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Channel Islands Yacht Club

CIYC is located at Lat 34° 09' 48.9" N; 119° 13' 35.6" W

4100 Harbor Blvd., Oxnard, CA 93035.

Phone (805) 985-2492

currents



Newly Elected, CIYC Officers, left to right:
Vice Commodore, Dave Wadlow,
Commodore, Keith Moore,
Rear Commodore, Vidar Bech



Message From
The Commodore
Thomas Warden



November 2 is the awards dinner. This is when our members are recognized for their participation and value to CIYC!

Our deepest sympathy goes out to **Staff Commodore Jerry Wood** on the loss of his incredible wife, **DeAnn**. This also is a tremendous loss for our club, as so many of our members became close friends of Jerry and DeAnn over the years. DeAnn and Jerry were responsible for the tremendous increase in membership during this year. There will be a **memorial service November 10th**.

Our Parking Lot Sale was a huge success! On our first day of donations, October 13, our courtyard was full! Thanks to all who participated by picking up the items, organizing the categories, and working the sale on October 26th.

We have many events planned throughout the rest of the year. Check the Currents calendar so you don't miss the boat.

Happy Thanksgiving.

Thomas Warden



Anglers' Corner October 2013

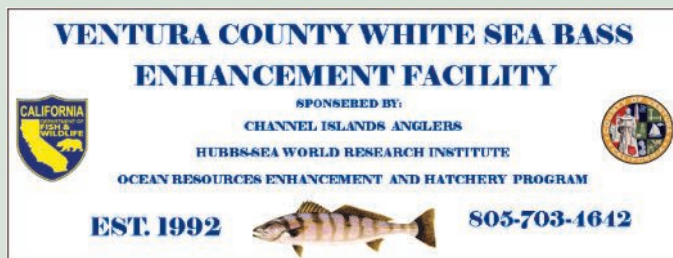
By Frank Sullivan



WSB Update:

As I write this, all our hard work and fundraising is finally coming to fruition. **Hubs Sea World Research Institute** just notified me that they will begin delivery of our fish **October 29th**. It will take at least 3-4 trips to load the pens. The fish are big (~60 grams) and they want to over-winter with us, so we should be getting about 2700 fish for each pen to allow room to grow through the winter. If all goes as planned we will have done some last minute clean up and deploy the nets on Friday and Saturday the 25th and 26th of October.

The fish will be delivered in the afternoons of Oct. 29th, 30th, 31st, and Nov. 1st. We will then begin our usual regimen of feeding and maintenance. Please contact Frank Sullivan frank.sullivan@roadrunner.com if you wish to become involved.



Fishing:

The central coast Morro Bay and north into Oregon are reporting good landings of Albacore Tuna and Rockfish.

The San Diego boats are running south into Mexico for Bluefin and Yellowfin Tuna as well as some nice Yellow Tail.

Locally it has been mostly good Rockfish fishing, with some reports of Halibut and some unconfirmed reports of big home guard Yellowtails at Anacapa.

Remember Rockfish season closes December 31st, so get out when you can.

So far the Big fish of the month is Bill Cline's 2.9 lb. rockfish. Caught 10/22 with Gary Johnson on Joysea.

Upcoming events:

Nov. 16th Anglers' Awards dinner



"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 \$\$\$\$



Doc Lines

WEED

HISTORY: In 2,000 BC Chinese scribes referred to marijuana as a medicinal herb. Hemp used to be an important industrial agricultural product in the USA.

WR Hearst, who was milling wood and making paper for his newspapers, saw that industrial hemp could compete with his business. Hearst, DuPont and Mellon successfully finagled Congress to ban hemp because it supposedly produced “mental impairment.” In the 1920s a federal ban on growing any type of hemp was imposed, and the ban (temporarily lifted during WW II) exists to this day.

What is in it? There are about 60 active “cannabinoids” in the flowers and leaves. The two most important pharmacologically are THC and CBD compounds. THC is psychoactive and may have some medical use. CBD is not psychoactive and has definite medical uses. Because there are more recreational users, legal and illegal growers tend to selectively propagate pot with THC. Also, smugglers have a greater cash return per bale of the more potent stuff. Only a few marijuana growers produce the one with the medically useful CBD cannabinoid.

MEDICAL CANNABIS: Medical cannabis is illegal in most countries. Health insurance companies do not cover medical marijuana. There has been no death reported from the use of medical marijuana. Ever. This is in contrast with overdosing on various prescription drugs.

The best-documented medical use concerns the CBD cannabinoid. When it was used on toddlers with intractable debilitating multiple daily seizures, resistant to all other pharmaceuticals, it resulted in a miraculous cessation of seizures and a return to almost normal life.

Published medical papers point to substantial benefits: pain relief, especially for chronic pain, treatment of nausea and vomiting in patients on chemotherapy, glaucoma, spasticity in multiple sclerosis, Alzheimer’s disease (THC), breast cancer, brain cancer, HIV/AIDS, opiate dependence, controlling ASL symptoms, Crohn’s disease, and better glucose control in diabetes,

The problem with medical cannabis is choosing the right cannabinoid, establishing the dosage, preparation, administration method, and shelf life. Because none of these are standardized, meaningful clinical trials are difficult to initiate and complete. Some of this is undergoing evaluation in several European research institutions, but none by big pharma. In the USA, most of the research is funded by the NIH and is centered on harmful aspects of marijuana use.

A paper from a Luxemburg institute suggests that the best way to obtain medical pot is to grind and pressure-squeeze the fresh flowers and leaves. The extract is very potent and a few drops mixed with, let’s say tomato juice, is consumed. In that form it does not produce psychedelic effects. The scientist who came up with this idea compares it to a salad or a vegetable. But to have it fresh, it seems that a patient has to grow and harvest a few plants on his own, which is legally troublesome. If heated, such as in smoking, vaporizing, or baking cookies, medicinal potency is lost, but psychedelic effects begin to emerge.



RECREATIONAL POT: Last year 850,000 people in America were arrested for marijuana-related crimes. Powerful lobbying groups, such as police unions, alcohol companies, big pharma, prison guard unions, the legal profession, and also drug cartels, oppose relaxation of marijuana laws. Since 1990 the street price decreased 86% and potency increased 167%. Seizures are up 465%. Supply has obviously increased, and efforts to control illegal markets are failing (BMJ Sep 30, 2013).

As is the case with other drugs (including refined sugar and wheat), THC releases dopamine in the pleasure centers of the brain. With THC there is a pseudo-feeling of happiness and a lack of self-awareness (mild paranoia). Other activities also release dopamine: exercise, creative thinking, meditating, playing instruments, socializing, worshiping, yoga and sex. It seems to me that rewarding oneself with THC could decrease a person's desire to engage in these, more social and productive, efforts.

Marijuana use adversely affects brain development up to the age of 21. Also inhaling smoke (of any kind) delivers an unhealthy dose of carcinogens and CO. In my opinion, recreational drug use is an unhealthy and unbalancing activity.

Let it also be known that my personal opinion is not material to the individual and jurisdictional liberties of other people!

INDUSTRIAL HEMP: Sadly, industrial hemp, a cannabis strain that does not have psychoactive cannaboids, was made illegal (together with recreational strains) in 1920. The US is the only industrial country that prohibits industrial hemp farming. One half of Canada's industrial hemp is imported into our country. Ten states, recently including California (SB 566), allow industrial hemp farming, **subject to** federal permission.

What's industrial hemp good for? It is the strongest natural fiber. For more than 10,000 years it was used to make cloth (better than cotton; also, 50% of all pesticides in the world are sprayed on cotton). Hemp provided cordage and sails for navies and commercial sailing fleets, flags (even Old Glory), the first jeans, and other items of clothing.

Other uses are: Food (seed, oil, salad: all are low in saturated fats and rich in 21 essential amino acids), wax, resin, plastic, fuel (biodiesel, alcohol), pulp, construction (fiber board, insulation, reinforcement, building material), soap, and phyto-remediation (clearing topsoil pollutants such as lead, pesticides and radioactive compounds). Paper made of hemp lasts for hundreds of years (the draft for the US Constitution was penned on hemp paper). Compare this to wood pulp paper, which only lasts 20-80 years. Also, a single hemp plant produces more oxygen than a fully-grown rainforest tree!

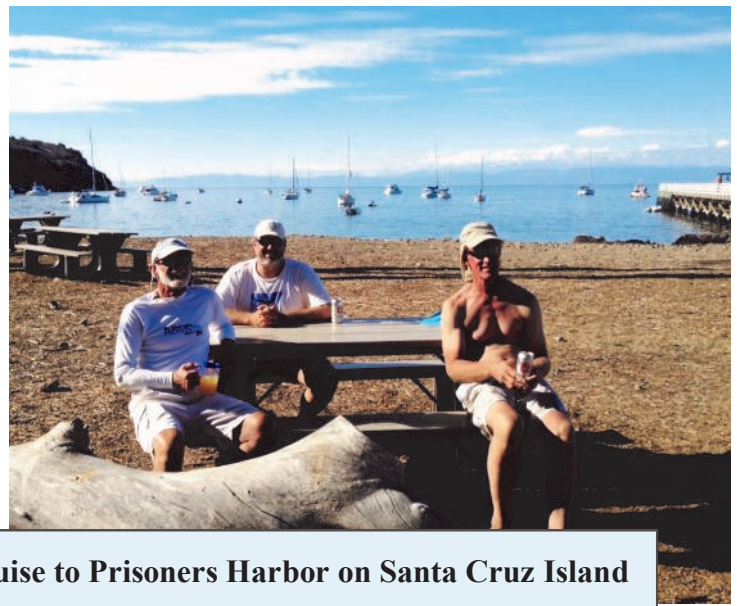
Looking forward to having hemp salad at the club in the near future. Recipes, anyone?

Your Fleet Surgeon, Zoran

Thanks to Erika for editing.



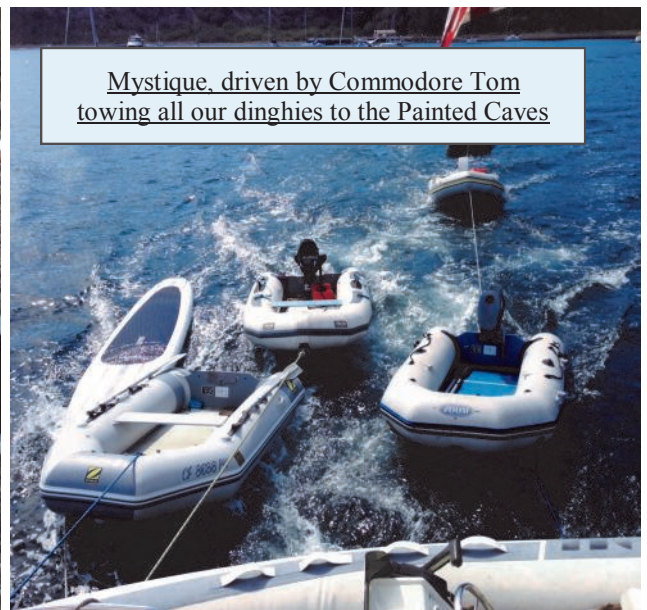
CIYC cruisers cheering on bocce ball tournament finalists



Labor Day cruise to Prisoners Harbor on Santa Cruz Island



Cruise Director, Cindy Arosteguy and Commodore Tom Warden present the bocce ball award to Leslie



Mystique, driven by Commodore Tom towing all our dinghies to the Painted Caves



Cruisers after enjoying a delicious potluck, Barbara (guest), Mary, Curt, Elyse, Les, Bill, Cindy, Bob, Darryl, Joyce, Gary, Penny, Commodore Tom, new members Tom and Tori.



Cruisers entering the Painted Caves, one of the largest sea caves in North America

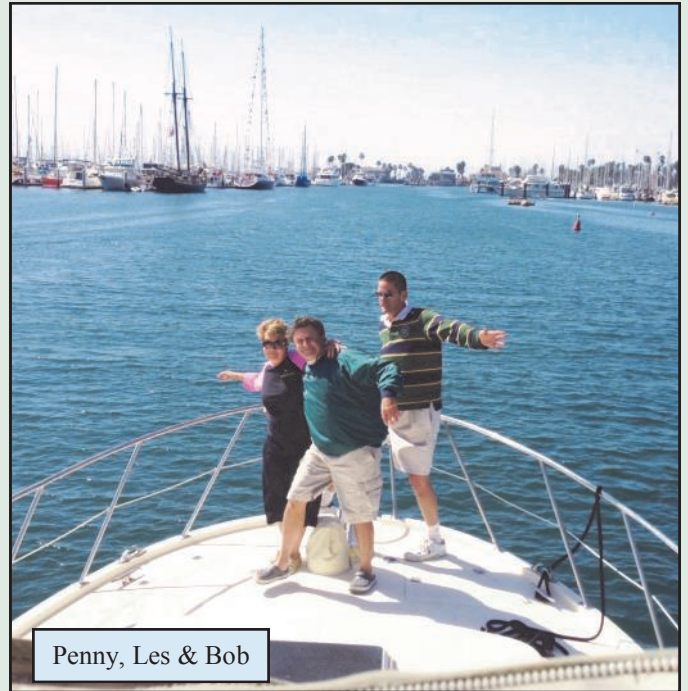


Painted Cave, lots of colors

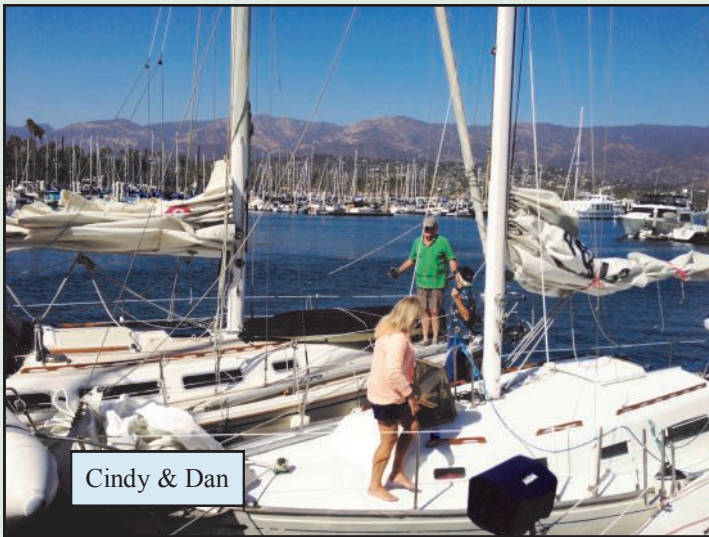




Cindy, Marnie & Penny



Penny, Les & Bob



Cindy & Dan



Cruise to Santa Barbara Harbor
October 5th & 6th



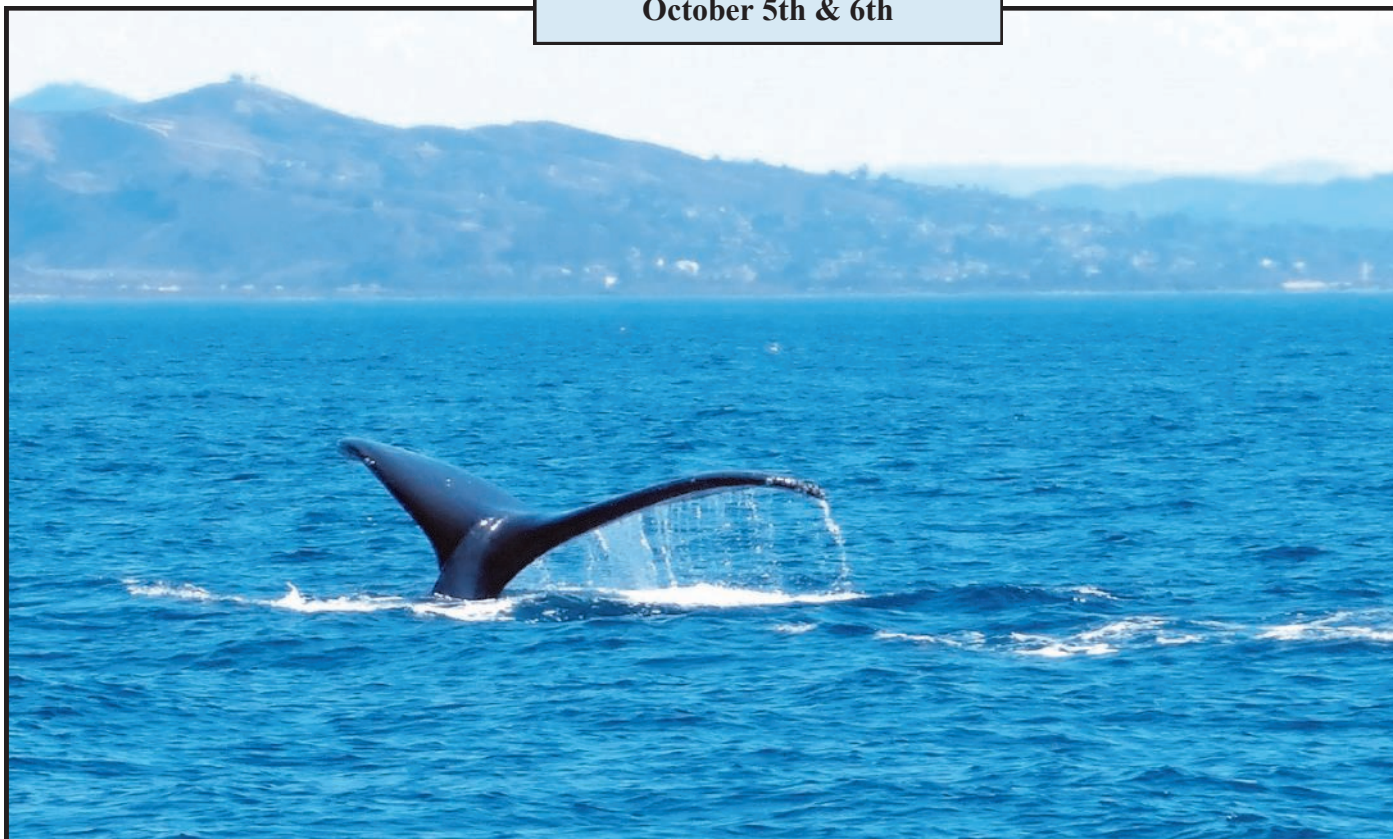


**Cruise to Santa Barbara Harbor
October 5th & 6th**





**Cruise to Santa Barbara Harbor
October 5th & 6th**





**Cruise to Santa Barbara Harbor
October 5th & 6th**

**Cruise to Santa Barbara Harbor
Dock Party**



Cindy, Denise & Elyse



Roll Cloud Over Anacapa



A low, barrel-shaped cloud, “rolling” about its horizontal axis is a very rare natural phenomenon. A roll cloud is a solitary wave in the atmosphere that has a single crest (soliton). Although this one is only about a mile long, some can be up to 600 miles long. The best-known roll cloud is named Morning Glory, and it regularly appears in North Queensland, Australia every October.

Best seen in color – go to [Currents online](#). Submitted by Zoran



Replacing the North Break Wall light at CIH—Failed Two Attempts



Oct 22. Took several hours. No luck. Submitted by Zoran

Oct 23. Successful installation. Submitted by Zoran.

November 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 6pm Birthday Bash	2 7pm <i>Beefeaters dinner</i> <i>-club awards dinner</i>
3 Daylight savings ends Dining room rental non-profit Fundraiser	4	5 6pm Bar opens 7pm <i>British Brass</i>	6 Wed. Night Fun night Dinner 6:30 <i>Bingo 7:00</i>	7 Movie night-6:30pm	8 Bar Appetizers	9 7pm <i>Epicureans dinner</i>
10 <i>DeAnn Wood's</i> <i>Memorial</i>	11 Veterans Day	12	13 2pm <i>Bridge group</i> Wed. Night Fun night Dinner 6:30 <i>Bingo 7:00</i>	14 6:30pm <i>CIWSA meeting</i>	15 <i>Currents deadline</i> Bar Appetizers	16 9pm Shipshape 7pm Anglers' awards & Scampi dinner
17 1pm <i>Calendar Meeting</i>	18	19 6:30pm <i>CIYC Board</i> <i>Meeting</i>	20 4:30pm <i>Islanders Board</i> Wed. Night Fun night Dinner 6:30 <i>Bingo 7:00</i>	21 Movie night-6:30pm	22 Bar Appetizers	23 5pm Room rented for <i>BD private party</i>
24 Cruise to Ventura HRB.	25	26	27 <i>No Dinner</i>	28 <i>Thanksgiving /</i> <i>Chanukah starts</i> 3pm Potluck Dinner	29 Bar Appetizers	30 Cruise to Ventura HRB.



December 2013



Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10am Decorating starts	2 10am Decorating continues	3 10am Decorating continues	4 Wed. Night Fun night Dinner 6:30 Bingo 7:00	5 Movie night-6pm	6 Bar Appetizers 6:30pm Tree Lighting and Potluck	7 Coast Guard dinner
8 11am -2pm Islanders Jingle Bell Brunch	9	10 IOBC Party	11 2pm Bridge group Wed. Night Fun night Dinner 6:30 Bingo 7:00	12 Room Rental Maritime Museum Party	13 Bar Appetizers Navy CB Dinner	14 9am assemble POL float 5:30 pm Parade of Lights Dinner
15 Currents deadline	16	17 6:30pm CIYC Board Dinner	18 4:30pm Islanders Board Wed. Night Fun night Dinner 6:30 Bingo 7:00	19 Movie night-6pm	20 6pm Birthday Bash	21 7pm Dinner
22	23	24	25 Christmas 3pm Christmas Pot luck	26 Movie night-6pm Un-decorate the Club	27 Bar Appetizers Redecorate Club for New Years	28 Redecorate Club for New Years
29 Redecorate Club for New Years	30	31 New Year's Eve 7pm New Year's Party	Bar Hours Sunday 3pm to close, Closed Mon. & Tues. except special events Wednesday-Thursday 5pm to close, Fri & Sat 4pm to close			



GOLD COAST CONCERT CHORUS

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Sunday, November 3, 2013 - 2 pm to 5 pm

Channel Islands Yacht Club

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(Just past the Whale's Tail)

- Free Admission
- Appetizers and Desserts
- No-Host Bar at CIYC opens at 1 pm
- Come early, stay late! Enjoy the beautiful harbor

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and support a worthwhile cause!*

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Gift Baskets, Harbor Cruises, Dinners, Hair Care, Jewelry,
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An Epicurean Dinner
Joyce Sheridan/Vera Cline and Crew
A Fall Dinner

November 9, 2013, 7:00 pm

\$15.00

~~ Menu ~~

Butternut Squash Soup

Baked Glazed Ham

Twice Baked Sweet Potatoes

Parmesan Roasted Broccoli

Baked Apple with Ice Cream



Channel Islands Yacht Club

November 23 & 24, 2013

Cruise to Ventura Harbor/ Ventura Yacht Club

**One if by land, Two if by sea
Come one, come all**

SATURDAY 3:00 p.m. to 5:00 p.m.

**Happy hour on the VYC end tie slip
Hosted by the CIYC cruisers**

SATURDAY 5:00 p.m.

**Barbeque chicken on the VYC patio
bring side dish to share**

SUNDAY 9:00 to 10:a.m.ish

**Breakfast or brunch somewhere in the
harbor village (to be determined)**



Whether you are coming by land or by sea, please RSVP to Cruise Director, Cindy Arosteguy at (805) 208-1962, cinarost@yahoo.com or post on the CIYC's website cruisers blog. There will also be a sign up sheet available in the Cruisers Book at the bar.



Maverick (CIYC's PRO Bill Brayton and crew) at the Ventura Yacht Club getting ready to race in the 2013 Ventura Cup.

The 190 foot VYC complimentary guest dock has been reserved for 11/23. First boats (depending on size) to confirm will be on the guest dock. Additional complimentary slips may be available as well.





Anniversary Dinner/Dance
September 28





Anniversary Dinner/Dance
September 28





Anniversary Dinner/Dance
September 28







Halloween Party 2013



Halloween Winners 2013

Birthday Bash - "Friday, November 1st,"

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



November Birthday Celebrations are: Sherie Ireland, Phyllis Lucas,
Dana Hamilton, Lisa Bishop-Smith, Dick Olsen, Rich Szewzuk,
Ev Babbe, Gary Cole, Christine Mann, Olga Moll,
Beth Moore, Don Wood and Skip Preston.



November Anniversaries are: Jonathan and Nicole Trautma,
Dale and Kimberly Morris, Gary and Sherri Cunial,
Bud and Phyllis Gerding & Keith and Mary Ann Moore.

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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 **Vice-Commodore,**
Keith Moore 805-985-3311
or **Rental Manager,**
Sharon Sullivan 805-985-6155
for scheduling and rates.

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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 December 2013 Issue

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