



JANUARY 2014 | VOLUME 54 ~ ISSUE 1

Commodore: Keith Moore

Editor: Liz Campbell

Asst: Frank & Sharon Sullivan

Asst: Pat Korecky

# Channel Islands Yacht Club

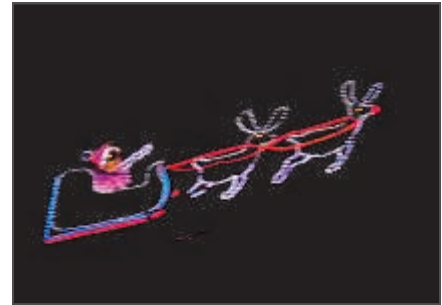
CIYC is located at Lat 34° 09' 48.9" N; 119° 13' 35.6" W

4100 Harbor Blvd., Oxnard, CA 93035.

Phone (805) 985-2492

## *currents*

**December 14  
Parade of Lights**





## Message From The Commodore Keith Moore



**Hi CIYC!!...**It's with anticipation and excitement that I look forward to being your Commodore for 2014. With this first report, I wish to share a few ideas and invite your thoughts and comments.

But first, may I re-introduce your Board of Directors for 2014:

Dave Wardlow – Vice Commodore & CFO, Vidar Bech – Rear Commodore.  
Directors: Don Dickey, Mary Howard, Esq., Gary Johnson, Dave Martin, Wendell **Morrisett, and George O'Neill.**

Your Flag Officers for 2014:

Lana Lynch – Secretary, Mary Howard, Esq., – Treasurer, Tom Naylor – Judge Advocate, Dr. Zoran Barbaric - Fleet Surgeon, Wendell Morrisett – Chaplin, Frank Sullivan – Fleet Captain, and Bill Cline and Gary Johnson - our Port Captains.

In January, the Board will publish CIYC's organization chart listing our members who Chair these Committees. Each Director will be assigned a few of these many Committees to provide oversight, guidance and a status report to the Board.

Since Pat has retired as our Bookkeeper, Mary Foster has taken over this job temporarily until we can find a permanent replacement. Mary has also been deeply involved in the replacement, upgrade and backup systems for our new Point-of-Sale and office computers. She has our thanks for taking on a very demanding job.

This year, I have made a few changes. Our Bookkeeper will process invoices and prepare checks for signature, as before, but now, each check issued will require two signatures (by a Flag officer and/or a Board Member).

We are forming two new Committees: an Audit & Budget Committee reporting to the CFO for improved financial planning, and a Business Development Committee reporting to the Commodore to grow and retain Memberships, and to better utilize our facilities for income opportunities. Many of our members have retired from highly skilled jobs and may wish to participate on these committees. Please feel free to call me any time and share any ideas you may have.

As you all know, December was a very busy month..... and I want to thank everyone who participated in all of those dinners and events...What a Team!!

**HAPPY NEW YEAR..... See you on Deck!**

Keith Moore – Commodore  
805-551-0983



Message From  
The 2014 Vice-Commodore  
Dave Wardlow



Welcome to the new year. I am looking forward to serving as your Vice-Commodore this year. I plan to help make it a good and memorable one.

I would like to start by thanking all those involved in the Parade of Lights. **Congratulations on our Second place.** We all know we are **number One.** Also a thank you to the cooking crews for the Coast Guard and Seabee dinners - great job and well appreciated. Want to thank Jerry Wood for all his hard work bringing in new Members. Awesome job!!

**Beefeaters** will be serving their first Saturday night dinner on **January 11th at 7:00pm** which is also our **Change Of Watch**. I am thinking Osso Buco sounds good for dinner. Make your reservation soon, because it should be a sellout!! A great way to start out a new year of Saturday Night dinners, I will be your Chef for that evening. Friends and family are welcome.

Ship Shapes will be starting soon, so please try to come and help take care of your club! We have a lot to do before Opening Day. I thank you all for your patronage... until next time.

**See you for dinner on January 11th.**

**Dave Wardlow**

**To give the Members of VBB an opportunity to recover from the Holidays and to practice some non-holiday music before our concert, they have rescheduled the**

**Concert to Tuesday, January 28<sup>th</sup> 2014.**

**You are invited to attend!!**

***Ventura British Brass @ CIYC!!!***

**Music Concert**

**Bar opens at 6:00pm; performance is from 7-9pm**

**If you wish, bring a potluck snack, hors d'oeuvres or dessert to share.**

**This should be a stellar event.**

## Message From Vidar Bech The Rear-Commodore



Happy new year everybody.

I guess I need to write something more than that. Well first, this is all new for me and it will be difficult to follow Jane Thomas. She did such a fabulous job!!

The Parade of Lights turned out to be a great event; a little tense with the wind blowing all day and making the last preparations on our parade boat a little challenging. The wind died down just in time and it was a beautiful warm evening, with lots of people watching and cheering our boat. Did we win? NO?? Did we have the best boat? Oh yes, by far in my book but maybe I am a little biased. Second place is not that bad. This year, we definitely stayed with the theme but I think our design and workmanship was too sophisticated and not appreciated by the judges. We should also get the parade theme earlier, so we have a little more time to prepare the boats. But what a job our crew did. Special thanks to Dann Daggett for his ingenuity in design and layout, to Sherie Ireland coordinating it all, Tim Smith sacrificing his boat and showing his welding skills (it did not break down even with Santa Ana winds) and the Purple Heart goes to Les Hardwick who fell down from the ladder, gashed his leg, started bleeding, but still continued working. These are the rest of the crew that made it all happen (not in any particular order): Joyce Sheridan, Jennifer Sparks, Cindy Crocket, Mike and Karen Farrell, Cindy Arosteguy, Mary Foster, Eric and Sherie Ireland, Tom Warden, Dave Erickson, Barbara Brauns, Jack Borkowski, Allan and Alison Gabel, Jane Thomas, Elyse Gonnello and Graham Paine that also lent us his generator along with Dick Olsen, Sherry Brisbane and Carol Lazzarevich that offered theirs, so we would have enough power for lights and music. A special thanks to these new members: Stuart Horwitz, Bill (Stretch) Crier, John Vandewouw and Annie Landry for their effort. Thanks everybody, we definitely had the best boat thanks to all of you.

It really was a busy weekend. On Sunday the 15<sup>th</sup>, our brave members went out caroling in the dark and cold night: Gary Johnson's boat Joy Sea and 2 electric boats, Frank Laza's boat and Larry Stein's Cocktail Circuit with crews, Cindy Arosteguy, Bill Brayton, Larry and Karen Stein w/granddaughter Avery, Curt and Mary Ingram, Frank and Gayle Laza, Rosemary Lippert, Joyce Sheridan, John and Rose Hazeltine, Dan Jordan and Judi Balcerzak, Dennis and Judy Fraser and Denise Schriedel. They ended up caroling for a PCYC party with Curt Ingram on guitar and Larry Stein on ukulele as accompaniment. I hope we did not miss anybody or misspell any names.

On Saturday January 4, we have our annual Commodore Cruise and everybody that has anything that floats should participate; it is inside the breakwater. Blessing of the boats by the new Commodore at 10 am and back to the club for more fun.

I will write about the Racing and Cruising program in the February Currents.

Let's have fun on the water this year.





## Message From Vera Cline First Mate

### Greetings Channel Islanders,

First, I want to thank **Mary Ann Moore** for the great training I received while being Second Mate, 2013, to assume the responsibilities of First Mate, 2014. Actually, all of 2013 flew by in a blur of event planning and cooking! The entire Channel Islanders BOD, 2013, welcomed me and helped me find my way. I feel extremely honored to be First Mate, 2014, and continue the tradition of leading the fine, strong, resourceful, talented, and hard-working men and women of the Channel Islanders.

#### Joining me on the **Channel Islanders Board of Directors, 2014;**

**Pam Nast:** Second Mate and Corresponding Yeoman

**Linda McCulley:** Purser

**Sharon Sullivan:** Recording Yeoman, Membership and Photographer

**Joyce Sheridan:** Luncheons

**Mary Ann Moore:** Parliamentarian

December started out with the decorating of the club for the Christmas holiday. This was my first time involved with the club house decorating. It was a joy to see the giant tree being hoisted up and swarmed with decorators – a virtual Santa's workshop in action. Many thanks to **Erika Barbaric, Johanne Berg, Sherry Brisbane, Liz Campbell, Dave Erickson, Mary Foster, Elyse Gonnello, Shelly Johnson, Keith and Marry Ann Moore, Bob and Pam Nast, Graham Paine, Laurie Preston and granddaughter, Joyce Sheridan, Frank and Sharon Sullivan, Jerry Wood, brand new members Bill and Melody Crier and their daughter and John Van Holt.** The official tree lighting ceremony on Friday, 12-6-13, followed by a pot luck was very well attended with lots of good cheer and Christmas spirit.

Barreling along on Sunday, 12-8-13, was the Channel Islanders Annual Jingle Bell Brunch. Helping in the kitchen this year was **Bill Cline, Elyse Gonnello, Linda McCulley, Keith Moore, Pam Nast, Joyce Sheridan** and master omelet maker, **Cary Verstynen**. Beautiful decorations and room set-up were accomplished by **Erika Barbaric, Marnie Bech, Mary Ann and Keith Moore, Graham Paine, Frank and Sharon Sullivan**. Tasty treats for the Bake Sale Fundraiser were donated by **Sherry Brisbane, Sandy Crocket, Karen Farrell, Lenora Linman, Penny Lipp, Judy Martin** and Junior Chef **Isaac** (3-yr grandson), **Keith Moore, Sharon Sullivan, Deborah Tyhurst** and new member **Rene**.

Please mark your calendars for the **Channel Islanders Change of Watch on 1-23-14** - cocktails at 6:00 pm, dinner at 6:30 pm. **Joyce Sheridan** and crew will be making a fabulous Cranberry and Apple Stuffed Pork Roast dinner. Look for the flyer for more information. Hope to see you all there, because the training wheels are coming off!

**See you at the club,**

**Vera Cline**

**First Mate, 2014**

# Anglers' Corner January 2014

By Frank Sullivan



## Anglers' Corner

By Frank Sullivan

Angler's dues of \$10 for the 2014 fishing season are now due. Please send in your Angler's dues with your regular club dues billing. If you forgot and sent the dues in without the anglers' dues you can provide a SEPARATE check made out to "Channel Islands Yacht Club, Anglers" and put **Anglers Dues** in the memo section of the check and send it or bring it to the Club.

We intend for this to be an exciting and fun-filled year. If you are a current member you know the drill, but for those of you who are new and may want to join in the fun here are the details:

For only ten bucks you will have a distinctive looking fish next to your name in the CIYC roster, participate in the Club's Tournaments and be eligible for the **\$50 Big Fish of the Month Award**, as well as the **\$100 Big Fish of the Year Award**.

Many months go by when no, or few fish are weighed in which means that the ¼ lb mackerel may be worth \$50, so weigh him in! An Angler can only win the monthly prize once a year, so we should have 12 different winners.

Anglers Club funds have, in the past been used for projects around the Yacht Club, for the betterment of our fishing experience, and to support the White Seabass grow out pens in the harbor. Last year we purchased a new computer for the main office when the old one started to fail. We also raised and spent funds to refurbish the WSB pens.

As always, I am soliciting ideas from the members on how to improve the services of the Anglers Club. We will again have an In-Harbor fishing tournament, Ladies Fishing Tournament and Men's Fishing Tournament. Please enclose a note indicating your interest or any other ideas to benefit the welfare of the Club.

If you wish to join this elite group please respond by January 31<sup>st</sup>, so we can put the fish logo by your name in the CIYC Roster.

### WSB grow out pen update:

We currently have 8000 White Sea Bass in the grow out pens and they are doing nicely. We've had no predator problems since we got the new nets and moved the facility.

### December Big Fish of the month was caught by Tim Haapanen, it was a 2lb. Vermilion Rockfish.

Last month I reported that Tim Haapanen won the big fish for November but it was brought to my attention that Cary Verstynen had turned in a larger 2.9 lb. Rockfish earlier in the month.



# Doc Lines

## Back to the Future

**This is a summary of some thingies published in 2013 in the Currents:**

Always wash your hands (to prevent Noro-virus diarrhea) while cooking your Mediterranean dinner (to prolong your life's longevity) and preparing Cannabis salad (which is full of antioxidants), while drinking coffee (which is good for you).

While you are at it, drink only moderate amounts of alcohol (no more than one or two drinks per day), lest you be arrested for DUI with a BAL of 0.8%. And realize that you've had one too many when you become overly talkative, too loud, and do socially unacceptable things!

In case you can't see your genitals while naked, you are probably overweight. To get rid of belly fat, stop eating wheat products (flour, bread, rolls, pasta, cereal) because they contain gluten and easily digestible polysaccharides, which furiously and rapidly raise blood glucose levels and are addictive. Even worse is wheat laced with sugar (doughnuts, cakes, cookies, pastries), and also bad are sugary canned drinks saturated with high fructose corn syrup. If you drop these from your diet and increase consumption of fish, poultry, colorful veggies, some fruit, and nuts (don't forget the nuts), you are likely to say hello to your genitals again. Just saying.

Try to save our bees and do not use neo-nicotinoids (insecticides). That would also help our birds, topsoil, and aquatic life forms. Try not to eat chicken treated with arsenic. And keep your intestinal bacteria happy by providing them with some probiotics and veggies.

And if you take aspirin, also take some Omega 3, as the anti-inflammatory effect is significantly enhanced when they're taken together. And if your doctor thinks it's OK, try some very, very high intensity bursts of exercise (20 sec, followed by a few minutes of slow biking or walking, and then repeat) –even just once a week.

And please don't smoke. But if you are that weak-minded and you cannot help yourself, better to use e-cigs. We are still waiting for an e-condom.

## And the Good News About the Future?

1) Just as bacteria can infect us, there are things that can infect and kill bacteria. They are small clumps of proteins called bacteriophages. Among some 56 proteins making up a bacteriophage, there is one, numbered 0.4, that is deadly to *E. coli*, and possibly to other bacteria and bacilli such as those that cause sexually transmitted diseases, tuberculosis, and MRSA. As these superbugs are now increasingly resistant to conventional antibiotics, this is a welcome discovery.

2) Need a new kidney? Or a new heart? No problem. Soon 3D printing will be here to help. It is now possible to 3D sculpt at a resolution of 16 microns. That is the resolution of a single cell. So far, successfully printed matrices allowed autologous (from patients' own cells) reconstructions of ear and nose. The most optimistic projection is for a functional autologous heart to be produced by 2020. The biggest problem is to produce a functioning network of blood vessels to bring nutrients and remove waste products from cells deposited on the vascular frame. 3D printing may have an interesting effect on prolonging longevity and thereby increasing the world's population. I wonder if Obamacare will cover these procedures. And what about medical ethics? This is a really interesting subject to follow.

Another approach is to use a pig's kidney (which is remarkably similar to ours), depopulate it of its cells, leaving only a translucent matrix. Next, repopulate the matrix with the patient's own stem cells (derived from skin cells). Some 90,000 US residents are in need of a kidney transplant. Current capacity is only 17,000/yr.

3) Smart skin: Think of a temporary tattoo patch. Except this one can accurately sense the body's temperature, blood glucose level, state of hydration, blood oxygen content, blood cell count, or levels of circulating medications. Not only can smart skin sense those things, it can also wirelessly transmit that information to your doctor. It also could deliver some medications and heat to the region. Long gone are the days of the rectal thermometer. YAARRR!!

4) For a long time we thought only stem cells could transform into defined organ cells, and once that happened, there was no going back. Now scientists at UCSB claim that every cell has the genetic potential to become any other cell. Thus a liver cell could become a brain cell. You could be thinking with your liver and double your intellectual capacity. Kidding aside, this has enormous potential.

5) Tinkering with grape seed extract: Several studies have shown that grape seed extract has anti-cancerous effects. It took awhile to pinpoint and isolate B2G2 as the most active compound, but it is expensive and difficult to isolate and purify. However, scientists went on to synthesize it and were successful. Now it is cheap, and about to undergo clinical trials.

6) Digital breast tomosynthesis (DBT) is 3D mammography, and it was found to be way better than standard mammography. It will take some time before it is available at your local mammography center, but it never hurts to ask.

7) Drones delivering medications to your door? That is highly probable, especially in rural areas. Drones may even peek through the windows to check if you are home. Then somebody will develop a pirate drone in order to steal from the delivery drone. Then the delivery drone will need a protective escort drone, well armed...and...

**Your Fleet Surgeon, Zoran**

**Thanks to Erika for editing**







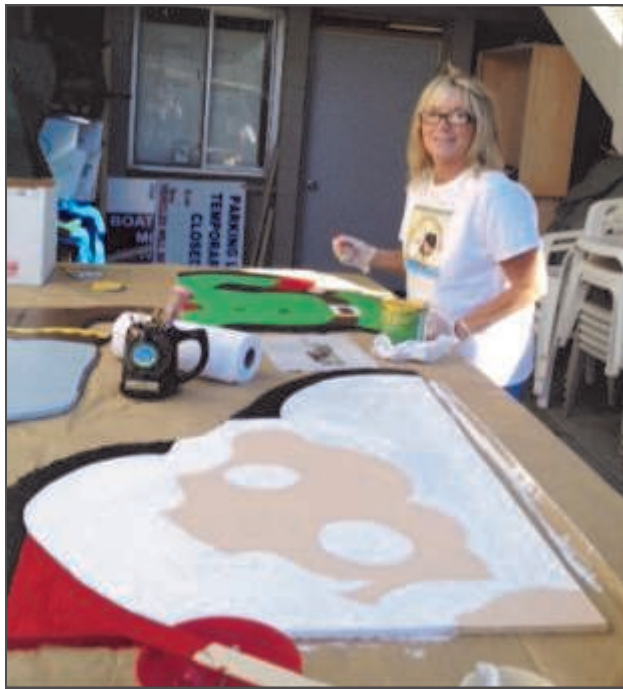
British Brass Concert  
Tuesday, December 2<sup>nd</sup>



Sharon & Frank with  
British Brass director, Gary Engels











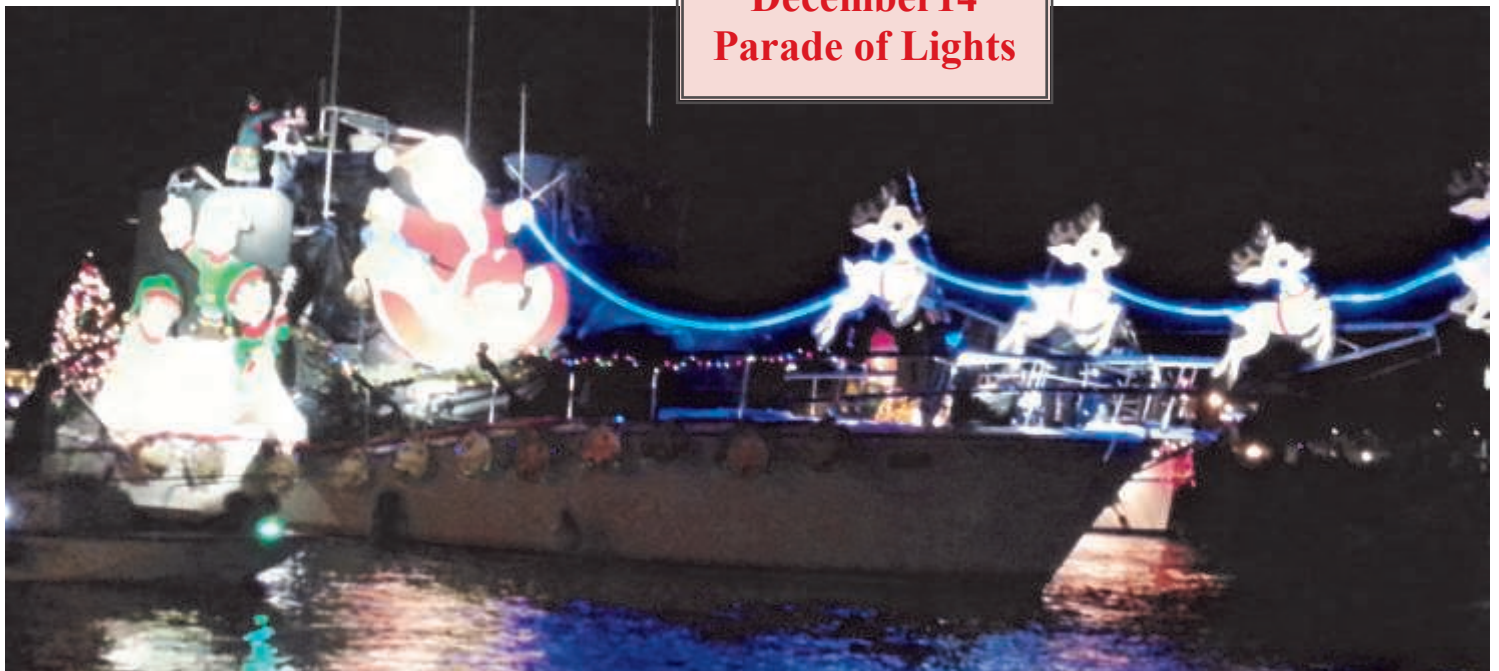
**December 14  
Parade of Lights**



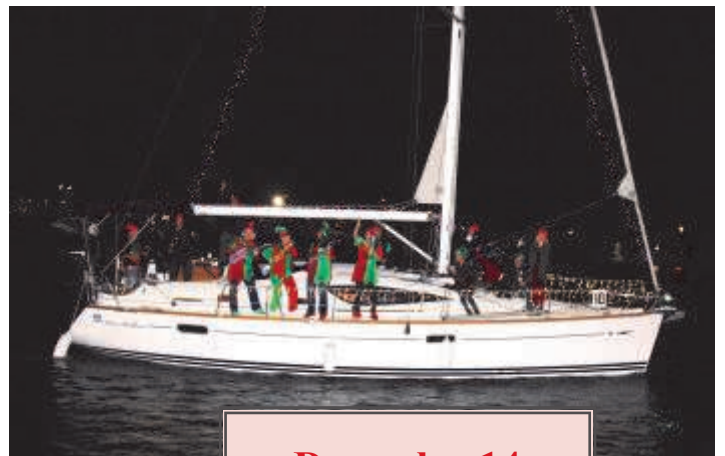




**December 14  
Parade of Lights**







**December 14  
Parade of Lights**





# January 2014

Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	<b>Bar Hours</b> Sunday 3pm to close, Closed Mon & Tue, except special events Wednesday-Thursday 5pm to close Fri & Sat 4pm to close		<b>1 New Year's Day</b> Bar Opens at 2pm <i>Come and watch the Rose Bowl!!</i>	2 6:00pm Movie night	3 5-7pm Happy hour	4 <b>10am Commodore's Cruise</b>
	6 5pm BCS College Championship party	7	8 <b>2pm Bridge Group</b> Wed Night Fun night Dinner 6:30 <i>Bingo 7:00</i>	9 NO MOVIE NIGHT <b>6:30 CIWSA Meeting</b>	10 5-7pm Happy hour Birthday bash	11 <b>7pm CIYC Change of Watch Dinner</b> (Beefeaters cook)
12	13	14 <b>5:00pm Beefeaters COW</b>	15 <b>Currents Article due</b> <b>4:30pm Islander Board</b> Wed Night Fun night Dinner 6:30 <i>Bingo 7:00</i>	16 6:00pm Movie night	17 5-7pm Happy hour	18 1-3pm Power Squadron meeting 7pm Dinner
19 <b>1-4pm Open house</b> (Tentative) Sea Scout Dinner	20 <b>M L King Day</b>	21 <b>6:30pm CIYC Board meeting</b>	22 <b>2pm Bridge Group</b> Wed Night Fun night Dinner 6:30 <i>Bingo 7:00</i>	23 NO MOVIE NIGHT <b>6:00 Islanders COW</b>	24 5-7pm Happy hour <b>7pm General meeting</b>	25 <b>7pm Epicureans Dinner</b>
26	27	28 <b>7pm British Brass</b>	29 Wed Night Fun night Dinner 6:30 <i>Bingo 7:00</i>	30 6:00pm Movie night	31 5-7pm Happy hour <b>6:30PM TGIF</b>	





# February 2014

Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<div> <p><b>Bar Hours</b>  Sunday 3pm to close,  Closed Mon &amp; Tue, except special events  Wednesday-Thursday 5pm to close  Fri &amp; Sat 4pm to close</p> </div>				1 NO DINNER
2 1pm Super Bowl Sunday Table Gate Party	3		5 2pm Bridge Group Wed Night Fun night Dinner 6:30 Bingo 7:00	6 6:00pm Movie night	7 5-7pm Happy Hour Birthday Bash	8 7PM Beefeaters Dinner
9 1-4pm Open house	10	11	12 Wed Night Fun night Dinner 6:30 Bingo 7:00	13 6:00pm Movie night	14 <b>Valentine's Day</b> 5-7pm Happy Hour 7pm Dinner/Social	15 <b>Currents Article due</b> 8:00am Skippers meeting and breakfast <b>Mid-Winters Race</b> 4pm Buffet
16 <b>Mid-Winters Race</b> 4pm Buffet	17 <b>President's Day</b>	18 6:30pm CIYC Board meeting	19 4-30 <b>Islander Board</b> 2pm Bridge Group Wed Night Fun night Dinner 6:30 Bingo 7:00	20 6:00pm Movie night	21 5-7pm Happy Hour	22 9am Shipshape 7pm <b>Epicurean Dinner</b>
23	24	25	26 Wed Night Fun night Dinner 6:30 Bingo 7:00	27 6:00pm Movie night	28 5-7pm Happy Hour	







**Bunni Hynes  
and Elyse Gonnello**

**Present**

**An Epicurean Dinner**

**January 25, 2014, 7:00 PM**

**\$15.00**

**For your sophisticated palate —**

**Caesar Salad**

**Lemon Chicken Lasagna in Cream Sauce**

**Sauteed Green Beans with Tomato and Basil  
topped with Parmesan Crisp**

**Garlic Bread**

**Gelato with Amaretto Sauce and Biscotti**

**Please sign up in the Dinner Book  
in the Bar**





Channel Islanders  
Change of Watch  
Ceremony and Dinner

Thursday, January 23, 2014

6:00 Cocktails, 6:30 Dinner

\$15.00

All CIYC Members Invited!!!!

~~Dinner by Joyce Sheridan and Crew~~

Caesar Salad

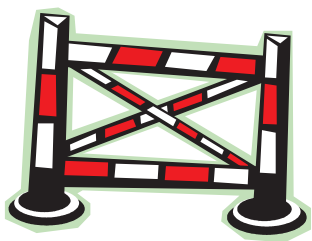
Cranberry and Apple Stuffed Pork Roast

Mashed Potatoes

Spinach and Artichoke Casserole

Chocolate Pie





They're Running Again!!!

## TGIF - JANUARY 31

TGIF will start off early this year –  
The **first one** will be held on **31st**.

TGIF features our famous FISH FRY,  
ponies, jockeys, wagering, and raffles.  
Dinner will be served at 6:30

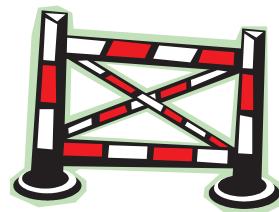
followed immediately by the races and raffles.

**Join us for the best races in the harbor!**

Come bet on your favorite fillie,  
nag, number or jockey.

Take a chance on the raffles, fun will be had by all!!

Joyce and Clark, TGIF Chairpersons





**TABLE GATE CHALLENGE SUPER BOWL SUNDAY  
FEB. 2, 2014 1PM UNTILL...**

The following teams will be contending for the Best Food and Best Decoration awards:

**THE DYNAMIC DUO REPRESENTING THE HOUSTON TEXANS**

**WE NEED ANOTHER TEAM!**

**Anyone interested in participating in the  
2014 Super Bowl Table-Gate Challenge on  
February 2<sup>nd</sup> contact Jack Borkowski.**

**SUPER BOWL 2013, WE HAD WELL OVER 120 PEOPLE IN ATTENDANCE.**



**LET'S TRY AND BETTER THAT FIGURE FOR SUPER BOWL 2014.**

**You, the fans, will be able to dine with all the Challengers.  
There will be a super-size snack table set up,  
Special drinks at the bar and special prices,  
Football Pools of all sizes to join (if you wish) plus other Surprises.**

**PARTICIPATING TABLE-GATE CHALLENGERS WILL BE COMPETING AGAINST EACH OTHER.  
A PANEL OF INDEPENDENT JUDGES WILL DECIDE AND AWARD TROPHIES FOR:**

**1. BEST FOOD.**

**2. TEAM DECORATION AND ENTHUSIASM.**

**WINNERS NAMES WILL TO BE PLACED ON THE PREPETUAL TROPHY.**

**LET'S MAKE SUPER BOWL XLVIII ANOTHER ONE TO REMEMBER.**

**\$15.00**







**December 14  
Parade of Lights**



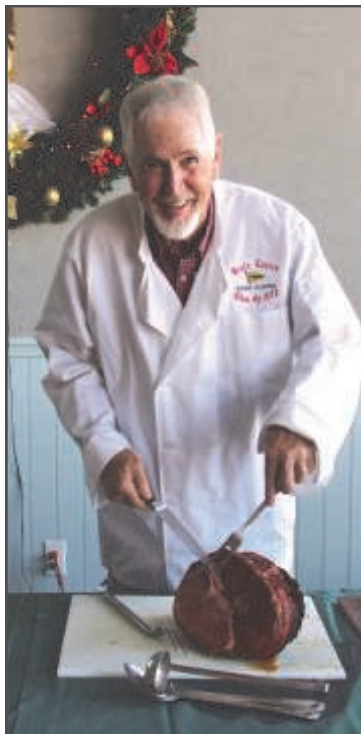








**December 25,  
2013  
Christmas  
Potluck**





December 25,  
2013  
Christmas  
Potluck



## Birthday Bash - "Friday, January 10<sup>th</sup>"

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



**January Birthday Celebrations are:** Tom Warden, Bill Cline, Phyllis Gerding, Shel Johnson, Ginny Johnson, Dave Lochridge, Joel Bowman, Hardy Moll, Judy Fraser, Rosemary Lippert, Diane Sabol, Don Dickey, Lana Lynch, Marcia Meinke, Woody Underwood, Norman Grencius, Tom Naylor, Bob Nast, Mike Smith, Lea Linman, Vanda Watkins.



**January Anniversaries are:** Dan and Audrey Voss, Gary and Madeline Hunsaker, Bill and Lois Boyd, Bonnie and Bob Chaney, Gary and Joyce Johnson.

### Currents

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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:

**Rental Manager, Sharon Sullivan**  
**805-985-6155**

or

**Vice-Commodore, Dave Wardlow**  
**805-680-4323**

for scheduling and rates.

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