, carried on anything from a shared towel to a poorly laundered necktie. The segment of the population more at risk for CA-MRSA (community acquired) are athletes, inmates, military recruits, Pacific Islanders, Alaskan Natives, and IV drug users. In addition, people who are HIV positive are more likely to develop CA-MRSA.

However, it has been noted that children and adults can develop CA-MRSA without any known risk factors.

One very important thing to know about MRSA is how to control it and prevent the spreading. The first thing to do is make sure everything and everyone who may come in contact with the infection are informed, especially in a health care facility. Also, make sure that you, or the person who is infected remains sterile, and that they practice very good hygiene. But the biggest thing here is to allow yourself or the patient to become a “germaphobe”. This can be unhealthy to those who are not infected, should it get out of hand, but there is no such thing as too much caution in the event of a MRSA infection.

In brief MRSA, both CA-MRSA and HA-MRSA, are menacing infectious bugs that are becoming epidemic. Through education about the disease, one can become more familiar to the clinical manifestations this disease presents.

References

Cole, W. & Cray, D. (2006). Surviving the New Killer Bug TIME Magazine. Retrieved January 3, 2015 from <http://www.time.com/time/magazine/printout/0,8816,1205364,00.html>

MRSA : MedlinePlus Medical Encyclopedia (U.S National Library of Medicine). Retrieved January 3, 2015 from <http://www.nlm.nih.gov/medlineplus/ency/article/007261.htm>

Anglers' Corner - February 2015

By Frank Sullivan



Fishing Report:

Bob Nast caught a 60 lb. White Sea Bass while fishing on Gary Johnson's boat *Joy Sea* of Malibu on December 28th 2014. It will be the big fish for December and counted in the 2015 Big Fish of the Year because the 2014 awards are given in early December.

On January 9th Gary was down the line again and caught this nice 27.8 lb. Yellow Tail in the same area and will be a likely January Big Fish Winner.

WSB grow-out pen update:

The 8000 WSB in the pens are doing great, with only a handful of mortalities so far. We had to make some repairs to the Bird Deterrent system.

We have a couple of new Fish Daddies trained to fill in when the regulars are not available.

Upcoming events:

March 7 th	Anglers' Lobster Dinner
May 17 th	Ladies' Fishing Tournament
June 7 th	Men's Fishing Tournament
September 11 th	Channel Islands Bill Fish Tourney Kick-off Dinner
September 12 th to 16 th	Channel Islands Bill Fish Tournament
September 18 th	Channel Islands Bill Fish Tourney Awards Dinner
November 21 nd	Anglers' Awards Scampi Dinner

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.





Bob Nast caught a 60 lb. White Sea Bass on December 28th.

Counted in the
2015 Big Fish of the Year



On January 9th Gary caught this
nice 27.8 lb. Yellow Tail.



Zoarges



Valkyrie



Maverick

Commodore Cruise - Jan. 3rd
Blessing of the Fleet



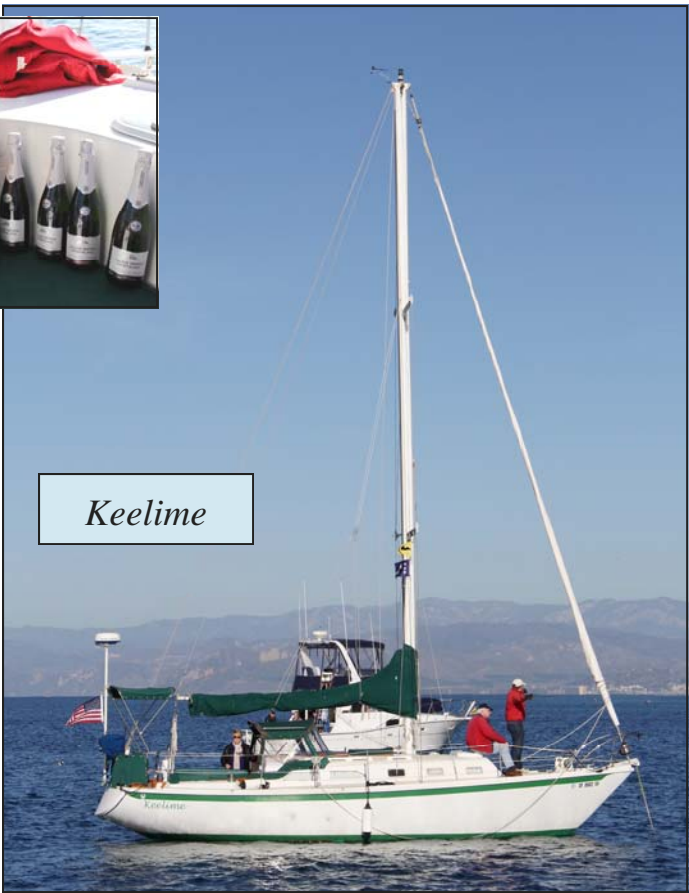
Fus'ee



Magic



Sundancer



Keelime



Time Out

Commodore Cruise - Jan. 3rd
Blessing of the Fleet





Commodore Cruise - Jan. 3rd
Blessing of the Fleet



What's new in Alzheimer's Disease Research?

In Alzheimer's disease complex protein plaques (called beta-amyloid plaques) aggregate and accumulate in the brain causing a loss of neurons. This results in symptoms such as memory loss, confusion, etc. Until now it was unclear what causes the beta-amyloid plaques to form.

One in 9 Americans over 65 years of age has Alzheimer's, increasing to one in 3 over the age of 85, and it is more common in women. The disease is the sixth leading cause of death. Besides tragic human costs to the affected and their families, the financial cost to the country is over \$200 billion annually.

Enter the microglia: These are brain cells whose function is to remove and digest bad stuff in the brain such as bacteria, dead brain cells, and protein deposits. Microglial cells make up about 10-15% of all brain cells. When these cells discover trouble, they send out chemicals to summon other microglial cells to help get rid of the offending agents. Microglia function well when we are young and stupid. They use an enzyme to digest the bad stuff.

What Stanford researchers recently discovered is that as we age, EP2, a protein, prevents microglial enzymes from working, and the microglial cell to function properly. Thus, amyloid-beta plaques are not removed.

But even more interesting is that the protein EP2 can be blocked and microglial function restored back to normal. Admittedly, it is true that this was done in Alzheimer's mice models. But memory loss and other symptoms associated with Alzheimer's disease **were reversed**.

The other interesting research involves **curcumin**, found in turmeric, a spice many of us commonly use. It is already known that curcumin can enter the brain, and bind and destroy beta-amyloid plaques. Just how to get it in there more efficiently has eluded scientists.

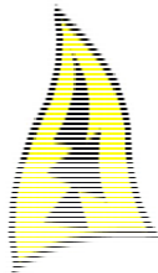
The Japanese have just developed an aerosol method of administering a molecule similar to curcumin by inhalation, to deliver the drug to the brain more effectively.

Also, there is vitamin D3. Many patients with Alzheimer's disease have low serum levels of this vitamin.

How long will it take to move from laboratory to clinical trials? Probably one to two years. There is hope for eradicating this disease forever.

Zoran

Thanks to Erika for editing.

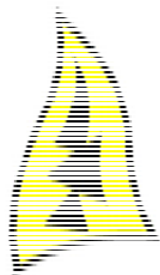


February 2015

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 Dinner
8 1-4pm OPEN House	9	10 6:30 pm DAV planning meeting	11 2pm Bridge group 4:30 pm Islanders Board	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 5:30pm Islanders Membership Meeting	20 5-7pm Happy hour	21 8am Skippers meeting SCYA Midwinters Race Dinning Room Rented
22 8am Skippers meeting SCYA Midwinters Race Oscar night 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





March 2015

Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Wed Night Fun night Dinner 6:30 Bingo 7:00	5	6 5-7pm Happy hour 7PM British Brass Concert	7 7pm Anglers Lobster dinner
8 Daylight Savings	9	10	11 Wet Wed Begin 4:30 pm Islanders Board 2pm Bridge group Wed Night Fun night Dinner 6:30 Bingo 7:00	12 6:30pm CIWSA Meeting	13 5-7pm Happy hour Birthday Bash	14 7pm SOCIAL /Dinner
15 Currents Article Due	16	17 St. Patrick's Day 6:30pm CIYC board meeting	18 Wed Night Fun night Dinner 6:30 Bingo 7:00	19 6pm Islanders Anniversary Dinner	20 5-7pm Happy hour 7pm General Meeting	21 7pm Epicureans Dinner
22	23	24	25 2pm Bridge group Wed Night Fun night Dinner 6:30 Bingo 7:00	26	27 5-7pm Happy hour	28 shipshape Variety Show
29	30	31 Cesar Chavez Day	<div> Bar Hours Sunday 3pm to close, Closed Mon & Tue, except special events Wednesday-Thursday 5pm to close Fri & Sat 4pm to close </div>			



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



CIYC
EXCURSION
Thursday
February 12, 2015
9:30am – 6:30 pm

HOLLYWOOD COSTUME

OCTOBER 2, 2014 - MARCH 2, 2015



HOLLYWOOD COSTUME EXHIBIT

See the exhibit at the historic Wilshire May Company Building, the future location of the Academy Museum of Motion Pictures. The exhibition brings together the world's most iconic costumes from the Golden Age of cinema to the present.

Enjoy lunch* at the LA Farmer's Market.

Enter the Fashion Institute of Design and Merchandising to view the exhibit of this year's Oscar nominated costumes.

\$55.00 fee includes:

admissions and
transportation
*Lunch cost is not
included

RSVP Pam Nast
campnast@hotmail.com

COSTUMES FROM THE
GOLDEN AGE OF

Hollywood

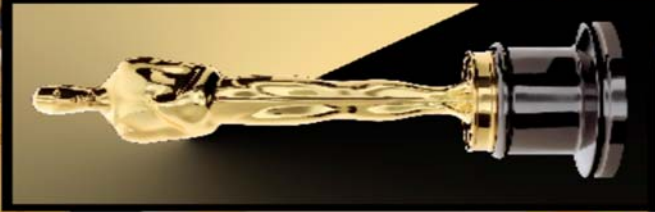


Valentine's Day Social
Saturday, February 14th, 2015

Leap of Faith

You are invited to a commitment or re-commitment ceremony during our Valentine's Day Social. "It is not a legal ceremony" but a fun and romantic way to show your loved one how much you care. If you are interested in being a part of this ceremony, please sign up in the dinner book and check the box that signifies you want to participate. All club members are invited to share in this event.

Music provided by Susan Rey
Dinner to be announced
\$20.00 per person

Oscar Night at CIVC

Sunday, February 22, 2015
4 o'clock

The Oscars will be broadcast live from
Hollywood's Dolby Theatre

Complimentary champagne and
ballots (to vote for your favorites) provided

Please bring an appetizer to share

Don Dickey
[805-312-2101](tel:805-312-2101)



Change of Watch Dinner
Saturday, January 10th



**Variety Show
2015**

**CIYC
goes to**

**THE
WILD
WEST**

Put on yur best western
duds and join the
hootin' and a hollerin'!
Saturday, March 28th
6:30pm
Vittles & Libations
7:30pm
Show time!

We got...
The CIYC Band
a pickin' & a grinnin'
gunslingers & cowpokes,
mighty fine singers
comedy, guitar playin'
dancin' girls and more...



Change of Watch Dinner
Saturday, January 10th



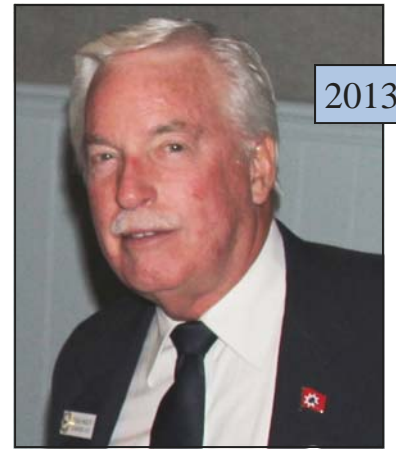


2014



2005

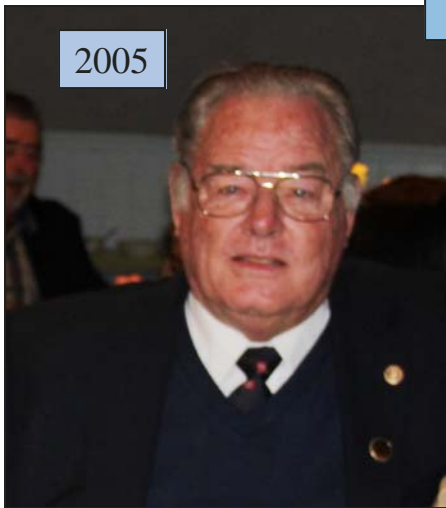
International Oder
Blue Gavel
Members



2013



1994



2005



2008



2003



1995



1977



2012





Change of Watch Dinner
Saturday, January 10th





Change of Watch Dinner
Saturday, January 10th





Change of Watch Dinner
Saturday, January 10th



Birthday Bash - "Friday, February 13th"

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



This year Connie Calo is going to do the Birthday Bash.

FEBRUARY Birthday Celebrations are: *Michelle Dilldine,*

Paul Morgan, Josie Renner, Dennis Van Daalwyk, Bob Heatherly,

Howard Smuckler, Rose Hazeltine, Aleta Palmer, Diane Paulin,

Duane Wherland, Shelly Ward, Donna McKendry, and Mary Howard .



FEBRUARY Anniversaries are: *Bill and Sandy Crocket, Weldon
and Yvonne Farris, Sherry and Bob Brisbane, Jennifer and George
Olcovich, Duane Wherland and Lori Robinson,
Frank and Sharon Sullivan, Michael and Karen Farrell.*

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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.

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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 March 2015 Issue

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