



CIYC is at Lat. 34° 09' 48.9" N; Long. 119° 13' 35.6" W
4100 Harbor Blvd., Oxnard, CA 93035.
Phone (805) 985-2492

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Commodore: Mike Farrell
Editor: Liz Campbell
Asst: Erika Barbaric
Asst: Frank & Sharon Sullivan

Channel Islands Yacht Club

Currents



Coastal Conservation Association, Channel Islands Chapter, conducted their 1st Calibut Challenge fishing event on June 20th.





Message From The Commodore Mike Farrell



(This has all changed as of the county mandated closures reimposed the beginning of July)

What a difference a month can make. We are in the throes of summer in SoCal, and Channel Islands Yacht Club is open for business once again! Under the leadership of Vice Commodore Mike Greenup, we reopened the club with a Wednesday dinner on June 17, followed by a Father's/Mother's Day Dinner on June 20. Thanks to Ventura County having allowed bars to reopen, we are now able to serve alcohol with or without food. As you will see when you first come back to the club, our world will not look as it did pre-March. The state and county requirements to maintain social distancing and top-notch sanitation procedures have forced us to do things a bit differently.

You will see people wearing masks entering and leaving the club. Hand sanitizer is available at several points throughout the building. The dance floor has disappeared, as we have spread out the dining room tables to allow for maximum participation while members stay at safe distances. Our construction projects are finally complete and our new bar furniture has arrived. The racing season is now back in full swing as we hosted the Wild Bill Rig Race on June 27.

I know that many of you are hesitant to jump back into club life quite yet. I get it. The virus is very much alive and well, and many of us are at an age where we can't be too careful. If you are uncomfortable coming to club events now, please wait until you are ready. However, please know that we are following state and county guidelines to the extent possible in order to provide a safe environment for our members. To my knowledge, all of our members have survived the pandemic so far, and we most certainly aim to keep it that way!

As I have said in my email updates, the guidelines are rapidly changing and have proven difficult to keep up with. We will continue to follow the direction of local health officials and will relax (or, if necessary, tighten) the guidelines as directed.

You may have noticed that the previously scheduled April and June General Meetings have not been held due to our inability to host a large gathering under current guidelines. Our By-laws require us to have six such meetings each year, but it is entirely possible that we will need to break that rule. We talked about holding a meeting but limiting attendance, but we decided we must allow all regular and lifetime members who want to participate to attend.

Our annual Board and Bridge election season is now upon us. I have appointed 2 Board members to participate on the Nominating Committee, and I sent an email asking for 3 members from the membership to complete the five-person team. If more than three people volunteer, I will hold an election by email to choose your representatives. I hope we can have a General Meeting in August and allow the Nominating Committee to present their nominees.

Meanwhile, continue to stay safe in July and beyond, but come back to the club as soon as you are ready. We are working to update our calendar for the balance of 2020, and I'm sure fun times await!

Mike Farrell
Commodore 2020





Message From
The Vice Commodore
Mike Greenup



With summer in full swing and the end of “June Gloom,” the sunshine is here! That also means the lessening of the COVID-19 restrictions.

We reopened the club on June 17th to an enthusiastic crowd of 40 members. Ventura BBQ served an excellent meal and all members who attended enjoyed the evening. Everyone in attendance followed social distancing guidelines, and the club followed the COVID-19 guidelines for restaurants and bars.

On June 20th, the Islanders hosted the Mother’s/Father’s Day dinner. Chef Evelina and crew prepared a delicious Orange-Glazed Pork Sirloin. The event was well attended and all enjoyed a delicious meal. Lisa Marie and John Medlen served Greek Lemon Chicken on Wednesday the 24th. As always, an excellent dinner served up by the Medlens. We finished the month with the Beefeaters cooking on the 27th. And thank you to the Islanders, the Medlens, and the Beefeaters for stepping forward to host these dinners. Also thanks to Janis Pulliam for handling the reservation process.

Wednesday night dinners are in need of cooks for July and beyond. If you are willing to give a Wednesday dinner a try, please let me know. I have several members who aren’t ready for a lead role but want to help. I can pair them with anyone who needs a crew. Likewise, if you are hesitant to lead your first dinner, I have several experienced cooks who have said they will mentor you to ensure your success. Please sign up!

Vintage Marina, our landlord, has painted all the railings around the club and refinished the deck coating for a new fresh look on the exterior of the club. A special thank you to Dan Ward for leading that project. Also, we have received new bar tables for the bar. The square tables with a nautical look give us more room and functionality in the bar. Thank you to Billy Le Croy for assembling the tables and Rocco Belmonte for his research and for procuring the bar tables. And thank you to Rita de Caussin for her generous donation for the purchase of our upper deck furniture.

With the reopening of the club we have provided the following supplies for everyone’s safety:

- Sanitizing stations in the entryway, bar area, and dining room
- Sanitizing wipes throughout the club
- The bartenders and cooks will be provided disposable masks and gloves
- We will be keeping all frequently touched surfaces cleaned and sanitized on a regular basis

I look forward to seeing everyone at the club again! Stay healthy and safe,

Mike Greenup, Vice Commodore 2020





Message From
The Rear Commodore
Frank Laza



Well, we're still pretty slow on boating activities, but SO HAPPY the Club is starting to open back up.

The first summer race in the entire area – the Wild Bill Rig Race hosted by CIYC – is about to kick off our much-delayed sailboat racing season. We're unable to provide our normally outstanding pre- and post-race festivities, but it's all about the racing, right?

Our 5th Annual 4th of July Electric Boat Parade will have a new route/location this year, as the fireworks and all Harbor activities have been cancelled. Nevertheless, it will be great fun as always. Unfortunately, there will not be any associated barbeque back at the Club afterwards. No need to sign up; just show up with your decorated e-boat at the amphitheater @ 4pm.

We do have our delayed first electric boat game coming up on Sunday, July 26th. Stay tuned for times, but we will request that only members of the same household will be in your boat. As it is a month away, and the COVID requirements are changing so quickly, we will keep you posted with what we can and can't do.

We are all chomping at the bit for a dinghy party – patience!

Frank Laza, Rear Commodore 2020





Message From
First Mate
Linda Zurborg– Perry

Hello, Islanders and CIYC Members,

We Islanders cooked a dinner on June 20th to honor our club members who are Fathers and Mothers. Thank you to Evelina and her crew for the delicious dinner! The tables were decorated beautifully with fresh flowers, and everyone was happy to be with our friends again. We gave every father a chance to win a bottle of wine, and each mother was given a fragrant rose.

The Islanders are planning their Anniversary membership meeting in July. It is to be a Victorian-themed Afternoon Tea to be held at the Oxnard Heritage House.

Plans are also underway to establish a nominating committee for positions on the 2021 Board. Please give some thought to joining our Board for next year! If you are interested, please **contact Laurie Preston. (hoku524@yahoo.com)**

In September we will be supporting the Anglers by preparing dinner and hosting the annual Channel Islands Billfish Tournament Kickoff and Awards dinners.

September 27th is the date of our planned Islanders' Pancake Breakfast.

On October 22nd, we will be holding our Election Dinner. We'd love to have you join us by signing up to attend our great upcoming events and to assist us, as well.

I look forward to seeing everyone soon!

Linda Zurborg-Perry Islanders' First Mate 2020



Anglers' Corner

By Frank Sullivan

Fishing info:

Coastal Conservation Association, Channel Islands Chapter, conducted their 1st Calicut Challenge fishing event on June 20th. Many of our CIYC Anglers are members of the Chapter, and the CCA is also a big sponsor of our White Sea Bass Growout facility. Prizes were awarded for biggest Calico Bass caught and released, and the biggest Halibut, ergo the name "Calicut". There was a prize for the largest fish other than Calico Bass or Halibut, as well. First place for the Calico was Pat Shibata with a 4.8 lb. fish. First place for Halibut was Roger Ferguson with a 19.7 lb. fish. 2nd place was won by his boss - and our CIYC member - Bill Lynch with a 17 lb. Halibut. First place non- Halibut or Calico was John Jensen with an 8.4 lb. Sheephead. Everyone involved reported having a great time while supporting this important pro-fishing nonprofit conservation organization.

For details go to <http://www.ccacalifornia.org/>

Big Fish of the Month: No one turned in a Big Fish of the Month for June by press time!

Upcoming events:

To be announced

August 9th

September 11th

September 12th to 16th

September 18th

October 17th

November 7th

Men's Fishing Tournament (*postponed, date TBA*)

Ladies' Fishing Tournament

Channel Islands Billfish Tourney Kickoff Dinner

Channel Islands Billfish Tournament

Channel Islands Billfish Tourney Awards Dinner

Coastal Conservation Assn. Fundraiser

Anglers' Awards Scampi Dinner





Coastal Conservation Association, Channel Islands Chapter, conducted their 1st Calibut Challenge fishing event on June 20th.



Doc Lines

Intermittent Fasting

This came as somewhat of a surprise. A physician at Cleveland's Clinic for Functional Medicine stated that 90% of Americans adults are metabolically unhealthy. Either they have high blood pressure, high blood sugar, or high cholesterol. 90% is exceedingly high!

In 2014 there was a TEDx Talk (<https://youtu.be/4UkZAwKoCP8>) suggesting that intermittent fasting could help with all of the above and also improve brain function. Principally because such a regimen will enable one to lose weight. The idea caught on with many. Since then a number of scientific studies have been published which were summarized in a paper recently published in the New England Journal of Medicine, a prestigious scientific journal.

A number of studies confirmed that there are multiple benefits, starting with weight loss and improvement of many different health indicators such as blood pressure, resting heart rate, HDL and LDL cholesterol levels, triglycerides, glucose regulation, insulin, insulin resistance, and pre-diabetes. All together these are known as metabolic syndrome.

Also, intermittent fasting showed potential for reducing a great many other health risks, including multiple sclerosis, intestinal disorders, and various cancers. Even atherosclerosis.

And last fall, the American Heart Association reported on two studies showing that intermittent fasting is associated with lower rates of heart failure and a longer life span. Also, that it had a "more profound effect [on heart health] than we anticipated," according to epidemiologist Benjamin Horne, who presented the preliminary findings at an AHA conference.

The hormonal physiology of hunger is interesting. When we eat a meal, a hormone, leptin, is released in the bloodstream and tells the brain centers that you are full. If you haven't eaten for a while, a hormone, ghrelin, kicks in and tells the brain how hungry you are. Sounds counter-intuitive, but if you haven't eaten for two or three days, ghrelin levels in the blood drop and you don't feel hungry.

There are several ways to do intermittent fasting. One of them is the 16:8 plan, in which you fast 16 hours a day, and restrict your eating to an eight-hour window. For example, just skipping breakfast will save 20-40% of one's daily caloric intake. Other approaches include alternate-day fasting, and the 5:2 method, which requires fasting during two nonconsecutive days a week.

What to expect? Initially you are likely to be hungry and irritable during times when you had previously been accustomed to eating - such as breakfast, lunch, and dinner, with snacks in between. However, within two to four weeks, your energy-regulating neuroendocrine systems and hunger-regulating circuits in the brain will adapt and you will no longer be hungry during the fasting period.

As always, it's a good idea to consult your doctor before starting this program, especially if you are frail, elderly, or have conditions such as diabetes and kidney failure which may get worse. Intermittent fasting, accompanied by weight loss, could have your doctor reduce your blood pressure meds - that would be a good thing!

Your Fleet Surgeon, Zoran

Thanks to Erika for editing.





Channel Islands Yacht Club

July 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>Bar Hours Sunday 3pm to close, Closed Mon. & Tues. except special events Wed. Thurs. & Fri. 5pm to close, Sat 4pm to close</div>			1	2	3	4 Independence Day
					Independence Day Weekend Cruise	
5	6	7	8	9	10	11
Independence Day Weekend Cruise						
12	13 6:30pm Board Meeting	14 6pm Islanders Board Meeting	15	16	17	18
19	20	21	22 6:30 pm Dinner	23	24 Happy Hours 5-7pm	25 7pm Beefeaters dinner
26 1pm e-boat event	27	28	29 6:30 pm Dinner	30	31 Happy Hours 5-7pm	

As of 7-01-20





August 2020

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. & Fri. 5pm to close, Sat 4pm to close						1
2	3	4	5 6:30 pm Dinner	6	7 Happy Hours 5-7pm <i>Birthday Bash</i>	8 <i>Larson memorial race</i> 7pm Summer BBQ
9 <i>Ladies' Fishing Tourney</i>	10	11 6pm Islanders Board Meeting	12 6:30 pm Dinner	13	14 Happy Hours 5-7pm	15 7pm Beefeaters
16 <i>1-4 pm Open house</i>	17 6:30pm Board Meeting	18	19 6:30 pm Dinner	20	21 Happy Hours 5-7pm 6:30pm TGIF	22 <i>Forefathers races (Cook & Underwood)</i>
23 Dinghy party	24	25	26 6:30 pm Dinner	27	28 Happy Hours 5-7pm 7pm General Meeting Nominations to Board	29
30 60th Anniversary Open- ing Day	31					

As of 7-01-20



Happy July Birthday

02 Tania Hopps, **03** Jack Borkowski, **04** Jerry Wood,
04 Katie Coyle, **06** Torin Curren, **07** Care Berns,
07 Janie Brockman, **07** Connie Calo, **07** Jane Van Daalwyk,
09 Kim Hughes, **10** Lisa Marie Medlen, **13** Jeff Haas,
15 Skip Miser, **15** Sher Nolan, **15** Michelle Smith,
15 Jairo Mazariegos, **16** Bill Elswisk, **17** Phil Woolf,
17 Lee Miser **18** Marsha Ramirez, **18** Ann Marie Tullo,
19 Rene Aiu, **19** Lori Dupuis, **20** David Matthews,
21 Jannae Ethier, **21** Chuck Grethel, **22** Laurie Preston,
22 Mike McKendry, **23** Jim Smith, **23** Charles Teachout,
24 Jon Lawson, **25** Veronica Scheja, **25** Rick Tyhurst,
26 Marianna Morgan, **27** Mary Ann Moore, **28** Bob Deyling,
28 Cary Verstynen, **28** Michelle Chaffee, **28** Bill Magee,
29 Frank Sullivan, **30** Cindy Arosteguy, **31** Harold Edwards.

Happy July Anniversary

02 David & Karen Harvey, **05** Frank & Lori Dupuis,
11 Don & Jannna Bales, **12** Jerry & Mary Baker,
13 Ed & Michelle Olafsson, **14** Jeff & Bridgett Hancock,
19 Frank & Gayle Laza, **22** Johnny & Mayra Zendejas,
23 Paul & Marianna Morgan, **26** Stuart & Nancy Horwitz,
29 David & Sharon Mathews.



A Big Fish Story

I am taking the liberty of relaying a personal story that **CIYC Historian, Della Foster, told in 1990:**

Over the years a lot of big fish have been caught by CIYC fishermen, but one Sunday in the early 70's, Jim Donlon and his crew aboard the *Pescador*, came in from a trip to the Islands with a catch that would live on in the minds of that crew forever. As it turned out, it wasn't a fish - it was a full-grown ram, complete with horns and almost comatose from being in the water too long. It seems it had fallen from one of the cliffs and, being unable to get back, had drifted out to sea. Somehow, the crew managed to get him aboard and brought him back with them. Now, what to do with this dying sheep? Since the Fosters lived right across the street, it seemed that would be a good logical place to take him. Della's husband, Leo, agreed and the men dragged him over to their driveway. Della called their vet and asked him how to revive him. Dr. Law, who treated small animals, admitted he didn't really know but suggested they might try to elevate his hind legs and try to drain the water out of him. In the meantime, the other members, believing everything was under control, and having urgent business back at the bar, departed. Leo and Della were left looking at each other, and trying to figure out how they would elevate the hind legs of a 300-pound ram. Finally, a few of the members wandered back and together they managed to get the back legs of the ram up over a block wall. Then someone pushed on his midsection, and about half of the Pacific Ocean plus everything he had eaten for days came out. The ram still showed no signs of activity, although he was still breathing. Not knowing what else to do, they hauled him into the garage and covered him up with an old blanket. They decided to wait until morning to figure out how to dispose of his body, as they were sure he would never make it.

The next morning when Leo went out to go to work, he opened the garage doors and was met by a very much alive and mad ram! Della called Jimmy Donlon and told him, "Hey Jimmy, come and get your ram." Good old Jimmy said he knew a friend of a friend who would take the animal, but it would be a couple of days. "In the meantime," Jimmy said, "just tie him out on your front lawn and he will mow and fertilize your yard, all for free." There ended up being quite a traffic jam on Harbor Boulevard as people stopped to stare at this enormous sheep happily eating grass on the Fosters' front lawn.

Donlon finally did come through and picked up the ram, and Della said she never heard what happened to him, but she was hoping he has some of his "kids" or "grandkids" happily grazing somewhere in Ventura, far from the dangers of the ocean.

I have a feeling Della was not too happy having to take care of the ram until a place could be found for him - they are not gentle animals - just watch them fight. Sorry, no picture.

Marnie Bech, Historian

Thank you Erika, for editing.



Behind Doors of Closed Session Meetings: Ventura County Board of Supervisors Negotiate Lease Price and Terms for Harbor Parcels' Development

At the June 16, 2020, Closed Session, the County negotiated for the lease price and terms of parcel X-3 (located adjacent to the 2950 Harbor Boulevard building which houses the offices of Central Coast Electric Boats and Channel Islands Yachts and across from the Harbor Walk complex office) and for parcels F and F-1 (on Peninsula Road where the Hyatt Place Hotel is proposed). No results have been available to the public as of this writing. The negotiation was with Channel Islands Harbor Properties LLC (CIHP), also the developer of the proposed 400-apartment complex at Fisherman's Wharf.

It was not clear why the leases for these parcels were being negotiated at this point in time. At the November 5, 2019, Board of Supervisors meeting, the Board voted NOT to extend CIHP's Exclusive Rights to Negotiate (ERN) for these parcels but voted ONLY to extend the ERNs' contractual deliverables' due date for these parcels from December, 2019, to March 31, 2020. The motion also specified the removal of any requirement that CIHP wait until the Fisherman's Wharf project is under construction before deliverables are due under the ERNs.

The rationale for these decisions was to provide CIHP a "fair" opportunity to complete the required deliverables that included items such as: a utilities study, a soil study, preliminary engineering, and other studies; a proposal for the boundaries of the property it will require for development and what the proposed development will be. These are standard harbor contractual requirements done before lease agreements. It would be important and "good government" to know what CIHP proposes to develop on these parcels before negotiating lease agreements.

There is no public record that CIHP has completed their contractual deliverables before this negotiation or what has been completed to date. A lease agreement would provide exclusivity on these parcels, locking out other developers, and would tie up the 3 remaining premier parcels with a single developer. It was noted at the November meeting that having exclusivity in hand would not incentivize or put any "heat" under CIHP.

If the proposed development of these parcels includes any residential development, CIHP will be required to obtain a Local Coastal Plan Amendment (LCPA) from Oxnard, as the Coastal Commission has already advised the Harbor Department. They would also require approval by the Coastal Commission of the LCPA and an 8th and possibly a 9th amendment to the harbor's 34-year-old Public Works Plan. These would be the same processes as the Fisherman's Wharf development.

During the previous week's Board Closed Session of June 9, 2020, the Board negotiated with Brighton Management for the lease agreement for parcels F and F-1 where the proposed Hyatt Place Hotel will be constructed. As of the date of this writing, the results of this meeting have not been made available to the public. The hotel replacement project is widely supported by the public and surrounding communities. Everyone wants this development to move forward quickly. The ongoing delays have been concerning and frustrating, given the time and money the County has spent on the unpopular Fisherman's Wharf apartment development. The hotel will be the key trigger to the harbor's revitalization. The project is consistent with the Coastal Act, its Environmental Justice Policy, Oxnard Local Coastal Plan, and the County's Public Works Plan.

Harbor Businesses Are Getting Ready to Open, Combining Safe Social Distancing and Harbor Charm

Stroll along the harbor waterfront and see changes that will allow people to stay safe while enjoying Channel Islands Harbor's charm, views, activities, and restaurants. The businesses are opening with outdoor decks, more patio seating, indoor seating with safe social distance, and partitions. There are new cleaning and serving procedures for safety precautions. Every day more bikers and families can be seen strolling on the waterfront walkways and enjoying the park areas. There are more new harbor activities for the benefit of visitors. The harbor is going to be a better place to visit and enjoy with all the improvements the businesses are making.

Rene Aiu, Harbor Delegate





June 17
Reopening Party





Father's & Mother's Day Dinner
June 21st





Coastal Conservation Association, Channel Islands Chapter, conducted their 1st Calibut Challenge fishing event on June 20th.



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CURRENTS SUBMISSIONS

E-mail submissions to

Lizcaffrey@aol.com

or send via facsimile to

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**Currents
Editor**

**Liz Campbell
(805) 816-1542
lizcaffrey@aol.com**

**Assist. Editors Frank & Sharon Sullivan
(805) 205-4073**

Assist. Editor Erika Barbaric

**Photos Sharon Uhlig
Photos Linda Zurborg
Photos Michael Greenup**

