MAY 2016 VOLUME 56 ~ ISSUE 05

Commodore: Vidar Bech Editor: Liz Campbell Asst: Frank & Sharon Sullivan Asst: Pat Korecky

Channel Islands

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

Yacht Club





Message From The Commodore Vidar Bech







Wow, what an Opening Day!!

I don't know where to begin to thank all the members that made this such a *Special Day*. George O'Neill started it with his boat, *Adele Marie*, and the Parade took off without any hick-ups thanks to Fleet Captain, Tom Webb, and help from Tom Warden directing traffic. The outside ceremonies were well planned by Jr. Staff Commodore, Dave Wardlow, and Secretary, Ruth Hatcher and crew, who took care of all the details. For all of us that have some hearing left, thank you Bill Cline for your canon salute. The Viking theme was carried out in detail thanks to Deborah Tyhurst and her team, Dann Daggett painting the Viking Ship and Mike McKendry for the very impressive Viking Ship service station. Dann and Mike have donated their artwork to a Norwegian Club in Rolling Hills who were very pleased to receive it and then display it. Karen Farrell and The Islanders topped it all off with a really fantastic and tasty food selection and display. It was great. Let me also mention Michelle Smith, Dick Olsen, Wendell Morrisset, Bagpiper Bill Boettcher and the Oxnard High School Band. Now a special mention: Shelly Ward and Bill Magee for giving a Viking flair to the Ceremonies. Thank you all.

It seems like we would need some relaxation after a production like that, but **Barbara Brauns** and **Jack Borkowski** surged ahead and gave us a tremendous successful **Variety Show**. Again, our creative members showed their talent and boy do they have talent to entertain us. If you missed the show, you really lost out. Wish I could thank everyone individually; everyone did such a fantastic job. I was supposed to have my big chance to show off my talent, but the act was cancelled. Does that tell you anything? Maybe I'll have a chance to get famous next year; I'll need a follow-up act after my stint as Commodore. Please, check the event calendar and help our club and our members that put in all this effort and work. They really need our support.

On a more serious note: Our Budget and Finance Committee, headed by Treasurer **Clark Owens**, is hard at work to make sure we stay on Budget.

Director **Bob Taylor** and the By-Law Committee are working to update and fine tune the By-laws.

Looking forward to some great events in May. On the 8th, Mother's Day Luncheon cooked by the Board of Directors; that will be interesting. Bocce Ball starts again May 12th, Epicureans Dinner the 20th and a Guitar Recital on the 24th. **Zoran Barbaric** is promising us that this will be even better than any of the previous recitals. Anyone interested in attending a Great Performance - this is your chance.

Our Cruisers will step into action Memorial Day Weekend, so get your vessels ready for cruising to the Islands.

Till next time.

Vidar

Commodore





Message From The Vice-Commodore Sheldon Berger





Hello and Happy Spring,

Opening Day was a great success and our club shined. Thanks to all who helped with the cleanup of the patio. After a major scrubbing by Frank Sullivan with the help of the hot water pressure washer, courtesy of Captain Ron Hockman, the two Bobs, Deyling and Taylor, had a new paint job. It looks great.

Kipp Ots scrubbed and, our own Commodore Vidar Bech and Bob Taylor, varnished the dance floor.

Birthday Bash night continues to be a large event for the club. Bill Lynch was the winner of a \$25.00 gift certificate courtesy of Waterside Café and Wine Bar. Congratulations Bill!

We had a great turn out for our annual Easter Brunch. Tom & Carole Naylor, with the help of their two sons and Dave Gable, set up a fabulous salad bar with more choices than you can imagine. Also included was a great ham and turkey. A very "special" chicken made an appearance and distributed Easter baskets. Her voice was very recognizable and well received.

St. Patrick's Day was a crowd pleaser. As traditional, Vera Cline prepared her very special corned beef and cabbage dinner. The social committee did a great job on the decorations and the dancing was enjoyable.

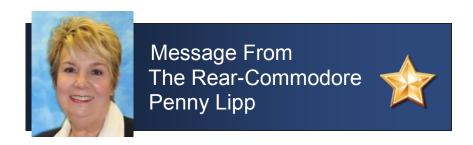
I attended the Islanders Anniversary dinner and learned all about our Commodore, Vidar. Lots of unknown facts are now part of the history books.

As Vice Commodore, I continually work on improvements to our clubhouse with the assistance of house captain Bill Crier. Our hot water at the bar is now hot! Our kitchen is organized. Bill Brayton had our flag pole restrung with new lines. Carpets have been cleaned. Elevator will undergo some rust removal under its warranty program.

It is my goal to revamp our entryway. New paint, lights and a new glass insert with our logo for the entry door to the club. This will take some investment from our members, so I will be looking to have a fund raiser/donation to help with the costs. More next month. Until then,

See you at the club.

Sheldon Berger



The Opening Day Parade, under the direction of Fleet Captain Tom Webb and S/C Tom Warden, went perfectly as planned. We had the best parade in more than ten years with over 22 boats participating from our Channel Islands Yacht Clubs. Our turn boats were skippered by Harry Krum on *Fus'ee*, Les Hardwick on *Keelime* and Tom Webb's dinghy.

The traditional barbecued hot dogs were handled by our RAMS.

In February, it was discovered that the Fishsticks Racing Buoy had gone missing. A replacement buoy was resurrected from an old Coast Guard approved buoy by Bill Brayton and Graham Dawson. The Ventura Yacht Club assisted with the use of their Race Committee boat, *The Leo Robbins* and crew, set the restored mark. Over \$600 in materials was donated by the Ventura Boatyard owned by our CIYC members, Dale and Kim Morris.

CIYC is one of the eight clubs that oversees the care and maintenance of the various racing buoys in the Santa Barbara Channel.

CIYC has two sailboats heading for Ensenada for the Great Race: Harry Krum on *Fus'ee* and Bill Brayton on *Maverick*. Results will be published next month.

The whale watch gathering was well attended, including several whales! Deborah Tyhurst won first prize for the **Moby Dick Award**.

Be sure to check the cruise calendar for this season on the CIYC website.

Wishing you fair winds and following seas.

Penny Lipp, Rear Commodore

Message From First Mate Karen Farrell

Hello Channel Islanders and CIYC Members!

WOW! What an outstanding opening day!!! The unique "Viking" theme was a huge hit... OH, the décor!! This club has so much talent and it was on display with Deborah Tyhurst's creativity, and the artistry of Dann Daggett and Mike McKendry. But they weren't alone; THANK YOU TO ALL THAT HELPED:

Decorations: Deborah Tyhurst, Diane Sherlock, Sue Woolf, Mary Ann Moore, Sharon Sullivan, Dann Daggett, Mike and Donna McKendry, Sherie Ireland, Eleanor Hovaten, Renee Harryman, Annie Landry, Olga Siefke, Nancy Berger, Karen and Mike Farrell, Harry Krum.

Food: Karen and Mike Farrell, Vera Cline, Joyce Sheridan, Elyse Gonnello, Michelle Dildine, Diane Sherlock, Judy Fraser, Eleanor Hovaten, Dennis Van Daalwyk, Donna McKendry, Cindy Arosteguy, Erika Barbaric, Renee Harryman, LaNell McKnight, Jana Bales, Carole Naylor, Marnie Bech, Ruth Hatcher, Paul and Diane Paulin.

Food Display: Deborah Tyhurst, Sue Woolf, Diane Sherlock, Ginny Johnson, Connie Calo, Michele Dildine, Joyce Sheridan.

Our Own CIYC Band: Larry Stein, Tom Warden, Bill Lynch, Max Hovaten, John Medlin, Stuart Horwitz.

Our REAL Viking: Bill Magee; and our REAL Shield Maiden: Shelly Ward

Donations: Johanne Berg, Karen & Mike Farrell, Dann Daggett, Mike & Donna McKendry, Jane & Kenny Thomas, Weldon & Yvonne Farris, John & Rose Hazeltine, Rita deCaussin, Bob Deyling, Bud & Phyllis Gerding, Bob & Mary Lou Taylor, Bill & Sandy Crocket, Miles & Lenora Linman, Ev & Ellie Babbe, Zoran & Erika Barbaric, Rosemary Lippert, Mickey & Jackie Biederman, Dick & Georgie Olsen, Betty Larson, Rita Carter, Gwendolyn Everett, Ann Gross, Carol Lazzarevich, LaNell McKnight, Lee & Skip Miser, Rene Aiu.

I sincerely hope I didn't miss anyone!!

In addition to Opening Day, we had a great turn-out for the Islanders Anniversary dinner on March 24th. Thanks to Joyce and her crew: Elyse Gonnello, LaNell McKnight, Nancy Berger & Lisa Marie Medlin for the wonderful dinner. A BIG thank you to Commodore Vidar Bech for sharing his very interesting life story. Thank you to past First Mates for attending: Joyce Sheridan, Ellie Bishop, Mary Ann Moore, Vera Cline & Pam Nast.

I want to highlight the Islander contribution to the CIYC Ladies restroom just in time for Opening Day!

Ladies, does it look great or what?? This was the idea from the 2015 First Mate, Pam Nast; executed by the 2016 First Mate Karen Farrell; with the help of a very generous donation from Tom and Leslie Webb – ENJOY! Maybe we will get to the rest of the décor this year too.

Our next Islander event will be Father's Day and the board will need helpers!! Please let me know if you are available for planning &/or helping.

Happy Mother's Day!

Karen Farrell

1st Mate 2016









Fear not, our brave Vikings & Viqueens

Welcome to Opening Day 2016

CIYC Opening Day April 3rd







CIYC Opening Day April 3rd









Anglers' Corner - May 2016

By Frank Sullivan



Puerto Vallarta Tuna Fishing Report by Gary Johnson:

A friend of mine that owns two charter boats out of CISCO's landing here in Oxnard told me last year that he had booked a charter boat for a 3.5 day fishing trip out of Puerto Vallarta for big yellowfin tuna. As soon as he told me I said I'll take six spots out of the twelve. I then found six of our CIYC members that wanted to go. Unfortunately, three of the original guys that gave a deposit couldn't make it. I found two guys from our club and an outside guy to replace them at the last minute. We stayed at the Hotel Villa Varadero on the beach next to the marina where the boat was docked. It was an older hotel but had the charm of Mexico and the staff were absolutely wonderful. Our rooms included a free breakfast. The first night we all met at the El Barracuda restaurant where we ate excellent fish and plenty of great margaritas and great Mexican beers. Our charter boat "The Apollo" is based out of San Diego but goes down every year for a few months of prime tuna fishing before the weather gets bad.

We started off on Tuesday night for the tuna grounds around 100 miles away. On the way out, we found a small school of yellowfin tuna up to about thirty pounds. Not what we were looking for, so we proceeded on our way. At night we stopped and found some nice sized Humboldt squid for bait. Then we got to the tuna grounds and fishing was on! We started catching yellowfin tuna from 120-190 lbs. We stayed out in the area drifting all night trying to find some tuna, but nothing bit during the night. Most of us were tired from catching these big fish during the day, but the excitement kept us going strong. The next day we started fishing with the kite and balloons and fish were on again! Everyone on the boat caught at least one and some of us caught more. The next day the wind had died. We couldn't use the kite and we ran out of helium for the balloons. We all tried to just fly line live bait, but they would only bite the lighter rigs and most got broken off. We traveled back to Puerto Vallarta that night and had over 30 tuna between 120-190 lbs and 3 cows caught. Tuna (over 200 lbs) for 12 anglers! This was personal bests for all of us! My fish was 202 lbs, Don Dickey's 157 lbs, Jim McCulley's 150 lbs, Bob Deyling's 152 lbs and Bob Nast's 125 lbs. Good times and met new friends. Can't wait until next year!

Gary Johnson El Pescador

WSB grow-out pen update:

We expect delivery of new fish early May.

Big Fish of the month:

So far Gary Johnson has the Big Fish of the Month with a 22.8 lbs. Yellow Tail caught at Anacapa Island. (The fish caught in Mexico don't count.)

Upcoming events:

May 14th Anglers' Dinner

June 5th Ladies' Fishing Tournament

June 11th Men's Fishing Tournament (this is a changed date)
September 9th Channel Islands Bill Fish Tourney Kickoff Dinner

September 10th to 14th Channel Islands Bill Fish Tournament

September 16th Channel Islands Bill Fish Tourney Awards Dinner

November 19th Anglers' Awards Scampi Dinner





Jim McCulley's 150 lbs. YFT





My fish was 202 lbs. YFT



Puerto Vallarta Tuna Fishing





Bob Nast's 125 lbs.YFT

Doc Lines

HOW A FRENCH TAILOR SCREWED IT ALL UP

In the late 18OOs a French tailor had a brilliant idea: Instead of taking measurements for each individual customer, he developed a BMI (body mass index) so that he could prefabricate suits and save time by producing them for the most common body types. He happened to have many doctors buying suits – these customers decided to incorporate BMI in their daily medical practices. Insurance companies and employers followed suit (no pun intended) to determine health insurance rates. And this index has been in use for over 130 years. Unchallenged.

It took a recent study by UCLA, involving 650,000 adults, to debunk the BMI index and declare it worthless. It found that almost 50% are placed in the wrong category: wrongly declared as being either overweight or having normal weight.

So the great news is that you no longer have to check your scale (over the belly) fearing what your BMI number is going to throw at you. Is this great or what?! But just to screw things up for everybody all over again, UCLA doctors came up with a new standard. They just couldn't help themselves: They couldn't leave us alone.

In short, it involves measuring the circumferences of waist and hips. If one is not sure where the waist is, one should feel for the pelvic crest and the lower rib. The waist is smack in between. It usually crosses the belly button, but not if the belly button is already looking at the floor.

The numbers? Ideally, one's normal waist measurement should be 32" or less. A size between 32" and 35" is considered high. Above 35" is considered very high. Worse: A waist size greater than the size of the hips is considered very unhealthy.

Now, before we all rush out to buy a tailor's tape to measure the prosperous protuberance, I think there may be some exceptions. I'd allow 2 inches for height lost due to disc narrowing. This exaggerates the abdominal equatorial plane and especially love handles, so take advantage and go make love! Also, if you are a skater doing spins, the belly will bulge out due to centrifugal force. Pregnancy should also be considered, although unlikely at our club, especially among men.

Is it useful? Well, it was found that the risk of disease increases proportionally with every 2" of increased girth. And life expectancy is reduced by 3 to 5 years for those with the largest waist measurements. Also, a healthy sense of humor is absolutely necessary, especially if you have read all of this. What would we do without it?!

UPDATE ON PRE-DIABETES: A just-published UCLA study says that now 59-60% of Californians over age 55 have it! And 16-20% of us have Diabetes type 2. That's way up compared to prior studies. Get your fasting glucose and A1c checked soon.

Your Fleet Sturgeon (above 32"), Zoran Thanks to Erika (below 32") for editing.





CIYC Opening Day April 3rd









DO YOU KNOW?

By Keith & Mary Ann Moore

Say Hello to our new CIYC Member Eric Swartz

For the past 10 years, Eric had visited his mother, CIYC member **Ginny Matthews**, at Hollywood By The Sea.

Eric was drawn to Oxnard/Ventura for its world class sailing and surfing experience and after 38 years of living in Los Angeles, it was time to change. He moved to Silverstrand Beach from Santa Monica in August 2015.

Eric is a real estate agent for RE/MAX Gold Coast. His big dream is to one day own a house on the harbor with a boat dock.

As you can tell his passion is sailing, but Eric also likes discovering new music. You can find this avid sail racer crewing for Bill Brayton on Maverick (CIYC). Oh yeah.....he also crews for Carlos Brea on Fat Tuesday (VYC).

Stay tuned for next month's interview...... and be sure to introduce yourself and welcome Eric to CIYC... ask him about his latest sailing adventure!





CIYC Opening Day April 3rd







May 2016



Channel Islands Yacht Club

	m for	dimer	giil	ented	9
Sat	7 NO DINNER Seup dining room for luncheon	14 Ipm Anglers Lobster dinner	21 Setup room for wedding	rs No Dinner Dining Room Rented Lana Lynch Holiday Cruise	Bar Hours Sunday 3pm to close, I Mon. & Tues, except special event Wed. Thurs.& Fri. 5pm to close, Sart 4pm to close
F	6 5-7pm Happy Hours 6pm Ships store open TGIF/Birthday Bash	13 5-7pm Happy Hours 6pm Room Rental	20 5-7pm Happy Hours 6pm Ships store open 7pm Epicureans dinner	5-7pm Happy Hours Holida	Bar Hours Sunday 3pm to close, Closed Mon. & Tues. except special events Wed. Thurs.& Fri. 5pm to close,
Thu	5 6:30pm Movie Night	12 5pm Islanders BOD meeting CIWSA meeting Bocce Ball Starts	19 12-4pm Room Rental Moore Bocce Ball	26 Bocce Ball	
Wed	4 6:30 pm Wed .Dinner	11 2pm Bridge group 6:30 pm Wed .Dinner	18 6:30 pm Wed .Night Dinner	25 2pm Bridge group 6:30 pm Wed .Dinner	
Tue	દ	10 3-6pm Memorial for Frayne Higgason	17 6:30pm CIFC board meeting	24 7-9pm Guitar recital	31 7pm DAV Sail Day Meeting
Mon	2	6	91	23	30 Memorial Day Holiday Super Club Cruise
Sun	I	8 Mothers' Day Ipm Luncheon BOD Cooks	15 Currents Article Due 1-4pm Open House	22 Room rental Olsen Wedding	29 Room Rental BD party Holida Holiday Cruise

June 2016



Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Bar Hours Sunday 3pm to close, Closed Mon. & Tues, except special events Wed. Thurs.& Frl. 5pm to close, Sat 4pm to close	to close, cept special events 5pm to close, close		I	2 Bocce Ball Noon-7pm room rented retirement party	3 5-7pm Happy Howrs 6pm Ships store open Birthday Bash	4 7pm Beefeaters dinner
5 Ladies' fishing tourney	9	7 7pm DAV Sail Day Meeting	8 2pm Bridge group 6:30 pm Wed .Dinner	9 5pm Islanders BOD meeting Bocce Ball	10 5-7pm Happy Hours 7pm Ventura British Brass Concert	11 Men's Fishing tourney Tom Epicureans dinner Cruise
12 Song Makers Picnic Cruise	13	14 7pm DAV Sail Day Meeting	15 Currents Article Due 6:30 pm Wed .Night Dinner	16 Bocce Ball	17 Dining Room rental for memorial 5-7pm Happy Hours 6pm Ships store open	18 Port Royal Wild Bill Rig Race 7pm Fathers day dinner by the Islanders
19 Fahers' Day 1-4pm open house	20	21 6.30pm CIYC board meeting 7pm DAV Sail Day Meeting	22 2pm Bridge group 6:30 pm Wed .Dinner	23 Bocce Ball Islanders Meeting	24 5-7pm Happy Hours 7pm General meeting	25 Setup for VETS Sail Day
26 Vets Sail day	27	28	29 6:30 pm Wed .Dinner	30 Bocce Ball		

As of 04/26/16

THEY'RE RUNNING AGAIN!!!

TGIF / BIRTHDAY BASH - MAY 6th

Beer Battered Fish, (Broiled on request), Fries, Beans, Cole Slaw, Ice Cream and Cake will be served at **6:30 for \$10**

followed immediately by the birthday drawing, races and raffles.

Birthday bash is being combined with TGIF so do not bring a dish to share but do support the dinner.

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

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Birthday Bash - May 6th by Connie Calo

Come and join us for our monthly celebration for members whose birthdays and/or anniversaries are in May.

Don't bring "munchies" to share this time, and there is always a great birthday cake!

May Birthday Celebrations for: Daniel Voss, Bill Johnson, Cindy Crocket, Gary Hunsaker, John Barr, David Wardlow, Liz Campbell, Gerald Adams, Lori Robinson, Paul Hatcher, Paul Paulin, Gary Childs, Deborah Tyhurst, Howard Simon, Toni Weaver, Rick Wilson, Duane Wherland, Donna Eyman.

May Anniversaries are: Jim and Linda McCulley,

Carol Watson and Howard Simon, John and Bernadine Carlson,
Eleanor and Max Hovaten, Richard and Martie MacDonald, Hardy and Olga Moll,
Larry and Karen Stein, John and Rose M. Hazeltine,
Chuck and Carol Bartlett.

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BRING THE FAMILY
AND ENJOY A
LOYELY MOTHER'S
DAY AT CIYC!!

SUNDAY - MAY 8, 2016

BAR OPENS AT 12:00 PM LUNCH SERVED AT 1:00PM



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CIYC Opening Day April 3rd











CIYC Opening Day April 3rd













CIYC Opening Day April 3rd

















FOURTH CLASSICAL GUITAR RECITAL AT CIYC



Classical guitar recitals are becoming a CIYC tradition. The upcoming one is truly exceptional. Our guest artists, Alex Park and Wesley Park, are senior students at the world's most prestigious classical guitar school: Pepperdine's Music Department, directed by Christopher Parkening. You will hear solos and duos featuring Gaspar Sanz, Carlo Domeniconi, Isaac Albeniz, Augustin Barrios, Manuel de Falla, Andrew York, and others. This is an outstanding program, and we are truly privileged to be able to attract guitarists of such a high caliber. Don't miss this opportunity to enjoy the sounds of the most beautiful instrument! Perhaps a glass of wine? We will provide cheeses and crackers, fruit, and cookies.

Tuesday evening, May 24^{th,} at 7 pm. (Club opens at 6 pm.) This is also an Open House event. Guests are welcome. Parking is free. 4100 Harbor Blvd. Oxnard. CA 93035

Zoran and Erika Questions: zbarbaric@hotmail.com

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Please contact Rental Manager, Sharon Sullivan 805-985-6155

for scheduling and rates.

Help us help the Club to be Prosperous!

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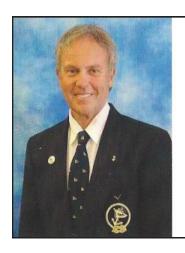
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E-mail submissions to <u>Lizcaffrey@aol.com</u> or send via facsimile to (805) 985-2942

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DEADLINE NOTICE:

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

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for the June 2016 Issue



