

AUGUST 2015 | VOLUME 55 ~ ISSUE 08

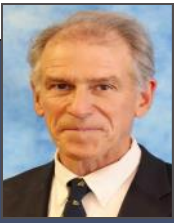
Commodore: Dave Wardlow
Editor: Liz Campbell
Asst: Frank & Sharon Sullivan
Asst: Pat Korecky

CIYC is located at Lat. 34° 09' 48.9" N; Long. 119° 13' 35.6" W
4100 Harbor Blvd.. Oxnard. CA 93035.

Channel Islands Yacht Club

Currents





Message From The Commodore Dave Wardlow



Over the wall

Well to be absolutely honest with you, I am tired. You have no idea how draining it can be just to get a permit for a self standing, plug in the wall unit. You have to be constantly on the alert to where it is and how fast it can be lost in the shuffle.

Obtaining a signature is a real task. When our unit arrived, our plans were approved; but our building permit was lost in the process. You could say the ink was still wet when I received it, as the lift was being lifted over the wall and in to the courtyard.

A big thank-you-to **Bill Lynch and his crew**. The **Vintage folks along with Dan Ward** were Johnny on the spot. Pit boss, **Cary Verstynen** was keeping a close eye on its placement. It took a few hours to build and put in place. **Dana Hamilton and crew** will do the finish work around it.

So a huge thank-you-to the crews and to those who donated to a much needed improvement to CIYC.

Should be done with no problem for our event.

Looking forward to the Calo Classic.

I think it is about time I had a chance to clean my boat and get the bottom painted.

Happy trails and pleasant cruising.
Dave



Building Permit





Message From
The Vice-Commodore
Vidar Bech



HAZEY LAZY DAYS OF SUMMER... NOT at our Club. We are as busy as ever. July 3rd, we celebrated **Jack Borkowski's** birthday and the club was filled with friends and members that wished him many more. **Bill Lynch** started up his Karaoke system and members sang along till after 10 pm that night, mostly on key, great fun.

The 4th, **Bill Lynch** set up his Barbeque and grilled his special marinated chicken legs. **Lana** arranged the side dishes, and with the dishes brought in, it was a festive night with fantastic fireworks, especially the final salvo. I say that every year; it is probably a memory thing.

July 10th, **Joyce Sheridan and Clark Owens** put on another great Fish Fry, **Sheldon Berger** reminded us about the **Special Chowder Fest** that **the Maritime Museum** is putting on August 8th, a worth-while program to support. **Connie Calo** did the Birthday Bash drawing and reminded us about the **Calo Challenge Golf Tournament** on August 7th. **Vera and Bill Cline** headed the Horse Racing after dinner. Good to see **Betty Larson** back in the saddle, **Go Betty Go**.

The memorial for **George Lucas** on July 12th was very touching and a tribute to his very interesting life. I don't think there were many dry eyes in the room when we played the video of him singing "I did it my way".

July 18th, the **Beefeaters** are back in action, **Keith Moore** and **Paul Palin** put on their first dinner: **New York, New York**.

July 26th, the BIG Event of the summer is the **Veteran's Sail Day** by **Bill Brayton** and helpers. I cannot report on it as I am writing this, but the planning is down to the details and the participation is tremendous. Good Luck Bill!!

In this writing moment, **Barbara Brauns** is in Boston with **Jack** at her side recuperating after giving a kidney to her son. Just got the word that the operations were successful. Our thoughts are with both of them and we are all looking forward to seeing them back at the club.

Our Handicap Elevator Lift was installed July 15th; and I hope by the time you read this, all of our members will be able to make it up to the club.

July Wednesday dinner Cooks:

Pam and Bob Nast started the month, **Cary Verstynen** followed and **Cary** is doing his second dinner of the month on the 22nd, Way to Go Cary. **Bob Ridenour** stepped up for the 15th on a very short notice, Thanks **Bob**. **Joyce Sheridan and Clark Owens** is rounding out the month on the 29th.

Joyce will put on a Dinner-Dance on the First of August, too. She can't be stopped. Big Thanks to all of you and your helpers.

Till next time,
Vidar, VC





Message From
The Rear-Commodore
Jim Lovins



Let's have a big cheer for the CIYC racers. The entries from the club were Ron Abbot (***Trouble Maker***) and Brent Swanson (***Velero***). The Finish:

Spin B – Ron Abbot CIYC/VSC ***Trouble Maker*** 1st place.

Non-spin – Brent Swanson CIYC ***Velero*** 1st place.

Brent and crew also were awarded the Tom Spurgin Memorial Trophy for non-spin with the lowest corrected time.

Speaking of racing, have any of the cruising folks ever thought about heading out for a Wet Wednesday? Years of racing practice are not required; however, knowledge of the rules of the road is strongly encouraged. Wet Wednesdays are an informal (kind of) **and** fun-minded midweek racing program. This is a great way to learn about some racing fundamentals in a low-key environment. You do not need to be first over the start or feel down because the sun is going down and you are still entering the harbor. After the race getting together at the sponsors club is a great way to meet other sailors who enjoy an evening on the water.

RAMS that need to get another club event checked off, the Bob Cooke Memorial is sponsored by CIYC. CIYC races are an opportunity to meet other sailors and make additional friends. Looking for help in the kitchen, meet and greet, after race meal or general help at the club. The race is Saturday August 22.

Sailing News:

- Aug. 1-2 CFJ Nationals (Race Day #2 & #3)
- Aug. 1 Wes Golemon Memorial (Anacapa #3)
- Aug. 1 Co-Ed Triple handed Race
- Aug. 2 John Larson Memorial
- Aug. 8-9 USODA (US Optimist Dingy Assoc.) West Coast Championship
- Aug. 8-9 Sir Thomas Lipton Star Regatta Race
- Aug. 15 Tri Point Ocean Race (Island Series # 3)
- Aug. 15-16 Wine & Roses Regatta/Multi Hull Regatta
- Aug. 19-22 Farr 40 No. American Championship
- Aug. 22 Bob Cooke Memorial (Double Handed)
- Aug. 23 TGIS Fall Series # 1
- Aug. 29 J/24 & PHRF Regatta # 3
- Aug. 29 Goleta Race & Picnic (PHRF/CHRF)



Anglers' Corner - August 2015

By Frank Sullivan



Fishing Report:

The Big fish of the month for June was Rico Loera's 3.6 lb. Rock Cod caught off of Gary and Joyce Johnson's boat *Joy Sea*. No July fish have been turned in as of the writing of this report.

WSB grow out pen update:

June 24th we began receiving Juvenile White Sea Bass to grow out in our pens in the harbor. The first load was delayed on the freeway by an accident and sat in the hot sun in one place for an hour and a half causing the water tanks to warm-up. The water temperature in the harbor here was only 63 degrees and it may have caused a problem because, of the 7200 fish delivered to pen #1 on that trip, we lost 248 the next day.

On **June 25th** the next delivery provided 2600 fish to pen #1 and 4400 fish to pen #2.

On **June 30th** we took delivery of another 6600 fish to pen #2 and cleaned out another 476 mortalities from pen#1 and 175 from Pen #2.

On **July 1st** we took delivery of 6780 fish to pen #3 and **July 8th** took delivery of another 5811 fish to Pen #3. Over the next week we had a significant die off of the fish delivered to pen #3 that we believe was the result of a problem at the Hatchery and in transport. We believe they identify the problem and the remaining fish are healthy.



Upcoming events:

September 11th	Channel Islands Bill Fish Tourney Kickoff Dinner
September 12th to 16th	Channel Islands Bill Fish Tournament
September 18th	Channel Islands Bill Fish Tourney Awards Dinner
November 21nd	Anglers' Awards Scampi Dinner



Message From First Mate Pam Nast

Dear Channel Islanders and all CIYC Members,



Did everyone have a fabulous Father's Day? I know all those who attended the Father's Day Eve Dinner at CIYC had a great time with fabulous food and a terrific floorshow! Many thanks to our fabulous cooking crew headed by Vera Cline and to the wonderful Barbara Brauns and company for the floorshow!

On **Sunday August 23rd at 11 a.m.** the Islanders will present a delicious **Pancake Breakfast** and we hope you will attend. Sign-up sheet is in the bar.

Last month I asked the CIYC membership to submit favorite recipes for a new CIYC Cookbook. So far, the response has been lackluster at best. We want this to be a successful venture and need your input. So, *PLEASE* submit your favorites to Eleanor Hovaten at Eleanor@engsrv.com or leave them in the Islanders In-Box near the office.

So, here we are in beautiful California right next to the Pacific Ocean ... how many of you have heard of the Pacific Ocean Blob? My wonderful husband Bob has been researching this phenomena and I think it should be of interest to all of us, especially the Anglers in our group. "The Blob" was first detected in the autumn of 2013 and the early months of 2014 by [Nicholas Bond](#) of the [Joint Institute for the Study of the Atmosphere and Ocean](#) of the [University of Washington](#).

According to Wikipedia ... "**The Blob** is a large mass of warm water in the Pacific Ocean off the coast of North America. It was first detected in late 2013 and is expected to continue throughout 2015. It is an anomaly in ocean conditions and is considered to have a role in the formation of the unusual [weather](#) conditions felt in the Pacific Coast. The warm waters of the Blob are nutrient poor and have adversely affected marine life." You can check this out via the link shown here: ([https://en.wikipedia.org/wiki/The_Blob_\(Pacific_Ocean\)\)](https://en.wikipedia.org/wiki/The_Blob_(Pacific_Ocean))).

Take care and be kind ...

Pam Nast
2015 First Mate





Message From Fleet Surgeon James “Jim” Lee

Make a DASH to Great Health

The healthy DASH diet plan was developed to lower blood pressure without medication in

research sponsored by the US National Institutes of Health. The first DASH diet research showed that it could lower blood pressure as well as the first line blood pressure medications. It has been proven to be an effective way to lose weight and become healthier at the same time. It is full of fabulous, delicious, real foods. All of these benefits led to the #1 diet ranking by US News & World Report in 2011, 2012, 2013, and 2014.

DASH diet: Sodium levels

The DASH diet emphasizes vegetables, fruits and low-fat dairy foods — and moderate amounts of whole grains, fish, poultry and nuts. In addition to the standard DASH diet, there is also a lower sodium version of the diet. You can choose the version of the diet that meets your health needs:

DASH diet: What to eat

Grains: 6 to 8 servings a day □ Grains include bread, cereal, rice and pasta.

Vegetables: 4 to 5 servings a day □ Tomatoes, carrots, broccoli, sweet potatoes, greens and other vegetables are full of fiber, vitamins, and such minerals as potassium and magnesium.

Fruits: 4 to 5 servings a day □ Many fruits need little preparation to become a healthy part of a meal or snack. Like vegetables, they're packed with fiber, potassium and magnesium and are typically low in fat.

Dairy: 2 to 3 servings a day □ Milk, yogurt, cheese and other dairy products are major sources of calcium, vitamin D and protein. But the key is to make sure that you choose dairy products that are low fat or fat-free because otherwise they can be a major source of fat.

Lean meat, poultry and fish: 6 or fewer servings a day □ Meat can be a rich source of protein, B vitamins, iron and zinc. But because even lean varieties contain fat and cholesterol, don't make them a mainstay of your diet — cut back typical meat portions by one-third or one-half and pile on the vegetables instead.

Nuts, seeds and legumes: Almonds, sunflower seeds, kidney beans, peas, lentils and other foods in this family are good sources of magnesium, potassium and protein. They're also full of fiber and phytochemicals, which are plant compounds that may protect against some cancers and cardiovascular disease. Serving sizes are small and are intended to be consumed weekly because these foods are high in calories.

DASH diet: Alcohol and caffeine

Drinking too much alcohol can increase blood pressure. The DASH diet recommends that [men limit alcohol to two or fewer drinks a day and women one or less.](#)

The DASH diet doesn't address caffeine consumption. The influence of caffeine on blood pressure remains unclear. But caffeine can cause your blood pressure to rise at least temporarily. If you already have high blood pressure or if you think caffeine is affecting your blood pressure, talk to your doctor about your caffeine consumption.

In addition to being recommended by your physician, DASH is also endorsed by:

The National Heart, Lung, and Blood Institute

The American Heart Association (AHA)

The 2010 Dietary Guidelines for Americans

US guidelines for treatment of high-blood pressure

The 2011 AHA Treatment Guidelines for Women





Happy Birthday Jack





Happy Birthday Jack



Let's get it to the top!

Fully Enclosed Wheelchair Lift Fund as of July 22nd

Goal- \$35,000

.\$29,589.39

\$21,477.43

\$18,441.00

00.00

**We're Here Today
Thanks to Your
Donations**

Additional Donors as of July 22nd

Initial Donors as of June 15th

Jerry Wood
Cecily McClelland
Rose & John Hazeltine
Rene Gail Aiu
Graham Paine
Mike & Karen Farrell
Marylou Taylor
Yvonne Farris
Channel Islanders
Jim & Lois Lovins
John & Bev Richardson
Bill & Sandy Crocket
Dave Wardlow
Frank & Sharron Sullivan

Bill & Lana Lynch
Carol Lazzarevich
Johanne D. Berg
John Carlson
Ron Mahan
Marcia Macey
Carlson Family Trust
William J Scarpino
Rosemary Lippert
Bud and Phyllis Gerding
Jerry Barker
Alison K Gabel

Georgan & Dick Olsen (updated)
Dennis Fraser
Miles and Mary Linman
Carol Bartlett
Linda Strangio-Hedberg

Marty Sasson
William Crier
David Matthews
Gary and Madeline Hunsaker
Ann M. Gross
Michael Fleming
Carter Gage
Alison Gabel
Everett Babbe
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Marlin and Lee Miser
Thomas and Leslie Webb
Thomas McKnight
Gary Johnson
Robert Deyling
Mary (Dee Dee) O'Conner
Dann Daggett
Janette Sosothikul
Michelle Smith
George & Phyllis Lucas
Vidar Bech
B.A. Larson
Jane Thomas
Erika Barbaric
Eric Ireland



There's still room on the list





Happy Birthday Jack



Doc Lines

Boost Your Immune System: On the Cheap

Scientists at UC Davis and USC just came out with interesting research. They claim if one does prolonged fasting twice a year, the immune system is protected and will regenerate. They call for 3 – 4 days of fasting every six months. And they determined this is especially true for those with compromised immune systems, such as the elderly, and patients on chemotherapy.

So, exactly, what happens during a prolonged fast? The body is forced to use stored fats, glucose, ketones, and a significant portion of circulating white blood cells. When the body starves, it tries to conserve energy, and one way to save energy is to consume old white cells, especially those that are old and/or damaged. So the white blood cell (WBC) count goes down.

The good news is that once back on a normal diet, one's white blood cells regenerate, and one is almost given a new immune system and healthy young white blood cells.

Prolonged fasting also decreases circulating levels of IGF-1, a factor that is associated with aging, tumor progression, and cancer risk.

This study mostly involved patients on chemotherapy. However, there is also great interest in other immune-related conditions, and especially in autoimmune disorders, among them multiple sclerosis. Studies are being designed to test this hypothesis.

So the question is, should we all try it, especially after a 4th of July weekend of gluttony (and gluten-y?). Well, I would talk to your healthcare provider first (used to be called doctors). This is especially true if you are older or have undergone chemotherapy.

The other good news is that one might lose some weight. Hmmmm? And it does not cost anything.

Zoran

Thanks, Erika, for editing.

“Diary of a Mad Housewife”

For the benefit of boosting my immune system, I was excited to try fasting for 3 – 4 days. Day 1: Subsisted on black coffee, black tea, and lots of water. Felt energetic and fine. Day 2: Same as above but felt my energy level dropping. Day 3: Woke up feeling shaky and weak. Stopped the fast and resumed food in small increments. Feel fine. People who are bigger, heavier, or with different metabolisms could perhaps go longer than my 2 ½ days. Always consult your own MD first! Erika



Thank you, one and all!

The Third Classical Guitar Recital on Tuesday, May 26th, was a great success thanks to all of you who attended. We had a wonderful turn-out of 120 people who enjoyed the wonderful music of James Bishop-Edwards and Roma Sprung, guitarists, and Suzanne Duffy, flutist. It was interesting to hear James play pieces from the most beautiful romantic era on three priceless guitars dating from the early 1800's.

Your enthusiastic applause and generous donations rewarded our outstanding musicians. They said they'd come back to us again. Thank you, Ruth, Vidar, Marnie, Frank, Sharon, Willie, and Jim for your help! Thank you, Cecily, for once again expertly tending the bar for the recitals. Thank you, sponsors, (you know who you are), and donors!

Erika and Zoran



Happy Birthday Jack





Channel Islands Yacht Club

August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 7pm Dinner / Social
2	3	4	5 4:30 pm Islanders Board Wed .Night Fun night Dinner 6:30 Bingo 7:00	6 Bocce Ball	7 1-5pm Calo Challenge Awards 5-7pm Happy hour	8 No Dinner IOBG/Maritime Museum Chowderfest
9	10	11	12 2pm Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	13 Bocce Ball 6:30pm CIWSA Meeting	14 5-7pm Happy hour Birthday Bash	15 Currents Article Due Dinghy Party
16 Open House	17	18 6:30pm CIYC board meeting	19 Wed .Night Fun night Dinner 6:30 Bingo 7:00	20 Islanders Event Bocce Ball	21 5-7pm Happy hour TGIF Fish fry	22 Shipshape Stippers meeting Bob Cooke Memorial Double Handed race NO DINNER
23 11am Islanders Brunch	24	25	26 2pm Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	27 Bocce Ball	28 5-7pm Happy hour 7pm General Meeting Nominations to Board	29 7pm Epicureans dinner
30 Tentative room rental	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>





Channel Islands Yacht Club

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Wed .Night Fun night Dinner 6:30 Bingo 7:00	2 Wed .Night Fun night Dinner 6:30 Bingo 7:00	3 Bocce Ball	4 5-7pm Happy hour Birthday Bash Set-up dining room for Wedding	5 Dining Room Rental, Wedding
6	7 Labor Day 5pm Supper Club	8	9 4:30 pm Islanders Board 2pm Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	10 Bocce Ball	11 5-7pm Happy hour 6:30pm CIBFT K ickoff Dinner by Islanders	12 7pm dinner
	Fry's Cruise					Fry's Cruise
13 1-5pm Dining Room rented	14 Rosh Hashanah 5pm Supper Club	15 Currents Article Due 6:30pm CIYC board meeting	16 Wed .Night Fun night Dinner 6:30 Bingo 7:00	17 Bocce Ball Islanders Event	18 5-7pm Happy hour 6:30pm CIBFT Awards Dinner by Islanders	19 7pm Anniversary Din- ner/Dance Staff Com- modores to Cook
	Channel Islands Bill Fish Tournament					
20 Memorial and Burial at sea P/C Barnford	21	22	23 Yom K ipper 2pm Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	24 Bocce Ball	25 5-7pm Happy hour 7pm General Meeting Election of Board	26 Shipshape NO Dinner Set up for Wine tasting Lady at the Helm
27 1pm Wine Tasting	28	29	30 Wed .Night Fun night Dinner 6:30 Bingo 7:00			
Bar Hours Sunday 3pm to close, Closed Mon. & Tues. except special events Wed. Thurs. & Fri. 5pm to close, Sat 4pm to close						

Safari Party

August 1st @ 7PM



Dinner by:

Dallas Holt

Rolled Pork Loin Stuffed w/ Dried Fruit and Nuts

Cooked in Banana Leaves, Served w/ South African Reduced Merlot Sauce

South African Honey Yams

Stuffed Cabbage w/ Kamba Sauce

Mixed Fruit



Music by:

Brian Fitzgerald

\$25.00



Channel Islands Yacht Club

August 8 & 9, 2015

Scorpion Anchorage, Santa Cruz Island

**Kayaking, hiking, scuba diving, happy hour
social and lots of fun and adventures!!!**



Leave the harbor on Saturday
morning and monitor the passage and
while in the anchorage on Ch. 16/68.
Anchor in Little Scorpion.

Skippers please email an RSVP to
Cindy Arosteguy, Cruise Director
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(805) 208-1962



Dinghy Party



Saturday August 15th 1:00-4:00

**2351 Greencastle Lane in Mandalay Bay on the
main channel.**

Live Music

by

"The Barrelhouse Wailers"

**Pulled Pork, BBQ Chicken, Chipotle
Sauce, Baked Beans, Coleslaw, Rolls,
Veggie Tray and Watermelon.**

\$15.00 Per Person...Cash Only

Bar with limited drinks, beer & wine.





THEY'RE RUNNING AGAIN!!! TGIF – AUGUST 21

Beer Battered Fish, Fries, Beans,
Cole Slaw and Ice Cream
will be served at 6:30 for \$10

followed immediately by the races and raffles.

Sign up to be a jockey,
bet on your favorite filly, nag, number or other jockey,
take a chance on the raffles,

but by all means
be there for a bunch of fun will be had by all!!

Joyce and Clark, TGIF Chairpersons

Channel Islands Bridge Group

*Our Group plays Bridge on the second and fourth Wednesday
of the month at two in the afternoon,
and would welcome new players.
If you are interested, please call Carter Gage 815-3733,
or Kitty Brown 985-2355.*



Sunday August 23rd, 2015
@ 11 a.m.



CIYC Islanders Pancake Brunch



Avoid the rush ... sign up now!!!

Great food!

Fabulous drinks
Drawing for fun surprises
50/50 Drawing



Fun with your CIYC family!

Epicureans Present

Baby Back Ribs BBQ with home made Root Beer BBQ Sauce

By Vera Cline and Crew



August 29, 2015, 7:00 pm

\$20.00 – Sign Up Early!!

– Menu –

Baby Greens, Strawberries, Walnut, Parmesan Salad

Cornbread Muffins with Cranberries

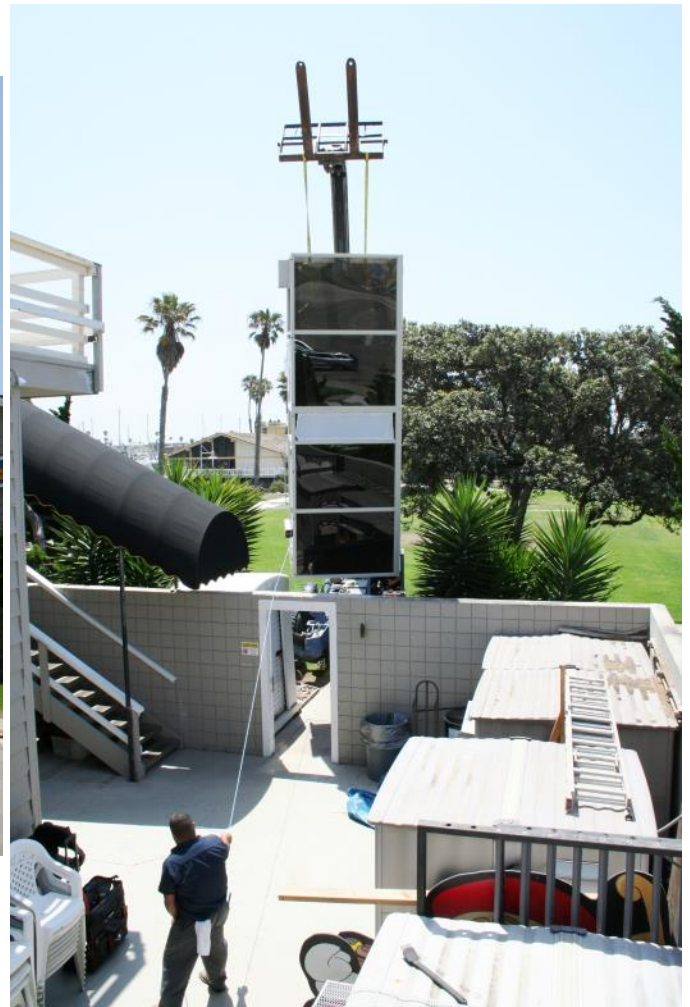
Baby Back Ribs with Root Beer BBQ Sauce

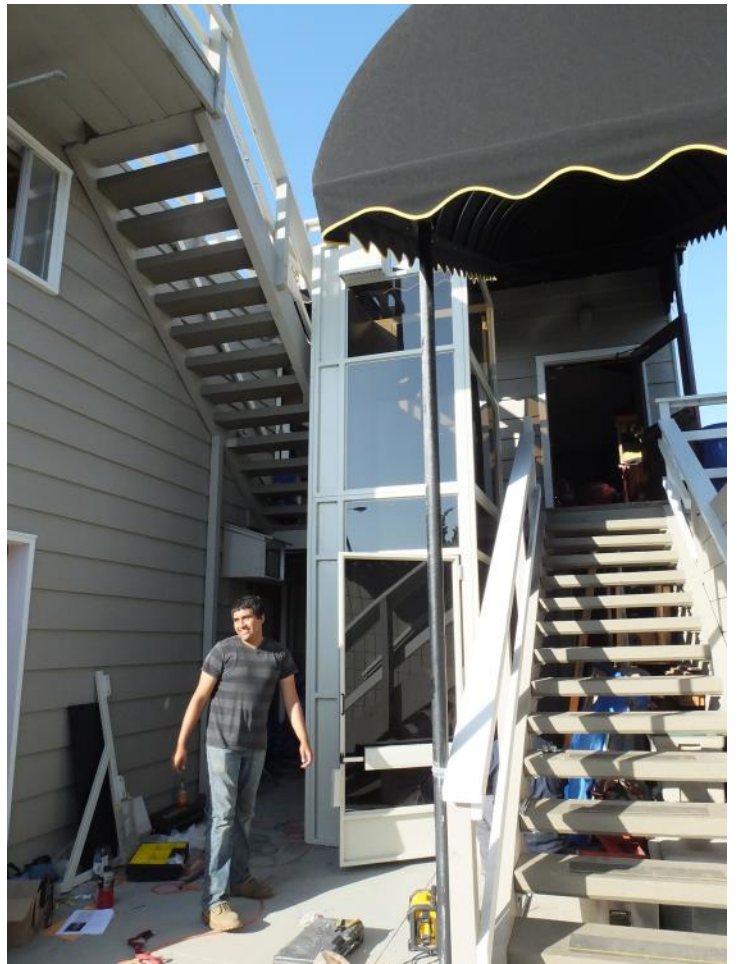
Sweet Potato Fries

Lime Cilantro Coleslaw

Little Apricot Cakes







Birthday Bash - "August 14th by Connie Calo

Come and join us for our monthly celebration

for members whose birthdays and/or anniversaries are in August.

Bring "munchies" to share, and there is always a great birthday cake!



August Birthday Celebrations for: Jan Bryant, Judy Sandham,

Richard Royall, Marylou Taylor, Bill Boyd, Jim Carlson,
Roger Knippel, Alison Gabel, Brent Swanson, Walter Russakoff, Carter Gage,
Mark Palamountain, Maurie Julian, Jean Strangio, Bill Brayton, Percy Datcher,
John Hazeltine, Jane Thomas, Ray Morales, Bill Blaufuss, Chuck Bartlett,
Ruth Hatcher, Sandra Lochridge, Benjamin Aiu, Jim Wilkey, Jeff Giles,
Tamar Shulem, Dan Ward, Denise Dickey, David Patterson, Judy Martin,
Don Bales, Graham Paine, Clark Owens, Annette Staples, Bill Scarpino.



August Anniversaries are: Bill and Melodie Crier,

Dennis and Judy Fraser, Mike Smith and Lisa Bishop-Smith,
Rick and Sherie Ireland, Skip and Laurie Preston,
Skip and Lee Miser, Ev and Ellie Babbe, Tom and Gwen Everett,
Mike and Donna McKendry, Paul and Diane Paulin

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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!

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.
Full page	7"x 9"	\$468/6mo.	\$570 /6mo.	in/\$748.80 bk/\$912.00





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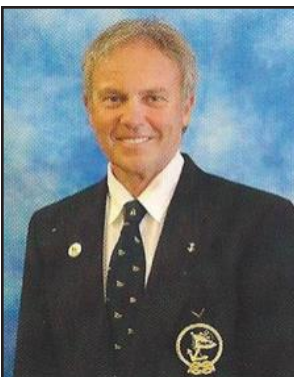
CIP Boater's Sandwiches & Salads available in our "Grab & Go Center."
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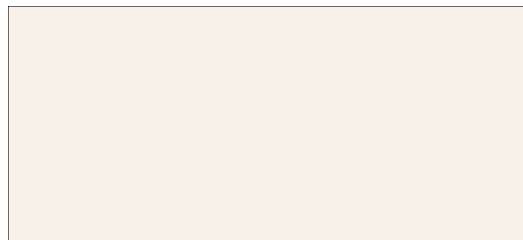
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