



Wild Bill Rig Race Perpetual Trophy -1st Place
Awarded to **SLIVER!** Nate, Bill Brayton PRO, Mike Geer, Patrick
(Alexandra and Charlotte not pictured)



4th of July

Bar opens at 4 pm BBQ at 5 pm
Live Music 5 - 7 Fireworks at 8

Pasta Salad	BBQ Chicken
Potato Salad	Hot Dogs
Green Salad	Hamburgers

LIVE MUSIC
Solo Guitarist
Rich Cohen

\$25

RSVP
reservations.ciyc@roadrunner.com

CIYC



Henry Rangel won the Men's Fishing Tournament
with a 13-lb. Halibut



June was busy...too much to rehash; however, one very important piece of business was the selection of our **Nominating Committee for our October election for the new Board for 2026**. Two Directors were selected: Ann Marie Gross and Bill Elswick. Three members were selected from our General Meeting, June 20th: Katrina Glass, Bill Scarpino, and Deborah Tyhurst. **This year there will be 6 Director positions to fill.**

Another very important piece of business was the review of the Admissions Process with the Board and the initial steps for Background Checks on applicants for membership in CIYC. Posting is another concept we will address as this Committee develops the process; however, this will not take place for a couple of months.

Now, on to July! Obviously, the Fourth of July is our major event of the month. Fireworks, food, and friends - it doesn't get any better than that, except maybe a 50-lb White Seabass - that is happening this month as well!

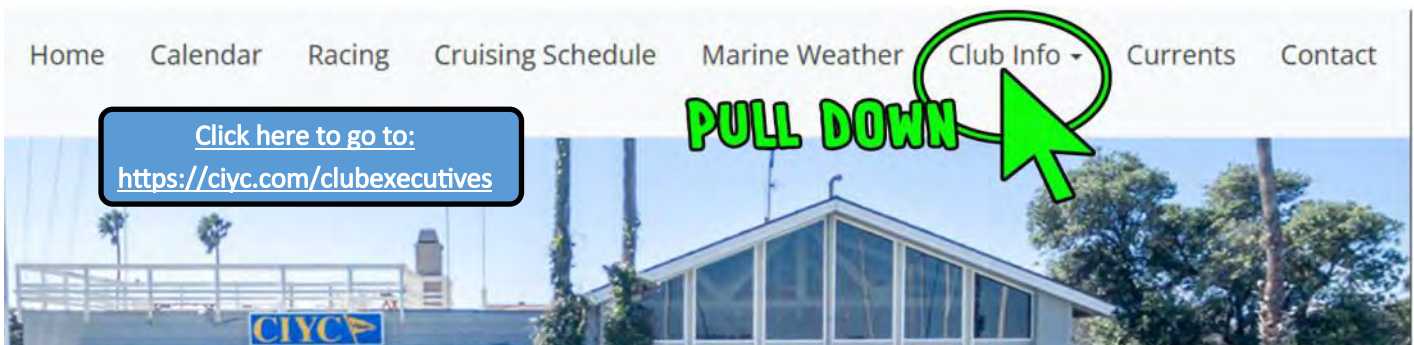
Our Vice Commodore James Glass will be presenting his first Dinghy Party of the year, so I am looking forward to that event. Also, Frank and the Anglers will be holding the Ladies' Fishing Tournament on the 19th.

Our July Member of the Month was selected by our Board, and Dale Nelson was awarded the coveted parking space. Dale's contributions on Saturdays for years have been recognized and now he is rewarded.

Thank you for all you do, Dale!

Our Club is financially healthy and growing. In my tenure at CIYC I have not seen the membership numbers this high, and people are very interested in joining our Club. Please reach out to people you do not recognize and embrace the new members we have. I have had to come out of my shell and strike up conversations and friendships with people I have no connection with, something that I have never done before. I have found that it is actually rewarding, and I intend to continue to reach out to new members.

Once again, I encourage new members and old members to participate in Committee work. It's an opportunity for you to become involved and to contribute to the efficiency and success of our club. Look at our Club's website, CIYC.com, go to the header: *Club Info* and select [Officers and Directors](#). **Scroll down and you will see all the Committee Chairs**; check out where you might fit in and give that Chair a call and volunteer to help out. You will reap the rewards.

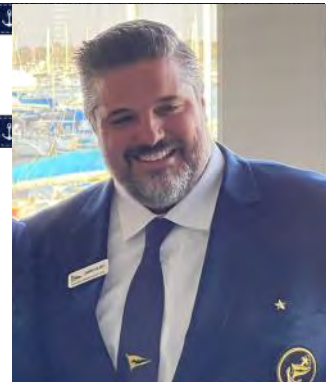


CIYC 2025 Vice Commodore ★★ James Glass

June was a full-throttle month at the Channel Islands Yacht Club, packed with events that showcased what makes our club so special—dedication, generosity, and community spirit.

We kicked off the first weekend of June with a bang. On Saturday, June 7th, CIYC had the honor of hosting the **SCYA Board Meeting and General Meeting**, followed by a well-attended luncheon. We welcomed members and officers from yacht clubs all across Southern California. SCYA featured guest speaker **Rich Somers**, who gave an inspiring talk on community outreach. A big thank you to **Rear Commodore Stacy Wolf & Katrina Glass** who helped make this event run smoothly.

The very next day, June 8th, was the **Disabled Veterans Sail Day**—and what an amazing day it was. I want to extend my deepest thanks to **everyone who contributed** to this special event. From the early planning meetings to setup, boat donations, food donations, logistics, cooking, and even clean-up—our members truly went above and beyond. The veterans were thrilled and many expressed how much they're looking forward to returning next year.



For the second year in a row, The [Manhattan of Camarillo](#) generously donated tri-tips for the **Disabled Veterans Sail Day**. Their continued support means so much, and to show our appreciation, we're planning a club [Happy Hour at their](#) restaurant on **Tuesday, July 22nd at 5:00 PM**. I encourage all of you to join me as we enjoy a fun evening together and personally thank The Manhattan team for their generosity.

June also brought us the annual **Wild Bill Rig Race**, which delivered excitement and great sailing as always. We were proud to host the **CIWSA Adventure Sail Day**, welcoming girls ages 9 to 14 for a hands-on introduction to sailing. A heartfelt thank you to the **Mystic Whaler**, the **Channel Islands Maritime Museum**, and especially **Jane Thomas** for her tireless efforts in organizing, coordinating volunteers, and securing donations to support this incredible program.

On June 29th, we held our **Men's Fishing Tournament**—always a club favorite! Nothing beats a little friendly competition out on the water.

Looking ahead to July, things are heating up!

On **Saturday, July 13th**, we're having our first **Dinghy Party** of the year—and it's going to be a blast. This year's theme is **Caddyshack**, so dust off your best (or worst!) golf attire. The **Welcoming Committee** will be setting up **miniature golf**, Our **BBQ Crew** will be firing up the **BBQ for an amazing meal**, and a **DJ Brian Fitzgerald** will be spinning tunes to keep the party going. Don't miss it!



NOTE DATE CHANGE: SATURDAY, July 19th, it's time for the ladies to shine with our **Ladies Fishing Tournament**. Get your gear ready—it's going to be a great day on the water!

And finally, mark your calendars for **Saturday, July 27th**, for the 2nd Annual **Anglers charter** aboard the **Aloha Spirit**. We'll be departing from Channel Islands Sportfishing at 5:00 AM and returning around 4:00 PM. Cost is \$210 per person. If you're interested in joining us for a fun-filled day fishing the beautiful Channel Islands, talk to **me or Frank Sullivan**—we still have a few spots available!

Here's to another month of making memories on the water and around the clubhouse.

Rear Commodore Report

Hard to believe that half of 2025 is already behind us—where did the time go? The first six months were filled with amazing meals, great entertainment, and a bustling clubhouse at CIYC.

I sincerely thank all our dedicated cooks who kept us well fed in June. We were treated to a fantastic “Newbie

Dinner” hosted by Sharon Reed; Lisa Medlen’s delicious meatloaf; Shana Whitmore’s creamy Chicken Alfredo; Evelina Arglen and the Islanders’ unforgettable Father’s Day Surf ‘n Turf, Chef Eleanor Hovaten and her Epicureans’ beautiful *Summer in Provence* dinner, and Judy Campea’s crowd-pleasing “Oh My Cod!”



A special thank you goes to Bob Taylor for teaching us to dance—spoiler alert: He just might do it again this summer! I’m also pleased to recognize Rene Aiu and the Welcome Committee for their warm greetings and the mixers that help bring us all together. And, yes, there’s plenty more to come from them as well.

Let’s set sail for the second leg of our voyage.

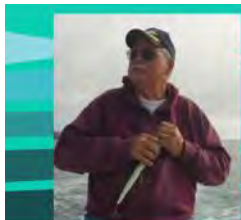
Here’s a glimpse of what’s ahead for the rest of the year:

- Continuing to bring delicious, diverse meals to our tables
- Introducing more affordable dining options
- Making Sunday a true Funday—We will still cheer on our favorite sports teams in the bar. We are also planning another ‘Paint and Sip’ and we will plan to host a Bunco Tournament

Keep an eye on your email and follow us on social media for updates.

Lastly, thank you sincerely for trusting me to serve as your Rear Commodore. It is truly an honor.





Anglers' Corner

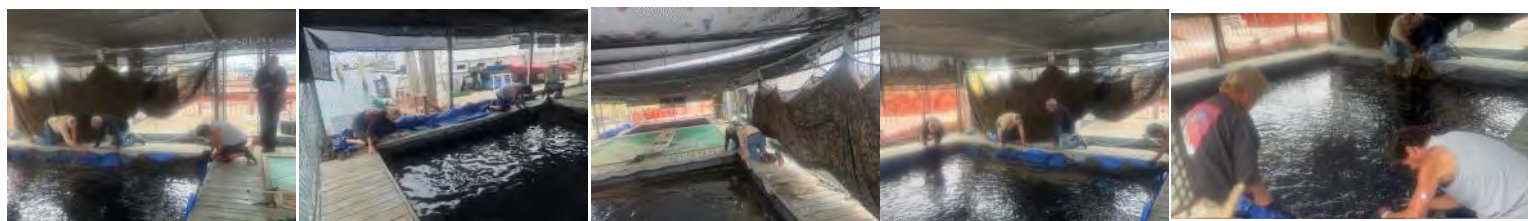
By Frank Sullivan



White Sea Bass growout pen report:

Our fish have been doing very well since last month with very few mortalities. On Thursday, June 5th, HSWRI met with our volunteers and got lengths and weights of the fish; they are averaging 8.7 inches and 3.4 ounces.

On June 24th DFW Biologist Mark Okihiro sampled the fish to do health assessments. The fish passed medical inspection, except for an infestation of Gill Flukes which we treated with peroxide over the 3-day period of June 26th through June 28th. We released them June 30th. The fish in pen three were released into the harbor and the fish in pen one were loaded into the bait fish tanks.



I attended the CCA-CAL WSB Committee Meeting at AFTCO on 6/11/2025 and learned some interesting information. Between April 9th and May 3rd, 1,000 WSB heads were turned in to scan for tags; of those, 17 were found to be hatchery-raised fish and 4 of them came from our pens!

2025 WSB Recaptures

FISHERY	DATE	CAPTURE INFORMATION (C=CAPTURE)			C SITE	RELEASE INFORMATION						
		C TL (mm)	C SL (mm)	C WT (kg)		SPAWN	RELEASE	RELEASE SL	GROWOUT SITE	RELEASE HABITAT	RELEASE METHOD	AGE (yr)
CPFV	04/09/25	858	732	5.0	SANTA BARBARA IS.	10/30/19	05/01/20	150.0	Agua Hedionda	Embayment	HATCHERY	5.4
CPFV	04/16/25	1036	886	8.7	SANTA CRUZ IS.	01/03/16	08/15/16	191.2	C.I.H.	Embayment	PEN	9.3
CPFV	04/22/25	1078	923	9.8	SANTA ROSA IS.	12/14/13	08/25/14	182.9	C.I.H.	Embayment	PEN	11.4
CPFV	04/23/25	872	745	5.2	SANTA ROSA IS.	07/11/18	04/04/19	212.6	Dana Point Harbor	Coastal	BOAT	6.8
CPFV	04/25/25	872	745	5.2	CHANNEL ISLANDS	10/30/19	05/02/20	146.4	Agua Hedionda	Embayment	HATCHERY	5.5
CPFV	04/25/25	1041	890	8.8	SANTA CRUZ IS.	12/09/16	07/09/17	170.6	Marina del Rey	Embayment	PEN	8.4
CPFV	04/25/25	905	773	5.8	CHANNEL ISLANDS	08/29/17	06/11/18	200.9	Marina del Rey	Embayment	PEN	7.7
CPFV	04/25/25	774	660	3.7	CHANNEL ISLANDS	01/14/19	07/01/19	141.0	Agua Hedionda	Embayment	PEN	6.3
CPFV	05/11/25	849	724	4.8	CHANNEL ISLANDS	10/30/19	04/17/20	110.9	C.I.H.	Embayment	PEN	5.5
CPFV	05/11/25	910	777	5.9	CHANNEL ISLANDS	10/30/19	05/02/20	153.3	Agua Hedionda	Embayment	HATCHERY	5.5
CPFV	05/11/25	882	753	5.4	CHANNEL ISLANDS	07/24/18	04/15/19	200.8	Agua Hedionda	Embayment	PEN	6.8
CPFV	05/11/25	919	785	6.1	CHANNEL ISLANDS	11/15/17	05/30/18	155.4	Agua Hedionda	Embayment	PEN	7.5
CPFV	05/11/25	858	732	5.0	CHANNEL ISLANDS	07/24/18	04/15/19	200.8	Agua Hedionda	Embayment	PEN	6.8
CPFV	05/19/25	933	797	6.4	SANTA ROSA IS.	07/18/19	04/07/20	195.2	Marina del Rey	Embayment	PEN	5.8
CPFV	05/27/25	1120	959	10.9	CHANNEL ISLANDS	08/14/16	03/23/17	153.7	Marina del Rey	Embayment	PEN	8.8
CPFV	05/27/25	816	696	4.3	CHANNEL ISLANDS	08/10/20	08/04/21	242.0	Agua Hedionda	Embayment	PEN	4.8
CPFV	06/03/25	844	720	4.7	CHANNEL ISLANDS	12/12/16	08/09/17	173.1	C.I.H.	Embayment	PEN	8.5

To date in 2025:

- 1000 heads scanned from the CPFV's
- 17 hatchery-reared WSB recaptured
- 1.7% recapture rate



Another interesting fact: through research they found it takes 3 to 4 years for a WSB to grow to the legal size of 28 inches; however, at that size less than 50% of the females are mature enough to spawn.

Continued



Anglers' Corner

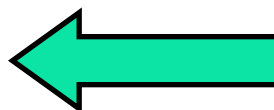
By Frank Sullivan



Fishing Report:



Reported too late for last month's article, but the **May Big Fish of the Month** was caught by **Mike DeSart** on his boat Angler Management. It was a 20-lb. Halibut caught at Santa Cruz Island.



Bob Deyling, while vacationing in Mexico, caught a 20-lb. Amberjack off San José del Cabo on Sunfishian, a 27' panga.

The local boats out of Channel Islands Harbor are having great success with lots of WSB, Halibut, Calico/Sand Bass as well as a lot of Barracuda.

Big Fish of the month:

So far, the June Big Fish goes to Marc Gault for his 2-lb., 3-oz. Ocean White Fish caught June 28th off Yellow Banks..



CIYC Anglers Charters:

CIYC Anglers' Charter July 27th,
Openings for 18 Anglers
reservations are \$210 each

CIYC Anglers' Charter August 9 & 10th
on Old Glory out of San Diego

[SEE PAGE 18](#)

Contact Vice Commodore and Charter
Master James Glass to sign up

jamesglass77@gmail.com
(805-712-9730)

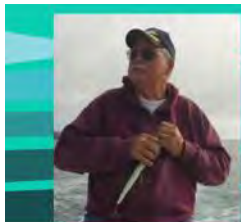
Upcoming events:

July 19th, 2025. Women's Fishing Tournament

July 27th, 2025. CIYC Anglers Charter on the Aloha Spirit

Aug 9th & 10th 2025 CIYC Anglers Charter on the Old Glory (Tentative)

Nov. 8th, 2025. CIYC Anglers Awards Dinner



Anglers' Corner

By Frank Sullivan



Men's Fishing Tourney report:

Originally 5 boats were entered; however,

Mike DeSart's *Angler Management* had to pull out of the tournament because of engine problems while fishing the day before the tournament.

That left Skip Miser's *Dawn Patrol* with Skip, Don Matsumoto, and Bob Deyling;

James Glass's 25-ft. *Parker* with James, John Canavan, and Dan Estabrook;

Eric Taylor's 20-ft. *Skipjack* with Eric, Ralph Rushing, and Steve Onderko; and Drew Rangel and his 10-year-old son Henry on Drew's *Striper 2091*.



Henry Rangel won the tournament with a 13-lb. Halibut, Don Matsumoto got 2nd with a 7.5-lb. Halibut, and Dan Estabrook got 3rd with a 2-lb. Sheephead.



SUCCESSFUL SEABASS RELEASE June 30

Photos by Peter Guernsey





CIYC Ladies' Tournament

Saturday July 19th 2025



The annual Ladies fishing tourney is scheduled for **Saturday July 19th**, 5am to 5pm. The weigh-in is at CIYC at 5PM. Sign up is \$10 (collected by the boat captains) and the prizes will be distributed at 50% for 1st place, 30% 2nd place, and 20% 3rd place.

Sign-up by e-mail to me at membership@ciyc.com

Or there will be a clipboard in the bar on the Anglers' photo wall.

All legal fish count except Billfish, Sharks, and Rays.

Only fish caught after 5am Saturday count for the tournament but you may go out earlier to catch bait and pre-fish.

This event, in the past has been a blast. If you are a boat owner, please let me know if you are willing to take on some of these ladies. If you are a lady wishing to fish the tourney and don't have a ride let me know. If the weather is good, we should have a great time.

Good Luck, remember Tourney fish don't count for Big Fish of the Month but can qualify for Big Fish of the Year, so keep turning them in.

*Frank Sullivan,
Anglers' Chair*

SEABASS RELEASE

June 30

**THANKS TO
VOLUNTEERS!**

Photos by Peter Guernsey



Photos by Peter Guernsey





Harbor View Park Playground Design Contract Goes to RRM Design Group

At the June 24th Ventura County Board of Supervisors meeting, the Harbor Director requested approval to sign a contract with RRM Design Group for the preparation of Construction Documents (e.g. building permits and contractor bidding) for the Harbor View Park Playground.

The Harbor View Park location was selected in 2022, due to its access to existing public walkways, ample parking, and the ability to support family-friendly recreational activities such as picnicking, play, and view of the harbor from a linear grassy area. The site is also conveniently located near restaurants, public restrooms, and the Farmers Market.

RRM was selected due to their significant experience working on community-serving projects in coastal areas.

They have previously designed playgrounds of this type in San Luis Obispo County and are currently working on a similar playground project in Ventura Harbor. The project expands public amenities at the harbor and improves access to public spaces and resources for a more diverse range of users within the surrounding communities.



More Information on Harbor Maintenance Dredging and Dune Habitat Restoration

There has been a lot of confusion regarding the plan to restore the environmentally sensitive habitat for the endangered Snowy Plover and Tern. For those interested in more information on this matter go to the US Army Corps of Engineers (USACE) website regarding this issue: <https://www.spl.usace.army.mil/Missions/Civil-Works/Navigation/Channel-Islands/> Maintenance dredging is essential for keeping harbor inlets navigable and for sustaining downcoast beaches of Silver Strand and Port Hueneme.

Learn More About Policing in Oxnard and Port Hueneme Go on a Ride-Along

An easy way to better understand the policing efforts and issues in your community is to apply for a ride-along with a local police officer. Debbie Mitchell and I did so with Oxnard police officers on June 19th and got to see the various neighborhoods, some we were not familiar with, and learned how they differed in policing issues. We also learned what the majority of calls to the police were from our neighborhoods. It helped us to better understand policing operations and policies that govern their priorities given their resources. For a ride-along experience with an Oxnard police officer, fill out the form at: <https://www.oxnard.gov/police-department/information/police-ride-alongs>

We also learned that the City of Oxnard is one of only 60 police departments that will have a Drone First Responder (DFR) system in operation by end of this summer. The system has been undergoing testing and has flown more than 550 flights between November 2019 and June 2024. These “Uncrewed Aerial Systems” (UAS) will be operated by trained and credentialed police officers from patrol vehicles and from specific designated locations. Drones can perform about 1/3rd of the functions of Public Safety Helicopters.

This advanced technology is US made public safety technology from the company of BRINC. The system capabilities enhance public safety, improve police efficiency and effectiveness in situational awareness and appropriate response.

Learn more about the DFR system by attending Chief Jason Benites presentation on July 16th at the LAW DOGS DINNER. He will be introduced by Chief Michael Frederico who arranged to have him come to CIYC.

Rene Aiu, Harbor Delegate



Sarcopenia

Bummer! As we age we lose our muscles. We have peak muscle mass in our 20s-30s. After that, it gradually atrophies (shrinks).

This age-related muscle loss is called **sarcopenia**. By our 70s, half of us will have only 50% of the muscle mass we had in our 20s. Some more, some less: We lose about 3-8% per decade.

Loss of muscle leads to weakness, reduced stamina, poor balance, slow walking, and falling.

What causes it? **Chronic inflammation** increases pro-inflammatory cytokines and promotes muscle breakdown. Decreased levels of **testosterone** (in men and women), **thyroid** hormone, and **estrogen** also contribute. There is decreased ability to efficiently synthesize proteins, and there is also an accumulation of **waste** (lipofuscin) in the muscle cells. Also a buildup of **dysfunctional proteins** (proteins that support muscle do not contract) in skeletal muscle. And the number of **motor neurons** decreases with age.

There are two types of sarcopenia: Acute Sarcopenia typically occurs within six months of a stressor event such as hospitalization or prolonged bed confinement, while Chronic Sarcopenia commonly develops in individuals with chronic and progressive diseases and lasts over six months.

Besides **age, inactivity, medical conditions** (diabetes, respiratory conditions, cardiovascular disease), **smoking**, and **space travel**, what other conditions contribute to sarcopenia?

Malnutrition is number one: due to insufficient protein intake and impaired nutrient absorption. Also, low vitamin D levels. **Obesity and insulin resistance** are second. Insulin resistance causes more fat to build up around the organs (visceral fat) which leads to chronic inflammation.

Less muscle mass means the body doesn't use glucose as effectively, and this can worsen insulin resistance.

There are a number of tests doctors can use to diagnose and grade sarcopenia (that is, if the doctor looks at you instead of the computer). For instance, the handshake test or sit up and down test, or walking test. Or they can use standard medical imaging.

What can you do about it? Well, 'use it or lose it'. **Strength (resistance) training** should be prioritized for primary treatment and prevention, followed by **aerobic exercises**. Keep fit.

Improve your **diet**. Increase your protein intake. Protein is essential for building muscle. Consuming 20-35 grams of protein per meal supports muscle protein synthesis, combating muscle loss. A daily intake of 1.0 - 1.2 grams per kilogram of body weight is recommended. Healthy fats (contained in olive oil, avocados, nuts, coconut oil, butter, and fatty fish), help provide energy to muscles. Too much sugar, too many processed foods and seed oils are counterproductive. Keep hydrated.

Consult your doctor if you should use supplements such as vitamin D3, omega-3 fish oil, creatine, nicotinamide adenine dinucleotide (NAD+), and/or leucine. And manage your stress.

Stay strong and live a long and happy life!

CIYC RACING REPORT

By Cap'n Jane Thomas

CIYC sailing was very active in June! Special thanks to the CIYC boaters who made their boats available to host some of the veterans and their guests during the Disabled Veterans Sail (DAV) Day on June 8: Erick Dobbs, Bill Brayton, Jeff Hancock, Eric Taylor, and Peter Hopps!

During the same weekend, Mike Geer, family, and crew trailered his boat SLIVER (Hobie 33) to Richmond, CA, for the 34th Delta Ditch Run, a 65nm downwind and down-current race to Stockton. Nearly 90 boats in 10 different classes participated! Look for Mike's report in the August Currents!

VSC's Frenchy's Rum Run, June 14, provided great weather and lots of wildlife! As we neared Frenchy's Cove on Anacapa we were enamored with multiple whale, calf, and dolphin sightings. Ten monohulls, 4 multihulls, and a big fleet of beach cats entered the 32nm race. A chase/rescue boat stayed near the beach cats throughout the race. Elapsed times for the monohulls were 4 - 6hrs and 4 - 5hrs for the multihulls. CIYC competitors were WAILANI (Tartan Ten, Jane Thomas, 6th of 7 in Spinnaker Class) and VELERO (Islander 29, Brent Swanson, 1st of 2 in Nonspinnaker class); Bill Brayton was PRO (Principal Race Officer).

Thanks to Eric Taylor for the use of his runabout again for Race Committee for the Wild Bill Rig Race, June 21. 'Wild Bill' Brayton was the PRO and Doug Coon and Steve Onderko were crew. The sailing was great with good wind and moderate, long-period swell for most of the race. The course from the Mandalay Buoy, around Platform Gail, and back to the Mandalay Buoy was 15.3nm from start to finish. The fleet of 9 boats included 7 CIYC competitors! Here's their finishing order: 1st SLIVER, 2nd WAILANI, 3rd SHE SAID NO 2 (Ultimate 20, Ron Dietel, VSC/CIWSA), 4th SQUARED AWAY (Beneteau 473OC, James Jewell, CIYC), 5th GUMBERCULES (Zap 26, Geoff Walsh, AYC), 6th SAVE FERRIS (Beneteau 323, Dawn Buehler, CIYC), and 7th RED SAILS (Lancer 36, Peter Hopps, CIYC). Before RAMPANT 2 (Cal 9.2, Eric Taylor, CIYC) could finish, the wind died and they were scored as DNF (did not finish). CRITTER (J/24, Ken Foraker, CIYC) would have taken 2nd place except they realized too late that they had not rounded the southern buoy near Gail, disqualified themselves, and were scored DSQ.

I'll have more to say about CIWSA's Adventure Sail Day, Saturday, June 28, in next month's Currents. For now, I want to express my sincerest gratitude to CIYC members' embracing this event for the 4th year! CIYC cooks included John Canavan in the lead with Clare O'Farrell, Stacy Wolf, Katrina Glass, Deborah Tyhurst, Chuck Grethel, Otto Schimmel, and Gina Marcaccio. CIYC skippers included Capt Christine Healy, Priscilla Becker, and Bill Brayton. CIYC members also served for check-ins & skippers bags (Debbie Langley, Dawn Buehler, Claire O'Farrell); sailing mentors (Kelly Sherwood, Janie Brockman, Jamie Fowler); dock mate/escort (Alison Rowe); activity station host (Priscilla Becker); photographers (Bonnie Chaney, Priscilla Becker); and clean-up (Priscilla Becker, Bonnie Chaney, Dodie Duffy). Nearly 20 more non-CIYC members volunteered and performed many of these roles as well. Generous donations from CIYC members, including David Flamer, Anne Marie Gross, Bonnie Chaney, Deborah Tyhurst, Eleanor Hovaten, Frank Sullivan, Jim Strickland and Stella, Rene Aiu, James Glass, and Michele Dildine, make it possible to host this important event year after year. Thank you all!

CIYC/CIWSA's Racing J/24s, CRITTER and TINY DANCER are planning to enter VSC's J/Fest, July 19-20. And our next J/24 Workday (club service, possible daysail) is scheduled for Sunday, July 27. Check your email or contact me directly for more information about J/24 workdays, learning to sail a J/24, and/or becoming an authorized J/24 skipper!

Upcoming Races* and Community Events

Wednesdays, July 2, 9, 16, 23, 30 AYC's Wet Wednesdays
Sunday, July 6 VYC Bluewater Race #2 of 3
Saturday, July 12 PBYC/VSC Milt Ingram Trophy Race
Saturday & Sunday, July 19 & 20 VYC J/Fest
Saturday, July 26 PCYC McNish Classic Yacht Race

Happy Sailing!

Capt Jane Thomas
CIYC RAM Captain & Race Chair



*Note: The 2025 Race Schedule can be found online: ASBCYC region only: <http://bit.ly/4fKmFuW> or <https://calendar.google.com/calendar/u/0?cid=YjUwZTgzMGRjZjgwNzU0ZjAzYmFINGQ0ZWwKMWY1MGNiNjcyYjQxZWw1ZmNhYmNiZmQ4NDNiNDNmOTk4NzhkYkBncm91cC5jYWxlbnRhci5nb29nbGUuY29t>

All of SCYA, including ASBCYC: <https://scya.org/race-calendar/>



Wild Bill Rig Racers on CRITTER (LtoR):
Eric Hotze, Derek Tydon, Ken Foraker



WAILANI crew for Wild Bill Rig Race (L to R):
Lisa Thomas, Alison Rowe, Bonnie Chaney, Dawn Buehler (SAVE
FERRIS), and Wailani O'Herlihy

WAILANI as seen from SLIVER (Photo by Mike Geer)



CIWSA's Adventure Sail Day





UPCOMING IN JULY

WATCH YOUR EMAIL FOR UPDATES RSVP EARLY

- ♦ Friday July 4th **BBQ Music Fireworks!**
- ♦ Wednesday Dinner July 9th
- ♦ Friday July 11th **Birthday Bash & TGIF Fish Fry**
- ♦ Saturday July 12th **Richard Sherlock Celebration of Life**
- ♦ Sunday July 13th **Dinghy Party**
- ♦ Wednesday July 16th **LAW DOGS!**
- ♦ Friday July 18th **Lite Bites & Karaoke**
- ♦ Saturday July 19th, **Women's Fishing Tournament**
- ♦ Saturday July 19th **BEEFEATERS Dinner & FUNDRAISER for Port Hueneme K9**
- ♦ Wednesday Dinner July 23
- ♦ Saturday July 26th **Epicurean Dinner**
- ♦ Sunday, July 27th, **Anglers** charter on Aloha Spirit
- ♦ Sunday July 27th at 1pm **Outdoor Event at the Club:**
Corn Hole and Bocce Ball



**HELP OUT!
RSVP EARLY
CLEAR YOUR TABLES
TIP the Bartenders!
Volunteer on a cooking crew!
Help set tables!**



**HELP US FUND A POLICE
DOG FOR PORT HUENEME!
BEEFEATER
DINNER
JULY 19TH**

BEEFEATERS

Caesar Salad
Short Ribs
Mashed Potatoes,
Veggie Medley

YUM!

**Join the
Welcome
Committee!!**



REACH
Recreation Education Arts & Culture
in Hueneme





SUN AND SAILORS

It started when I was stationed overseas close to the equator. We worked in the hot equatorial sun filling sandbags - red hair, blue eyes? I was horribly sunburnt. Then, decided I liked boats which didn't help the situation at all. More recently, the VA has been taking care of my various melanomas and skin cancers, as well as actinic keratosis.

The following are ideas for those of us who love being on the water:

1. **Time it right:** Avoid direct sun exposure between **12 PM and 3 PM** when UV rays are strongest.
2. **Cover up:** Wear a **wide-brimmed hat**, **UV-protective sunglasses**, and **lightweight, long-sleeved clothing** with a high UPF rating.
3. **Shade smart:** Use a **bimini top** or sun awning while sailing, and seek shade when docked.
4. **Sunscreen essentials:** Apply **broad-spectrum SPF 30+ sunscreen** every 2 hours—don't forget ears, lips, and the back of the neck.
5. **Hydrate and check skin:** Drink plenty of water and regularly inspect your skin for changes or unusual spots.

These steps are especially important for sailors, who face **intensified UV exposure from water reflection**.

Prolonged sun exposure—especially without protection—can lead to a range of serious health issues.

- **Skin cancer:** The most significant risk. UV radiation is the leading cause of both melanoma and non-melanoma skin cancers.
- **Premature aging:** UV rays break down collagen and elastin, leading to wrinkles, leathery skin, and sunspots (a process called photoaging).
- **Eye damage:** UV exposure increases the risk of cataracts, macular degeneration, and even eye cancers.
- **Immune suppression:** Excessive UV radiation can weaken the skin's immune response, making it harder to fight off infections and diseases.
- **Sunburn:** A short-term but painful sign of skin damage that increases long-term cancer risk.

Even on cloudy days or while on the water, UV rays can reflect and intensify exposure.

I have a lot of old white long-sleeved work shirts which are now perfect for boating!

Garry

docsails@gmail.com

UV SAFETY MONTH—JULY





July 2025

CHANNEL ISLANDS YACHT CLUB

Watch your email for updates and RSVP early!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 6:30pm DODGER BLUE PIZZA PARTY \$8 per person	3 6:30 pm DJ Trivia Bar food	4 Independence Day Bar opens at 4 5pm Supper Club BBQ live music Fireworks at 8	5 No dinner
6 3pm Bar Opens	7	8	9 6:30pm Wed dinner	10 6:30 pm DJ Trivia Bar food	11 Birthday Bash and TGIF/Fish Fry	12 1-5pm Celebration of Life for Richard Sherlock
13 3pm Bar Opens Dinghy party & outdoor event	14	15 6:00pm CIYC BOD	16 5 pm Islanders' BOD meeting 6:30pm Wed dinner by the Law Dogs	17 6:30 pm DJ Trivia Bar food	18 Happy Hours 5-7 pm Lite Bites Karaoke Night 	19 7pm Beefeaters dinner Ladies Fishing Tourney
20 3pm Bar Opens	21 5pm Finance meeting	22	23 6:30pm Wed dinner	24 6:30 pm DJ Trivia Bar food	25 Happy Hours 5-7 pm 5pm Room Rental (Perez)	26 7 pm Epicureans Dinner
27 Outdoor FUN Corn Hole & Bocce Lite Bites \$10, Bar opens at 1pm Anglers Charter	28	29	30 6:30pm Wed dinner	31 6:30 pm DJ Trivia Bar food		

AS OF 6/30/2025



August 2025

CHANNEL ISLANDS YACHT CLUB

Watch your email for updates and RSVP early!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Happy Hours 5-7 pm Lite Bites	2 7pm Dinner
3 3pm Bar Opens	4	5	6 6:30pm Wed dinner	7 6:30 pm DJ Trivia Bar food	8 Happy Hours 5-7 pm Lite Bites Karaoke Night	9 7pm BeefEater 9PM Anglers' Charter LEAVES on the Old Glory out of H & M Landing
10 3pm Bar Opens outdoor activity Anglers' Charter on the Old Glory out of H & M Landing 7PM	11	12 6:00pm CIYC BOD	13 6:30pm Wed dinner	14 6:30 pm DJ Trivia Bar food	15 Happy Hours 5-7 pm Lite Bites 7pm General Meeting	16 Forefathers Races 7pm Epicureans
17 2pm Bar Opens outdoor activity 2-5pm Open House	18 5pm Finance meeting	19	20 5 pm Islanders' BOD meeting 6:30pm Wed dinner	21 6:30 pm DJ Trivia Bar food	22 TGIF Fish Fry	23 No Dinner
24 3pm Bar Opens Dinghy Party Outdoor Event	25	26	27 6:30pm Wed dinner	28 6:30 pm DJ Trivia Bar food	29 Happy Hours 5-7 pm Lite Bites	30 7 pm Crème
31 3pm Bar Opens						

AS OF 6/30/2025

CIYC PET PARADE



[Click here to join our](#)

[Facebook group.](#)

[Channel Islands Yacht Club & Friends](#)

CHARLIE is 6 yrs old, loves everyone especially kids.

He is like to lay down and roll over eyes closed, telepathically asking his newest 2min best friend to rub his tummy. People drop to their knees to pet him.

I'm honored to be his chauffeur

Robin Lamar

thomaswarden@att.net

Tel: (818) 710-8131

Fax: (818) 710-8130

THOMAS H. WARDEN

Attorney At Law

THOMAS H. WARDEN
LAW CORPORATION

5850 CANOGA AVENUE
SUITE 204
WOODLAND HILLS, CA 91367

SHELDON BERGER

EXPERIENCE • KNOWLEDGE • INTEGRITY



Serving the Beach and Marina Community since 1989.

CIYC Commodore 2017

KELLERWILLIAMS
REALTY

805.312.7653

4310 Tradewinds Drive #800 • Oxnard, CA 93035

WEST VENTURA COUNTY • CalBRE# 01042881

WWW.BEACHHOMES.NET



**Anglers Charter on the Old Glory
out of H & M Landing in San Diego
An overnight trip!**

**This trip will be targeting Tuna,
Yellowtail, Dorado, and other offshore game fish.
Mexican Fishing Permit included.**

**Date
Depart Saturday Aug 9th, at 9pm,
Returns Aug 10th 7pm**



**Cost: \$340.00
per person**

**You are responsible for
Meals, Beverages & Tips**

What to bring:

California Fishing License

Cash for food & beverages from the galley,

Cash for fish cleaning

Cash for tip for the deck hands,

Bedding

Fishing Gear (Fishing rods can be rented at the landing.)

jamesglass77@gmail.com

— *Excellent Service,* —
— *Superior Quality Since 1994* —

CASTRO

CANVAS DESIGNS, INC



MARINE COVERS

Canvas, Eisenglass, Upholstery, Flooring



AWNINGS & CANOPIES

Fixed, Retractable, Tensioned Shade-Sails



WINDOW TREATMENTS

Shutters, Blinds, Shades, Draperies

Follow us!



CA Contractor License #1119914
(D-3 Awnings, D-52 Window Coverings)

(805) 758-0076 | CastroCanvasDesigns.com

BOATING IS WHAT CONNECTS US.



YOUR GO-TO CALIFORNIA YACHT BROKERAGE

📞 805.200.3161

📍 2950 Harbor Blvd
Channel Islands Harbor



SEACOAST

Y A C H T S



Celebrating 22 years of
supporting local boating
communities in Santa
Barbara, Ventura,
Channel Islands,
and beyond.



visit us at
WWW.SEACOASTYACHTS.COM

HAPPY JULY ANNIVERSARY

Frank & Lori Dupuis Jul 05
 Greg Dupuis & Schomaker, Sandy Jul 07
 Allen & Karla Michaels Jul 10
 Don & Janna Bales Jul 11
 Jerry & Mary Barker Jul 12
 Jeff & Bridgett Hancock Jul 14
 Randy Moberg & Mitzi Like-Moberg Jul 19
 Bob & Mona Witkowski Jul 19
 Johnny Zendejas & Mayra Ramirez-Zendejas Jul 22
 Paul & Marianna Morgan Jul 23

***Birthday & Anniversary
 Bash***
Happy Hours 5-7PM

***Friday July 11th
 Birthday Anniversary
 Bash and
 TGIF FISHFRY!***



HAPPY JULY BIRTHDAYS!

Crisafulli, Paul Jul 02
 Hopps, Tania Jul 02
 Borkowski, Jack Jul 03
 Pizzuti, Stacy Jul 04
 Wood, Jerry Jul 04
 Youngman, Kathy Jul 04
 Elswick, Bill Jul 06
 Berns, Care Jul 07
 Brockman, Janie Jul 07
 Calo, Connie Jul 07
 Harris, Paul Jul 07
 Van Daalwyk, Jane Jul 07
 Abraham, Teri Jul 08
 Herold, Paul Jul 09
 Hughes, Kim Jul 09
 Medlen, Lisa Marie Jul 10
 Rankel, Viva Ann Jul 11
 Haas, Jeff Jul 13
 Lamar, Robin Jul 15
 Miser, Skip Jul 15
 Mazariegos, Jairo Jul 15
 Nolan, Sher Jul 15
 Miser, Lee Jul 17

Woolf, Phil Jul 17
 Jeffries, Misty Jul 18
 Aiu, Rene Jul 19
 Dupuis, Lori Jul 19
 Norton, Doug Jul 20
 Grethel, Chuck Jul 21
 O'Herlihy, Cormac Jul 21
 Hirschbach, Kip Jul 22
 Preston, Laurie Jul 22
 Johnson, Thomas Jul 24
 Salandra, Tony Jul 25
 Scheja, Veronica Jul 25
 Tyhurst, Rick Jul 25
 Morgan, Marianna Jul 26
 Moore, Mary Ann Jul 27
 Chaffee, Michelle Jul 28
 Deyling, Bob Jul 28
 Magee, Bill Jul 28
 Solt, Gary Jul 28
 Verstyne, Cary Jul 28
 Sullivan, Frank Jul 29
 Edwards, Harold Jul 31



CIYC

VCReporter
NEWS CULTURE ARTS & OPINION

2024

Thank You!

8 YEARS IN A ROW!

Best Yacht Club in Ventura County



It's time to VOTE

CIYC

VOTED BEST
YACHT CLUB
VENTURA COUNTY
8 YEARS IN A ROW!

2017	2018
2019	2020
2021	2022
2023	2024



MAKE IT 9! FOR 2025!

ATTENTION MEMBERS:

As was discussed at the February General Membership Meeting, harbor tax will be applied to all food and beverage purchases **starting July 1, 2025**. The rate of the harbor tax is 5.75%. The purpose of this change is to make the harbor tax burden more equitable among all members.

Thank you for making CIYC the Best Club in Ventura County!

David R Flamer, Treasurer



Volume 65—No. 7

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

CURRENTS SUBMISSIONS

E-mail submissions and photos to
currents.ciyc@roadrunner.com
Please email images or post on Facebook!

DEADLINE NOTICE:

Articles must be received by the 20th of the month
preceding the next publication month.

Next deadline **JULY 20, 2025**
for the AUGUST 2025 Issue.

Currents Editor Debbie Mitchell
(310) 804-2382
debbiem@companyv.com

Assistant Editors :
Frank & Sharon Sullivan
(805) 205-4073

Erika Barbaric
Marsha Anderson

Frequent Photo contributions: Bonnie Chaney, Sharon Uhlig, Shan Cyr-Engelhardt, Cindy Daggett, Garry Kraft, Jane Thomas, Maureen Fletcher, . Melinda Irvin, Capriccia Marie Colella, Kamaris Riss, Erika Barbaric, John Medlen, Dodie Duffy, Kat Kushner, Deborah Tyhurst, Vidar Bech, Debbie Mitchell, and MANY MANY Facebook users!

If you EMAIL photos please make sure they are high resolution of at least 150 dpi or above to currents.ciyc@roadrunner.com. Please do not send images by text if at all possible.

PLEASE send **details:** names and dates of people in photos and photo credits.

ADVERTISE IN THE CURRENTS:

currents.ciyc@roadrunner.com

Opinions expressed in this publication are those of the authors and may not reflect the opinions of the organization or its members.