



DECEMBER 2015 | VOLUME 55 ~ ISSUE 12

Commodore: Dave Wardlow
Editor: Liz Campbell
Asst: Frank & Sharon Sullivan
Asst: Pat Korecky

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

published monthly

Currents



**John Larson
Memorial**
SCYA - CIYC
October 24th



Message From The Commodore Dave Wardlow



I would like to thank Karen Farrell and crew for the fabulous dinner they prepared for our Annual Awards dinner. I appreciated all of those who attended. A Big “thank you” to all who were recognized for their support and service to our yacht club. This makes the Channel Islands Yacht Club the special place it is.

You will be receiving your membership application for 2016 soon. You will see two small boxes toward the bottom marked Anglers and RBOC. RBOC is a non-profit government advocate organization that looks at all legislation governing or being created to govern all recreational boating and water ways . Their money mainly comes from donations from members of yacht clubs and boating and fishing organizations. The ten dollar donation helps protect your rights by supporting this group, so please donate. The Angler box is our own fishing group so please join in the fun.

The first order of business this year was finding out why we were not getting any response about our lease extension. I felt like I was in the movie "The Christmas Carol." I was being visited by the ghost of the past, the present and the future of the Channel Islands Yacht Club. It soon became apparent that we had a problem. When I presented the catch up fees of \$41,200.00 to the Board, the new members were shocked by the news. We were able to come to an agreement with Vintage Marina and then secured our 10-year lease option.

Once receiving a signed original of the lease, a special meeting was called. On May 8th the purchase, installation and funding for the chair lift was approved by the membership. After that process was in motion and we were on schedule to meet the completion date , it felt pretty good to be the Commodore.

Now having a clearer picture for the future, the rest of the year should be a breeze. Anchors up full-speed ahead. With that thought in mind, I remembered sailing in the Caribbean back in the Spring of 1998. It was a perfect day. We were heading in to Punta Gorda, when all of a sudden I heard the guy at the bow yell "boulder ahead!" There was no time to change course so we hit the boulder with our keel. It seemed as if we had come to a complete stop. Luckily that did not happen. There was damage to the keel, but we did not take on water.

Dave Wardlow
Commodore 2015





Message From The Vice-Commodore Vidar Bech



It is with optimism and gratitude I am writing this article. I would like you all to know that it has been a challenging year; and with so many of you stepping up and helping, we managed to get through it. All of you and your crews that did Socials, Saturday and Wednesday night dinners and the ones that showed up for Ship Shape to make our Club house function and also look good:

THANK YOU SO MUCH!

Now that you have put your trust in me to be your Commodore for 2016, I still need all of you to help me. I will do everything I can to keep our Club on an even keel and do my best to make sure we all pull in the same direction. With teamwork and support from newly elected VC Shelly Burger, RC Penny Lipp, new experienced Treasurer Clark Owens and a refreshed Board of Directors, we will make sure our Club prospers. I know there will be challenging problems along the way; but with all our experiences, we will find solutions.

Back to some VC duties.

Again a Big Bow to **Karen Farrell** and her crew for a fantastic Awards Dinner. It was a great turnout and a really nice evening. Hope that **Eleanor Hovaten's** Big Fat Greek Dinner and **Gary Johnson's** Anglers Award Scampi dinner had a great turnout too. Those are really special dinners and the cooks deserve to be applauded for their hard work.

Wednesday night cooks in November:

4th, **Diane Sherlock**

11th, Veterans Day, **Shelly & Nancy Burger and Don Dickey**

18th, **Kitty Brown** with the Bridge Club

25th, no dinner.

Thursday 26th, Thanksgiving Potluck, **Jerry Wood, and Bob and Marylou Taylor.**

Tusen Takk (thousand thanks)

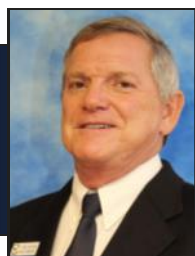
I also would like to give some special **THANKS** to **Frank Sullivan** who gives all of us support and guidance. What would we do without him!

Now, I would like all of you to come and celebrate **NEW YEARS EVE** with me at the **CLUB** and make it a fun start for the New Year. Skål - Prost – Salute – Slainte – Kampai - Na Zdravi - Okole Maluna - L'Chaim - À Votre Santé – Kippies – CHEERS! (Just practicing)

With this last article as your Vice Commodore, I wish you all a Merry Christmas, Happy Holidays and to all of us a Great and Healthy New Year.

Vidar





Message From The Rear-Commodore Jim Lovins



Here it is December and another year is about to come to an end. There are many activities planned this month and I hope you take advantage of our Club and all it has to offer. I know many members will be working hard to bring holiday warmth, love and spirit to CIYC. The Parade of Lights crew will be aiming for a sweep for the second year in a row. I have enjoyed being Rear Commodore and appreciate everyone that helped me throughout the year. I encourage you to volunteer and help your new Rear Commodore, Penny Lipp. She is a great member and a very good friend. Wishing you a safe and happy holiday.

Racing Results:

John Larson Memorial SCYA – CIYC 24 October 2015

Boat Name	Skipper	Sail #	PHRF Rating	Course Length	Handicap	Start Time	Finish Time	Place
FUSEE	Harry Krum	76454	108	13.1	0:23:34	12:13:32	14:17:14	1
ZOARCES	Shelly Johnson	56320	150	13.1	0:32:45	12:04:22	14:18:06	2
SEA VENTURE	Scott Worman	N/A	170	13.1	0:37:07	12:00:00	14:20:07	3
WAI'LANI	Jane Thomas	67323	126	13.1	0:27:30	12:09:27	12:21:25	4

Sailing News:

December		Race/Event	Club
5 - 6	Saturday/Sunday	Holiday Regatta PHRF	SBYC
6	Sunday	TGIS Winter Series #1	AYC/PCYC
12 - 13	Friday/Saturday	Ventura & Channel Islands Parade of Lights	
25	Friday	Christmas Day	
31	Thursday	New Years Eve	

It is impossible to thank all of the members that have helped me during my term as Rear Commodore. There aren't enough pages in the Currents to list the numerous people that have assisted me throughout the year. Additionally, all of the other Bridge Officers and Directors have made the seas at CIYC easier for all to navigate.

Jim Lovins

Rear Commodore 2015



**John Larson
Memorial
SCYA - CIYC
October 24th**



Anglers' Corner - December 2015

By Frank Sullivan



What a great end to a fabulous fishing season! The CIYC Annual Anglers' awards scampi dinner was a sellout with over 114 members and friends in attendance. **Sharon Sullivan, May Ann Moore, Marnie Bech, Erika Barbaric, Diane Sherlock, Sherie Ireland, Shana Whitmore, Bob and Marylou Taylor, Annie Landry and Les Hardwick**, had the big task of setting up the room. The food prepared by **Gary and Joyce Johnson, Sheldon Berger, Elyse Gonnello, Don and Denise Dickey and Willy Cline**, was outstanding; everyone I talked to raved about it. Thank you **Shana Whitmore, Erika Barbaric, and Lana Lynch** for selling the Raffle Tickets. And thanks to **Cecily, Lana, Gary Johnson, and Dave Wardlow** for helping to get items for the Raffle.. Sorry if I missed anyone! The dinner and raffle is a fund raiser for the Anglers' Club and the funds are used for the WSB Grow-out pens and other projects around the Club.

Bob Nast got the Big Fish of the Year Trophy plus a \$100 check for catching a 60 lbs. White Sea Bass. The Men's Fishing Tourney Trophy went to **Bob Waldo**, he caught a 24 lbs, Yellow Tail. **Cecily McClelland** won the Ladies Tourney Trophy with a 6.9 lbs. Sheephead. Then **she** was presented with the very well earned "Sportsman of the Year" Award. **Cecily** worked tirelessly on the WSB Grow-out pens, as well as donating her tips while working at the Dinghy Parties to help the fund pens.

WSB Pen Update: Once again our Grow-out pens were recognized by SeaWorld Research Institute for being the highest-producing Volunteer-run facility on the statewide system. We now have a small contingent of a little under 4000 fish to hold over the winter. Earlier this year we released 7,600 fish in May and over 22,500 fish were released in October.

Anglers' Club Info: Anglers' dues of \$10 for the 2016 fishing season are due January 1st 2016. Please send in your Angler's dues with your regular club dues billing. If you forget and sent the CIYC dues in without the anglers' dues, you can provide a SEPARATE check made out to "Channel Islands Yacht Club, Anglers" and 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 2015 and doesn't reopen until March 1st 2016! These species may only be taken or possessed in waters **less than 360 ft. (60 FM)) deep**. The daily bag and possession limit is 10 fish in combination of all species within the RCG Complex. There are exceptions so check here; <https://www.wildlife.ca.gov/Fishing/Ocean/Regulations/Groundfish-Summary#south> to get the most current regulations!

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. Marlin, 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 located. All you have to do is weigh the fish in with a CIYC club member or bartender as witness and record the weight, or weigh in at the certified scale at CISCO's Sportfishing. Put the record in the Anglers mail box in the hall down stairs. If you like, call me on my Cell 805-205-4073; I will witness your catch and take a photo for the Currents. You may also email the photos and details to me.

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** may be a tournament fish other than marlin, sharks or rays **and does not** have to have been a big fish of the month winner.





Peeling Shrimp



Cooking Crew



Peeled Shrimp



Full House





Calling the winners



Swag Table



Cecily - Ladies Tourney Trophy



Cecily - Sportsman of the Year Trophy



Is it my number?

Anglers' Awards &
Scampi Dinner
November 21st



Message From First Mate **Pam Nast**



Hello Channel Islanders and all CIYC Members,

Well ... here we are December 2015. And, just as every other First Mate has stated ... I cannot believe a year has passed! This will be my last article for The Currents. We have had a year of successes and a few disappointments. Kudos to all the wonderful Islanders who have made this year so enjoyable ... particularly the Islanders Board ... Vera Cline, Eleanor Hovaten, Linda McCulley, Mary Ann Moore and Olga Siefke ... and, Past First Mate Joyce Sheridan without whom many events could have unraveled. AND! The ever-fabulous Deborah Tyhurst who outdid herself on opening day ... She has the knack and the vision to decorate beyond any of our expectations.

Next years membership ... headed by our 2016 First Mate Karen Farrell ... is sure to provide fabulous events. SO! **Do Not** forget to fill out your 2016 Membership forms and pay your dues! We want and need a very active membership!!!

Meanwhile ... to quote the Sierra Club: "As the end of the year nears, we stand on a grand vista, with the past receding behind us, and a future full of challenges waiting ahead."

Challenges ... not the least of which will be the unusually devastating, El Nino forecasted for this winter. Global warming ... impacted so negatively by dirty energy industries (such as mining, coal, timber, oil & gas), inadequate funding for the EPA, draught, Fracking, pesticides and, other chemicals poisoning our water adding to the impact of an El Nino. So, I sincerely hope that you are all prepared for the challenges ahead. This will be a volatile time.

We can hope, pray and keep our fingers crossed but ... If you live near the beach or any low lying area ... be sure to pick up sand bags from your local city or county agencies or your neighborhood fire station. The station on Peninsula will give you filled bags for free! We have ours ... so Bob and I are ready to secure our garage doors and other exterior doors. Are you prepared? Do you have flood insurance?

Happy Holidays to all!

Sincerely,

Pam Nast

First Mate 2015





Message From Fleet Surgeon James "Jim" Lee

Easy Household Help

Nausea

Try frozen ginger chips. First, boil ginger in hot water, strain, the liquid and then freeze in ice cube trays. Crush the cubes and suck the icy chips throughout the day to provide your stomach with a steady coating. Ginger's anti-nausea properties are particularly effective during after-surgery.

Hiccups

Swallow 1 to 2 teaspoons of sugar. The dry granules stimulate and reset the irritated nerve that is causing the spasms of the diaphragm.

(I learned this trick from a Drill Instructor at basic training.)

Sore throat

Gargle twice daily with a solution of six pressed garlic cloves mixed into a glass of warm (not hot) water. Do this for three days. The warm liquid soothes inflamed tissue.

Coughing

Indulge in a square or two of dark chocolate. Researchers found that chocolate's bromine compound is more effective than codeine at suppressing persistent coughs without the side effects of drowsiness and constipation.

Fevers

Sip linden flower tea. This helps dilate blood vessels and induces sweating. Steep 1 tablespoon of dried herb (available in health food stores) in a cup of hot water for 15 minutes, then sip. Drink three to four cups a day. If you still run hot after a day of sipping tea, seek medical attention.

Common cold

Sip a hot toddy. Cut a lemon in half and squeeze the juice from one half into a cup. Vitamin C taken before the onset has been known to shorten a cold's duration and severity. Drop the lemon half shell into the cup. Add boiling water and a teaspoon of organic raw honey, an immunity booster that also coats painful throat tissues. Breathe in the healing vapor to open sinuses, and sip a cupful two or three times daily to fight the bug. (To make a traditional hot toddy, add a half shot of brandy.)

Headaches

Try relaxing with magnesium (200 to 400 mg) to reduce the muscle tension and spasms that can cause your noggin to throb. But not any type will do. Make sure the supplement contains at least 200 mg of active elemental magnesium. Those with kidney problems should consult a health care practitioner before taking magnesium.

This article is meant for informational purposes only. Always consult with your physician before making any changes to your medical or dietary regimens.



FROM THE LINEN CLOSET.....

It's that time of year again, and I want to take a minute of your time to thank all of you who have helped set tables on Saturday mornings. **Erika**, my right hand lady, once again you take the lead when I'm gone, can't do without you! **Marnie and Mary Ann** (also **Les** when he's in town); your guys are steadfast. I couldn't do without you, either. To all of those who show up occasionally, **Beverly, Annie, Sherie, Pam, Johanne, Shirley, Mary N., Mary Lou, Mary Alice, Shelly J., Eleanor, Elyse, Elese, Karen F., Kathy M., Melodie, Bob T., Bob W., Graham, John R.** the list goes on (I apologize if I have forgotten you)! I could not do this year after year without the help of all of you. And, to my husband, ALWAYS there to move those chairs.....Thank you!!

I will continue to do this next year (unless someone REALLY has a strong desire to take it over!). I am always open for decorating ideas. If you are cooking, remember, if you call or e-mail me early (by Monday morning) and let me know what colors you would like to see the tables set in, I will order those colors. If not, my choice!!

For those of you who have not had the "fun-filled pleasure" of setting tables for Saturday dinners, come and join us! You will always know when we will be there- just look for that e-mail on Friday. The more folks that are there, the faster we finish. Remember, we are a self-help club, and this may be the easiest 15-45 minutes you could spend helping at the club.

I hope everyone has a wonderful holiday and may your Christmas be merry!!

Sharon Sullivan
Saturday Night Decorations and Place Settings





**Come and Enjoy your Club
this Holiday Season!!**



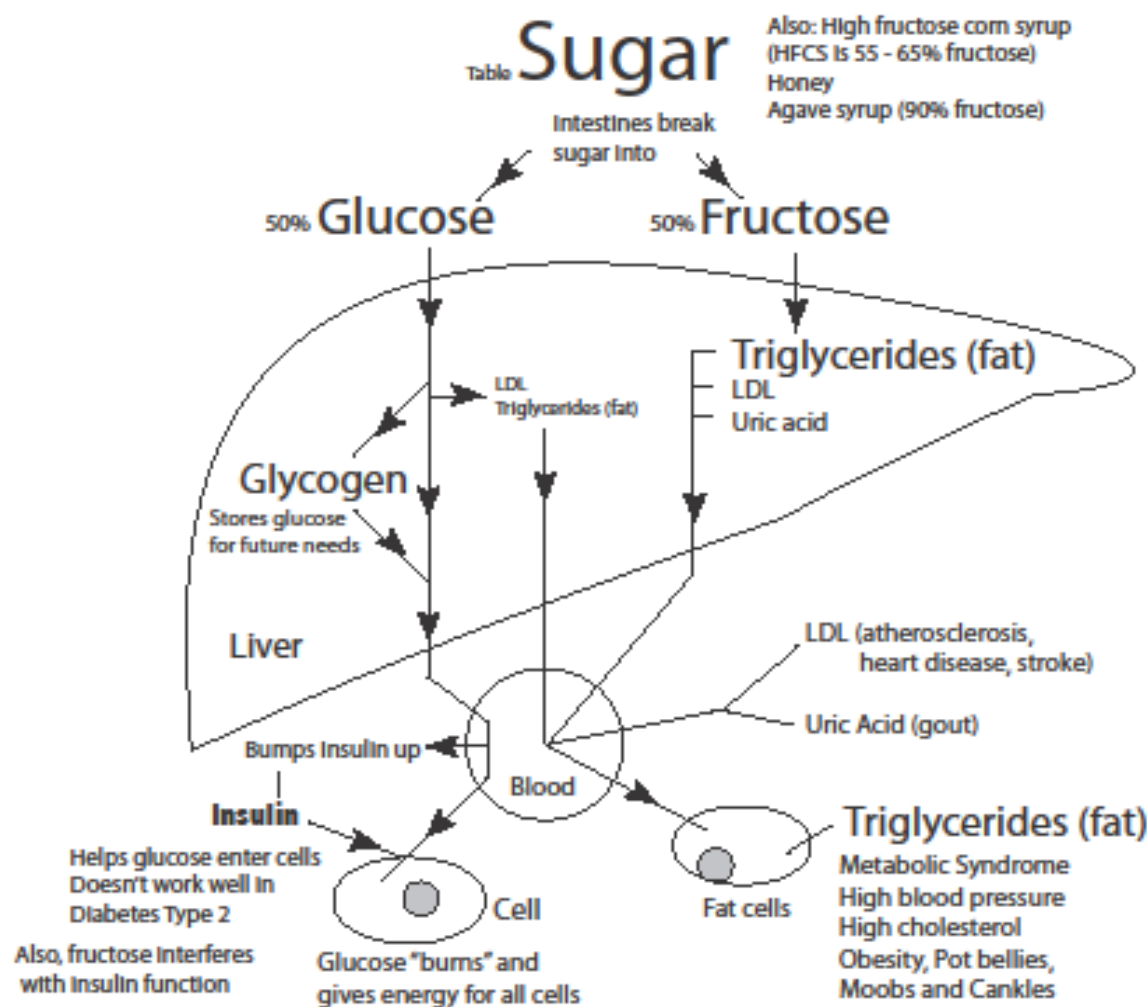
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Doc Lines

Sugar for Dummies

Education is unlikely to cure addiction. For example, smoking declined not because of education, but because non-smokers introduced legislation against second-hand smoke. Sugar is highly addictive, but I haven't given up on education yet. Below is a simplified diagram showing what happens when one ingests sugar. In it there is one deliberate mistake. The club member who discovers the mistake and is the first one to e-mail me the correction, will get a \$50 gift certificate.



The average American consumes about 160g of sugar daily! That amounts to 130 lbs per year. Half of it turns into fat and other bad things. Fructose is not used by body cells for energy. It turns into fat. And frequent large bumps in insulin lead to Diabetes Type 2. There is probably nothing more important to your health than keeping insulin low and under control. Get your carbs from vegetables and fruit. By the way, did you know the US federal government subsidizes sugar producers to protect their profits from imports? Up to \$1.7 billion in 2013. Sweet, huh?

Zoran

Thanks to Erika for editing.



December 2015

Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Bar Hours Sunday 3pm to close Closed Mon. & Tues. except special events Wed. Thurs. & Fri. 5pm to close. Sat 4pm to close</p>		1 Decorate Club	2 Wed. Night Fun night Dinner 6:30 Bingo 7:00	3	4 5-7pm Happy hour Islanders Tree lighting buffet	5 Setup for Brunch
	6 11am Islanders Jingle bell brunch	8	9 4:30 pm Islanders Board 2pm Bridge group Wed. Night Fun night Dinner 6:30 Bingo 7:00	10 6:30pm Movie Night	11 5-7pm Happy hour CB Dinner	12 6pm Parade of Lights buffet
13	14 Hanukkah ends	15 Currents Article Due 7 PM British Brass Concert CIYC Final BOD Meeting	16 Wed. Night Fun night Dinner 6:30 Bingo 7:00	17 Room Rental Maritime Museum	18 5-7pm Happy hour Birthday Bash	19 CG Dinner
20	21	22	23 2pm Bridge group Wed. Night Fun night Dinner 6:30 Bingo 7:00	24 Christmas eve Club Closed	25 Christmas 3pm Potluck	26 NO DINNER
27 Un-decorate the Club	28 Un-decorate the Club	29 Decorate club for NY	30 Decorate club for NY	31 New Year's Eve Dinner / Party		





January 2016

Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 9am Un-decorate Dining Room/Bar	4	5 6pm Beefeater Bonding	6 6:30 pm Wed .Dinner	7 6:30pm Movie Night	8 5-7pm Happy Hours Birthday Bash	9 7pm CITC Change of Watch Dinner
10 10am Cruising kick off meeting/party	11	12	13 2pm Bridge group 6:30 pm Wed .Dinner	14 CIWISA meeting	15 Currents Article Due 5-7pm Happy Hours Betty Volpi -Moore Memorial	16 12-2pm Power Squadron Annual Meeting 7pm Beekeepers Dinner
17 Race Management Seminar	18 MLK Day	19 6:30pm CITC board meeting Budget proposed	20 6:30 pm Wed .Night Dinner / Game night	21 6pm Islanders C.O.W.	22 5-7pm Happy Hours 7pm General meeting Budget presented	23 9am Shipshape 7pm Epicurean dinner
24	25	26	27 2pm Bridge group 6:30 pm Wed .Dinner	28 6:30pm Staying Shipshape Seminar	29 5-7pm Happy Hours TGIF Fish fry	30 Room rental OHS PTSA Bunco
31					<div> Bar Hours Sunday 3pm to close, Closed Mon. & Tues. except special events Wed. Thurs.& Fri. 5pm to close, Sat 4pm to close </div>	

As of 11-19-15



Ventura British Brass

A HOLIDAY Concert

Channel Islands Yacht Club

Tuesday, December 15, 2015

Bar opens at 5:00pm/Performance is from 7-9pm

**Ventura British Brass will perform Unique Brass Arrangements of
Classic Holiday Songs in a beautiful setting at CIYC**

**If you wish to eat, please bring a potluck snack,
hors d'oeuvres or dessert to share**

**Gary Engels Musical Director and Principal Conductor
Julie Judd Associate Conductor and Cornet**





***JOIN US UNDER THE HARBOR LIGHTS
FOR
CIYC NEW YEARS' EVE CELEBRATION!
DINE, DANCE & PARTY TO SUSAN REY'S MUSIC***

COCKTAIL ATTIRE

7PM = HOLIDAY HORS D'OEUVRE BAR

8PM = DINNER

PLEASE CHOOSE:

PRIME RIB W/ PEPPERCORN SAUCE

CHICKEN PICCATA W/ WHITE WINE SAUCE

VEGETARIAN LASAGNA

Complimentary Midnight Champagne Toast & Favors

\$75.00 / PERSON

PAID TABLE RESERVATIONS DUE BY DECEMBER 21

Please Contact:

Mary Ann Moore or Sharon Sullivan





**John Larson
Memorial
SCYA - CIYC
October 24th**





**John Larson
Memorial
SCYA - CIYC
October 24th**





CIYC Club Awards Dinner
November 7th





CIYC Club Awards Dinner
November 7th





CIYC Club Awards Dinner
November 7th





CIYC Club Awards Dinner
November 7th



Birthday Bash - "December 18th by Connie Calo



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

December Birthday Celebrations for:

Pam Nast, Ronald Mahan, Yvonne Farris,
Sam Bradbury, Allan Gabel, Kim Morris, Tom McKnight, Miles Linman, Ed Whisman,
Eleanor Hovaten, Betty Larson, Mary Alice Waldo, Lois Boyd, LeeAnne Clark,
Robert Jordan, Bill Crocket, Bill Sandham, Alex Teague and Steve Nielsen.



December Anniversaries are:

Mickey and Jackie Biederman,
Rick and Deborah Tyhurst, Paul and Ruth Hatcher, and
Dennis and Debi Howarth.

Currents Liz Campbell
Editor (805) 816-1542
Assist. Editors Frank & Sharon Sullivan
(805) 205-4073
& Pat Korecky
(805) 551-8777
Photos Bonnie Chaney
Mailing Liz Campbell
Advertising Lana Lynch
lanalynch5180@gmail.com

Name	CIYC.com
CIYC Office	office@ciyc.com
CIYC Commodore	commodore@ciyc.com
CIYC Vice Commodore	vicecommodore@ciyc.com
CIYC Rear Commodore	rearcommodore@ciyc.com
CIYC Membership	membership@ciyc.com
CIYC Currents Editor	currents@ciyc.com
CIYC Port Captain	portcaptain@ciyc.com
CIYC Dinner Reservations	reservations@ciyc.com

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!

Currents Advertising

Ad Size	Dimensions High x Wide	Inside Pages 6 months	Inside Back	1 year -20%
Biz Card	2.0"x 3.5"	\$108/6mo.		\$172.80/yr.
1/4 page	4.5"x 3.5"	\$168/6mo.		\$268.80/yr.
1/2 page	4.25"x 7"	\$288/6mo.		\$460.80/yr.
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Volume 55 - No. 12

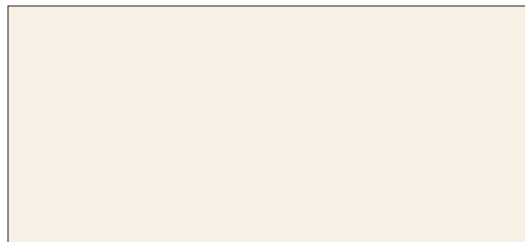
Currents is published monthly by the
Channel Islands Yacht Club,
4100 Harbor Blvd., Oxnard, CA 93035.

DEADLINE NOTICE:

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

Next deadline: December 15, 2015

for the January 2016 Issue



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