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Channel Islands Yacht Club

currents





Message From The Commodore Thomas Warden

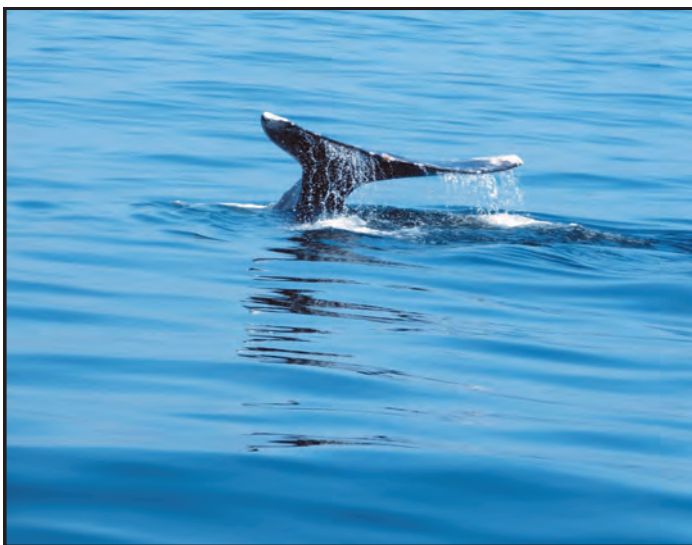


As we progress through the end of our first quarter for 2013, we have seen members involved in three boat cruises, a whale watch cruise, the Mid-Winters Sailboat Regatta, the Mardi Gras Festival, the American Tall Ship Institute fund raiser for the **"Bill of Rights"**, several opening day ceremonies in our Region, the Reciprocal Membership arrangement with the Tower Club of Oxnard and the St. Patrick's Day Social.

The Tall Ship Institute raised about \$21,000 in one night and CIYC received the newspaper headline in the Ventura "Star":

"Channel Islands Yacht Club Pirate's Gala raises money to fix tall ship"

Wow! - We have increased our membership by seven since January and our club is on a roll with more to come! - Stay tuned!



Tail of a Whale





Message From
Keith Moore
The Vice-Commodore



CIYC hosted the *Pirate's Gala "Bill of Rights" Fund Raiser*. Turned out to be a fantastic evening. Everyone had a great time and CIYC received recognition in the VC Star.

**Opening day isApril 7;
SHIP SHAPE SATURDAYS are rocking!!**

Decks are washed, rusty doors refinished, to get the Club ready for all our visiting guests. Jerry Wood has ordered new awnings for the front and back decks, including the elevator stairs..... should be installed by Opening Day!

If you participate and help out in three (3), count em'three Ship Shape Saturdays, you will receive an "I'm Ship Shape" T-Shirt at the next General meeting!!

**DINNER REPORT.....AMAZING "SELL OUT"
CROWDS!!**

Our thanks to Dave Wardlow and his BeefEaters for his Rib dinner, then it was Dave Gable's and the Angler's LOBSTER Dinner, and this week, Vera Clines St Patricks' Day Corn Beef and Cabbage Social with Susan Rey singing.

Our Saturday night dinners have totally sold out!

Wednesday Fun Nights Dinner & Bingo continue to be very popular, thanks to Jackie Bedierman and Diane Sabol's Burger Bar; Jerry Wood's Pot Roast. With all their helpers.....they served a great mid-week dinner.

Be sure to check in early Wednesday nights.....before 6:30! First come, First served.

Remember to bring the family to the Easter Champagne Brunch on Sunday, March 31. The Easter Chicken and friend Easter Rabbit will have many goodies for the kids!

SEE YOU ON DECK!

Keith 805-551-0983





Message From The Rear Commodore Jane Thomas

In my report last month I acknowledged the boat owners and crew who made the Mid-Winter a success again this year. However, I neglected to mention several members who worked behind the scenes in advance of the race. Sam Bradbury searched out the anchors, Rick Tyhurst donated the chain, and Frank Sullivan led the team in preparing new anchor chain and rode set-ups for our 2 new 5' orange tetrahedral racing buoys. No more need for the mark boat crew to continually re-inflate the sinking, flat, triangular ones!

Our cruising committee, Cindy Crocket, Cindy Arosteguy, and Dann Daggett, have planned cruise-outs every month this year, and Dann has added a Cruising Schedule link to the CIYC website and a googlegroup email exchange. *CABANA GIRL* (Cindy C and Dann D) led the Daylight Savings Time day-cruise to Frenchys Cove. Eight boats attempted the trip; however, the last one to leave the harbor encountered a bit heavier winds and seas and decided to turn back. *CABANA GIRL*, *TIME OUT* (Don and Denise Dickey), *JOY SEA* (Gary and Joyce Johnson), *OUR ESCAPE* (Al and Allison Gable), *SUNDANCER* (Graham and Kiki Paine), *BOTHER ME TOMORROW* (Tim Smith), *SUNGLADE* (Ken and Jane Thomas), and other members and guests spent a few hours anchored in the cove, with some going by dinghy or kayak from boat to boat and from boat to beach, despite the waves and wind. *JOY SEA* went to the other side of the island to fish and bask in the warmth. We all had a lively run home. Check out the pictures!

March 16 brought our St. Patrick's Day social with the Greenway Irish Dancers as well as Susan Rey for entertainment following Vera Cline's exceptional corned beef and cabbage for dinner.

As I write this, the fleet is preparing for Ruth & Paul Hatcher's annual Whale Watch Cruise followed by tacos and Ruthie's famous chocolate chip cookies, as well as the competition for the Moby Dick Award for the best poem or song about a whale encounter, fact or fiction. It looks like a number of boats will be going out, and we should have some interesting stories.

Spring has sprung! Opening Day is only days away, the days are getting longer and warmer, and a new boating season is beginning. It's time again to spruce up our boats for the annual Bristol Boat competition, for which the awards are given during our Opening Day ceremonies, April 7. This year's awards will be given for the most seaworthy and well equipped boats among the usual 4 categories (i.e., sail and power, under and over 35') as well as an Electric Boat category. Contact Fleet Captain, Curt Ingram, for details on the Bristol Boat competition and the Opening Day boat parade.

April also brings our Port Royal Regatta for sailors and VYC's Cruiser Nav competition on the 13th followed by a cruise-out to Smuggler's Cove, April 27-28, while some of our racers compete in the Newport to Ensenada Race. Best of luck to Harry Krum and crew on FUSÉE!

See you on the water!

Jane



Anglers' Corner

By Frank Sullivan

Joyce and Gary Johnson went out on the “*Joy Sea*” for the opening of the Rockfish season. Joyce caught a very nice 2.95lb Red Rockfish. From the photo, I would guess, she caught it in the Gape between Anacapa and Santa Cruz Islands, but Gary is keeping it to himself. So it looks like **Joyce** will win the Big Fish of the month if no one else turns one in that is bigger by the end of March.



“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 Ladies Fishing Tourney is coming up May 19th and the men's Tourney is June 9th. It is time to get your fishing gear and boats in order. The women have outscored the men in the last few years!

Upcoming events:

May 5th	Annual In-Harbor Fishing Tourney
May 19 th	Ladies Fishing Tourney
June 9 th	Men's Fishing Tourney

WSB: I'm still waiting for contact from Hubs research to let us know about the next shipment of fry for the grow out pens. I expect **Don Dickey**, the Pen Coordinator, to call soon for help in getting the Pens back in order.



Message From Channel Islanders First Mate Mary Ann Moore

Hello Channel Islanders,

What a fun month March was... **Our ANNIVERSARY DINNER** was really enjoyable. Good fellowship and laughing...I call that a good party. Commodore Tom Warden was our guest speaker and did a great job! ...And YES, he told us a few secrets that none of us knew... **THANKS AGAIN to you**, Commodore Tom and your Board for all of their support.

Also, I would like to thank Sharon Sullivan and her crew...Pam Nast, Frank Sullivan, and yours truly for **pretty table settings** and Joyce Sheridan and her crew...Jack Borkowski, Mary Foster, Clark Owens, and Jennifer Sparks for the **delicious dinner**.

We are looking forward to an exciting time on **April 20th**...We have our musical revue..."I REMEMBER THAT"...directed by **BARBARA BRAUNS**. The Channel Islanders and others in the club are going to make the appetizers. This is going to be an exciting fund raiser. I hope you answer the call when we ask you to help....it will be fun!

OPENING DAY, April 7th...is arriving in no time. I have already received telephone calls about items on my NEED'S LIST. I will have it sent out again. Please note the dates April 2 thru April 6 are scheduled to decorate the club....the more people that help....the faster we get done.

Vera Cline, our Second Mate, is in charge of food. Vera is looking for people to help... wash...chopand... slice food. Give her a call and have fun helping....and maybe you'll meet a new friend.

I would like to give a BIG THANK YOU to the following donors: **Rose & John Hazel-tine**, **Lenora & Miles Linman**, and **John Walls**. Their donations help with the cost of the OPENING DAY. If you would like to donate (no amount is too small)....you will find our envelope in the Bar Book....or you can give Sharon Sullivan or myself your donation.

A little sneak preview of happenings for the month of **May**....we are planning a trip to the **Maritime Museum for a private tour**...and lunch at a local restaurant. Keep your eyes open for an update in the near future...

Wishing you all to be safe on land, air and sea!

Mary Ann All Day All Night Moore
First Mate



Doc Lines

The cure for arthritis?

Fish oil and aspirin work together to combat inflammation. Both aspirin and omega-3 fatty acids from fish are known to have anti-inflammatory effects on their own, but when taken together the effect is significantly enhanced. (From Brigham and Women's Hospital and Harvard School of Medicine)

Three cups of coffee a day could add years to your life

Too much caffeine used to be considered unhealthy, but a study of almost half a million older people found that the more coffee consumed, the less likely people were to die from heart and respiratory diseases, stroke, injuries, accidents, diabetes and infections. Up to 10 to 15 percent less. Just why this happens is still unknown. (from the National Cancer Institute)
Then there is this:

Caffeine is so dangerous it should be regulated

The annual number of ER visits in the US associated with "energy drinks" jumped 36 percent. Caffeine was named as a contributing factor in over 6,000 cases reported to the American National Poison Data System. There is no gov't-recommended daily limit in the US. The Canadian regulatory agency allows 400mg of caffeine (about 140 mg of caffeine are in one cup of drip coffee) per day for adults. Common sense should save us from the ER since the mega-consumption of just about anything can be lethal. (from editor in chief of the Journal of Caffeine Research – UK)

HIT – High Intensive Training

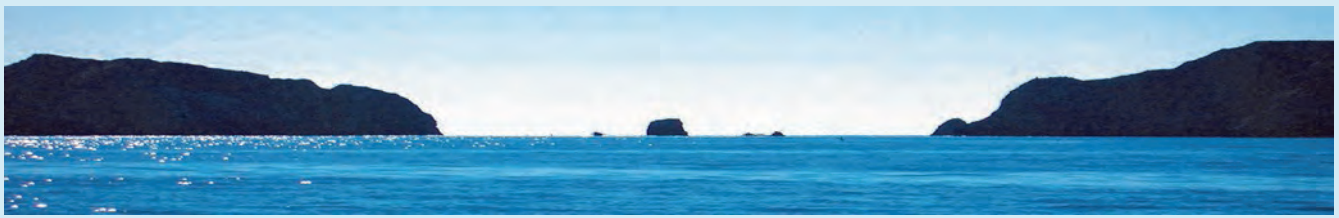
For those who dislike long exercise sessions, there is a new type of training: short, 20-second, very, very, very, very, very high-intensity bursts on a stationary bike (better be bolted down). Just two of these bursts during 8 to 10 minutes of low-stress bike pedaling are equivalent to an hour on elliptical or jogging equipment. Not recommended if one has evidence of heart problems. Check with your doctor. I'll try this method and report on progress. (From McMaster University and the European Journal of Applied Physiology)

Mediterranean Diet

Eating a Mediterranean-style diet can cut heart attacks, strokes, and death rates in people at high risk of heart disease by as much as a THIRD. The randomized study involved 7,500 people, but was halted early because the results were so clear that it would have been unethical for those in the control group (who were on a low-fat diet) to be told to continue. Those on the Med diet got fish and five servings of fruit and veggies three times a week, and also additional olive oil and nuts each day. They were encouraged to eat white meat, rather than red, and legumes (peas, beans, lentils, soybeans, etc) at least three times weekly. Also, for those who liked to drink, a glass or two of red wine a day was suggested. They were asked to AVOID sweets, such as cookies, pastries, cakes, etc., and to limit their consumption of dairy foods, including butter, as well as processed and red meats. Beefeaters, take note! (from the New England Journal of Medicine).

Comment: A scientific study followed medical publications over time and found that 50% of the publications' findings didn't hold up. This study, of course, was also published in a medical journal!!! Always consult your doctor, but keep in mind doctors also read medical publications!

Your Fleet Surgeon, Zoran



CIYC Daylight Savings Cruise to Anacapa Island
March 10, 2013

What a fun trip we had to Anacapa Island on March 10th! It was exciting to see so many boats participate. The weather was great. We had blue skies, calm seas and enough wind to make it fun for the sailboats but not too much for the power boats. The air was a little chilly but hey, it is March and most of the country is suffering from blizzards, rain and snow. We truly live in paradise.

Joining Cabana Girl, which was the lead boat proudly displaying the CIYC Battle Burgee (the giant one) were Joy Sea, Bother Me Tomorrow, Time Out, Sunblade, Sundancer and Our Escape. This was a great opportunity to prepare our boats for the upcoming cruising season. Everyone did a great job of anchoring and no unexpected man-overboard drills. Don & Denise Dickey along with their guests had the excitement of sailing alongside a pod of humpback whales near oil rig Gina. What a great start to the 2013 cruising season!

Our cruising fleet left Channel Islands Harbor around 9am and headed to Frenchy's Cove where we anchored and had a fun afternoon. Bob Ridenour went for a scuba dive. Allan and Alison Gabel went snorkeling. They were troopers as the water was only 55 degrees. Burrr! Several of us went ashore to see the beautiful flowers, climb the hills, explore the cave and enjoy the beautiful beach on the back side. We even found a warm water pool. Several cruisers were seen celebrating the successful crossing with a mimosa toast. After a relaxing lunch in the sun, Gary and Joyce took their crew to the back side of Anacapa for a little fishing. So close to the fishing grounds, Gary (a true fisherman) could not resist.

"FUN FUN FUN! Water was cold, but there were some very cool little jellyfish in there unlike any I've seen. A bit too choppy for us and the kayaks, and we forgot kayak clothes! Next time. Good shakedown cruise for us on Our Escape, since we haven't anchored her before. Great day, everyone! Looking forward to more.

PS Great sail home!!!!"

Allan and Alison Gabel

"What a great day with all the CIYC cruisers today at Anacapa! Fun to be with good friends David Erickson, Laurie C. Preston, Skip Preston, Bill Cline and my wonderful wife Joyce Johnson! Thanks Dann Daggett and Cindy Crocket for organizing a fun time!"

Gary Johnson

With a following sea and a nice breeze we had a great trip back to the harbor, crossing through several large pods of dolphin.

Mark your calendars for our overnight cruise to Smuggler's Cove, Santa Cruz Island, **April 27 -28**. With the participation we had on the day cruise, this overnight cruise promises to be amazing! Please sign up in the Cruising Book located in the bar.

To stay informed with the most "up to date" information on the upcoming CIYC cruising activities, send an email to

dann@danndaggett.com and ask to be added to the secure cruisers email list and discussion group. We found this to be a great communication tool for the March 10th cruise.

Your hosts to fun on the water!

Cindy Crocket & Cindy Arosteguy, 2013 Cruise Chairs



CIYC Daylight Savings
Cruise to Anacapa Island
March 10, 2013



WHALE WATCH CRUISE

WHAT A DAY IT WAS! The sun was shining and the seas were calm—a perfect day to enjoy being on the water and spotting a whale or two or watch the dolphins swim by. BINGO! That is exactly what happened—several whales and many dolphins made this portion of the cruise a memorable one for all the right reasons. My thanks to all of the owners and skippers taking their boats out: **VALKYRIE**, owned and skippered by Frank Sullivan, **OUR BLUE HEAVEN**, owned by Sherry Brisbane and skippered by Jack Borkowski, **OUR ESCAPE**, owned and skippered by Allan Gabel, **TAO**, owned and skippered by Dan Jordan, and **MARY LEA III**, owned and skippered by Miles Linman. Thanks to you ALL for sharing this special day on the water.

The camaraderie continued back at the Clubhouse where participants and observers enjoyed the Whale Watch poem presentations. The three judges were Commodore Tom Warden, Vice Commodore Keith Moore, and Miles Linman standing in for Rear Commodore Jane Thomas. There was much applauding and very little hissing or booing because all of the entries were excellent and worthy of a prize. Again, a special thank you to those who gave it their all. They were Frank Sullivan aboard **VALKYRIE**, Dan Jordan aboard **TAO**, Cary Verstynen aboard **VALKYRIE**, Woody Underwood aboard **OUR BLUE HEAVEN**, Joyce Sheridan, Barbara Brauns, Bill and Lana Lynch, and Lori Robinson aboard **OUR BLUE HEAVEN**, and the **2013 WINNERS OF THE WHALE WATCH CONTEST AND PROUD RECIPIENTS OF THE PRESTIGIOUS MOBY DICK TROPHY**, **Cindy Crocket**, **Dann Daggett**, **Michelle Smith**, **Sam Bradbury**, and **Alison and Allan Gabel** aboard **OUR ESCAPE**. Thanks so much to all of you for making it such a fun time back at the Club.

Following tradition, immediately after the poem presentations, we served tacos with all the good accompaniments, beans (lots of cheese and butter added) and to finish it off, homemade jumbo chocolate chip cookies. As usual, a great big thank you to my husband Paul and good friend Dave Gable who, for the **15th year**, prepared the taco meat and soft tortillas according to their high culinary standards.

To all of those who were able to join us **THANK YOU SO MUCH** for coming.
And to everyone, **SEE YOU NEXT YEAR!**

Ruth Hatcher
Whale Watch Cruise Chairperson



**2013 WINNERS OF THE
WHALE WATCH CONTEST**





St. Pat Social
March 16th





Channel Islanders
Anniversary Dinner
March 21st





Epicureans Dinner
& Wine Tasting
March 23





Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Passover ends</i>	2 <i>Begin decorating for Opening Day</i>	3 Wed .Night Fun night Dinner 6:30 <i>Bingo 7:00</i>	4 Movie night-6pm <i>Cooking & decorating for Opening Day</i>	5 6pm Birthday Bash <i>Cooking & decorating for Opening Day</i>	6 <i>9am Touchup Shipshape for Opening Day</i> <i>Cooking & decorating for Opening Day</i>
7 Opening Day CIYC & AYC	8	9 5:30 Beefeaters Bonding	10 2pm Bridge group Wed .Night Fun night Dinner 6:30 <i>Bingo 7:00</i>	11 Movie night-6pm	12 Bar Appetizers	13 Port Royal Regatta Cruiser Nav #1 VYC 7pm Beefeater Dinner
14	15 <i>Currents deadline</i>	16 6:30pm CIYC Board Meeting	17 4:30pm Islanders Board- Wed .Night Fun night Dinner 6:30 Bingo 7:00	18 Movie night-6pm	19 Bar Appetizers	20 6 pm Islanders Music Review & Appetizers
21 <i>1-4pm Open House</i>	22	23	24 2pm Bridge group Wed .Night Fun night Dinner 6:30 <i>Bingo 7:00</i>	25 Movie night-6pm	26 Newport 2 Ensenada race Bar Appetizers	27 Newport 2 Ensenada race 7pm Dinner
	Maritime Institute Captains Class 8am -4pm					Cruise to Smugglers Cove
28 Newport 2 Ensenada race	29	30				
Cruise to Smugglers Cove	Maritime Institute Captains Class 8am -4pm				Bar Hours Sunday 3pm to close, Closed Mon. & Tues. except special events Wednesday-Thursday 5pm to close, Fri & Sat 4pm to close	



May 2013



Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Bar Hours Sunday 3pm to close, Closed Mon. & Tues. except special events Wednesday-Thursday 5pm to close, Fri & Sat 4pm to close		1 Wed .Night Fun night Dinner 6:30 Bingo 7:00 Maritime Institute Captains Class 8am -4pm	2 Bocce Ball	3 6pm Birthday Bash	4 7pm Cinco de Mayo dinner /Social
5 <i>In Harbor Fishing</i> <i>Tournament</i>	6	7 6pm Bar opens 7pm British Brass	8 2pm Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	9 Bocce Ball	10 6:30pm TCIF	11 7pm BYOM dinner 1pm Flag retirement Ceremony Cruiser Nav #2 VYC
12 Mothers day 1pm LUNCH BOD cooks	13	14	15 <i>Currents deadline</i> Wed .Night Fun night Dinner 6:30 Bingo 7:00	16 Bocce Ball	17 Bar Appetizers	18 9am Shipshape 7pm <i>Epicureans</i> dinner w/Wine <i>Sampling</i>
19 1-4pm Open House Ladies' Fishing Tourney	20	21 6:30pm CIYC Board Meeting	22 2pm Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	23 11:30am Islanders Luncheon Bocce Ball	24 Bar Appetizers	25 7pm BYOM dinner Cruise to Prisoner's Harbor
26 Cruise to Prisoner's Harbor	27 Memorial Day 3pm Bar opens 5pm Holiday supper club	28	29 Wed .Night Fun night Dinner 6:30 Bingo 7:00	30 Bocce Ball	31	





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FOR
OPENING DAY
APRIL 7TH**

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Thank You**



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\$15.00 WITH RESERVATIONS, \$18.00 AT THE DOOR

Call 805-985-CIYC

NOTICE: If 60 people sign up by Wednesday (10th), we will have a full Salad Bar!!

THE CHANNEL ISLANDERS HOST A SPRING REVIEW



Come and enjoy your, "CIYC Singers and Dancers" as they take you back to the golden age of entertainment. With songs like, *"Some Where Over The Rainbow - Putting On The Ritz"*, song's that will have you saying.....



"I Remember That"

Produced by The Channel Islanders

Directed by Barbara Brauns



APRIL 20TH

Classic hors d'oeuvres served at 6:30PM - Show time 7:30PM



\$20.00 Pre Paid



Limited to the first 120 people.



Channel Islands Yacht Club

Cruise to Smuggler's Cove

April 27 to 28, 2013

Come and join the fun.

**Dingy happy hour Saturday night.
BYOB and an appetizer to share.**

Games, camaraderie and fun!



Sign up at the bar and check the cruisers blog for updates.
If you are not a member of the cruisers blog, submit an email to
clyc-cruisers+subscribe@googlegroups.com to request to be added.



For more info contact Dann Deggett (dann@danndeggett.com)



THE 8TH ANNUAL CHANNEL ISLANDS HARBOR SAFE BOATING EXPO

SATURDAY, MAY 11, 2013
9:00 A.M. TO 4:00 P.M.



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- 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 or (805) 382-3007



www.safeboatingexpo.com • www.channelislandsharbor.org • www.facebook.com/SafeBoatingExpo



Islanders Outing
MARITIME MUSEUM TOUR
Open to all members



Coming in May

FOLLOWED BY A TRIP TO A LOCAL RESTAURANT

DETAILS TO BE ANNOUNCED SOON....HOPE TO SEE YOU THERE

Birthday Bash - "Friday, April 5th,"

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



***April Birthday Celebrations are: Claire Irving, Bob Chaney, Mary Barker,
Kicki Paine, Sherry Brisbane, Nancy Swanson, Kim Cole,
George Lucas, Sharon Sullivan, Richard Sherlock, Jerry Barker,
Georgie Olsen, Bonnie Chaney, Linda Weisfuss, Steven Aronson,
Ellie Bishop, Karen Stein, Bob Ridenour, Don Johnson & Diane Miner.***



***April Anniversaries are: Jerry and DeAnn Wood, Allan and Alison
Gabel, William and Lana Lynch, George and Phyllis Lucas,
Dave and Sandra Lochridge & Gary and Kim Cole.***

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Currents

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Please contact **Vice-Commodore,**
Keith Moore 805-985-3311

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

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