

VOLUME 53 ~ ISSUE 6

Commodore: Tom Warden Editor: Liz Campbell

Asst: Frank & Sharon Sullivan Asst: Pat Korecky

Channel Islands

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

Yacht Club

currents



Boy Scout Troup 228 conducting a Flag Retirement service





Message From Thomas Warden



On April 26 through April 28, the **cruise to Smugglers** took place with eight vessels and 22 people from CIYC. **Cindy Crocket** was our cruise director on this excursion. One of the highlights of the weekend was the **Pirate's Tale contest**. Each boat was **given a list of** pirate terms to be used in a "story". The winner was LeeAnne Clark on "Juliet". The contest essays were presented on Tim Smith's boat "Bother Me Tomorrow". The following is the

winning prose:

The Black-Spotted Buccaneer

This be the story of a pair of Jack Tars By the name of LeeAnne & Charlie The crustiest old salt and scurviest wench The seas ever did see

On their ship Juliet, to the islands they sailed For a party with their yacht club Buckos, landlubbers, lads & lassies galore With plenty of good grog & grub

"Avast ye!" Charlie cried to his wench "I'd love to drop my anchor in your lagoon!" "Hold yer mizzen, ya scurvy dog," she cried back "There'll be none of that till the light of the moon."

"Drop the sails! We're at Smugglers!" he yelled But his wench was too busy to hear Turns out, along the way someone had snuck aboard It was a black-spotted buccaneer!

Cap'n Charlie could not believe what he saw Going on down below

"Ya hornswaggle wench!" he cried out to his mate "I'll hang him from the yardarm, and down he will blow!"

"Oh shiver me timbers," she cried back to him "It's naught but our foul blaggart Tom Warden And it ain't me he be jonesin' for It's Juliet he be thinkin' a hoardin'!"

"Well blimey! I'll cleave him to the brisket!" the cap'n shouted "On second thought, lefs keel haul his arse Then we'll scuttle his corpse for the fishes to eat And end this boat-thievin' farce."

"Heave ho!" they both cried, and off Tom went On his journey to Davey Jane's Locker "If that scalawag thought we'd let Juliet go He's off his buccaneer rocker!"

"Crack open the rum! Splice the main brace! That bucko is over the rails! And we can now party to our heart's content Because dead men tell no tales."

Smugglers' Cruise April 26 - 28 **Pirate's Tale Contest** Winner - LeeAnne Clark





Our Special thanks to **Les Hardwick** and **Mary Foster** for fixing our flag pole, mast and lines.

We have **10** more cruises this year! Cruising provides a unique bonding of our members.

Go cruising with CIYC!





Message From Keith Moore The Vice-Commodore



CIYC members have accumulated old and tattered American Flags, and don't know what to do with them.



After placing a note in our newsletter, many members brought their old flags to the club.

CIYC invited Boy Scout Troup 228 to meet at the club and conduct a proper Flag Retirement service.

It was rather interesting to note the formality that goes with this ceremony, and I hope we plan to do this next year with the participation of our members who were Boy Scouts, Girl Scouts, Campfire Girls, and have had the Scouting experience to be involved.

Afterwards, we set up the BBQ, served the Troop hot dogs, and had a nice visit with them.

Our thanks go to **Gary Johnson** and his family and crew for preparing the authentic homemade Mexican dishes for the Cinco de Mayo Dinner Social. The Mother's Day Brunch was a well attended event to honor our mothers. And the **Epicureans dinner** and wine sampling table was fun. It was a good month!

Call any time with your suggestions.

See you On Deck

Keith

805-551-0983





Message From The Rear Commodore Jane Thomas



At the end of April, **Harry Krum** and the **Krum Crew** on <u>FUSÉE</u> won the <u>Beneteau class</u> in the <u>Newport to Ensenada Race (April 26-28)</u>. Be sure to congratulate them!

While they were racing, the <u>CIYC Cruisers</u> – led by <u>Cindy Crocket</u> and <u>Dann Daggett</u> – went to <u>Yellowbanks Anchorage</u>. Seven boatloads of members (*CABANA GIRL, BOTHER ME TOMORROW, JOY SEA, BLUE MAST, SUNDANCER, JULIET, and SUNGLADE*) enjoyed the special planning, welcome basket, games, and party led by Cindy and hosted by Tim Smith on *BOTHER ME TOMORROW* on Saturday afternoon.

The month of May saw our **Cinco de Mayo Social** – great Mexican food, thanks to <u>Gary Johnson</u> and <u>crew</u>, and great entertainment by **Theresa Russell**!

Due to expected heavy weather at the islands over Memorial Day weekend, the All-Club Mega Cruise planned for Prisoner's Cove has been relocated to the docks in front of our club for the CIYC faction. Cindy and Dann really know how to turn the disappointment of not going out to the Island into a fun weekend on the boat with other club cruisers and all the conveniences of being at the dock!

June starts with the <u>Bob Cooke Memorial</u>, Double-Handed Race (only 2 people on the boat) on June 1. Bob was a member of CIYC and an avid racer. His grandson, <u>Brent Swanson</u>, is still a member of CIYC and continues to race Bob's boat, *VELERO*.

June 15-16 will be a full weekend with the <u>CI Harbor Marina Fest</u> and <u>car show</u>, as well as CIYC's <u>Father's Day dinner and Open House</u>. The CIYC members of the Marina Fest committee are looking for volunteers for Saturday and/or Sunday to help out with hospitality at the booth and at the club, as well as water transportation from the Marina Fest docks to CIYC. If you are able to help, contact **Mary Foster** or **Keith Moore**. If not, just come and have a good time. Lots of food and entertainment are also planned. This is a great opportunity to show potential new members how much fun we have at CIYC!

The fourth weekend (**June 22-23**) aligns with the **Summer Solstice**, an annual astrological event marking the longest day of the year. "**Midsummer**", as the period around the solstice is called, is celebrated in many cultures and is second only to Christmas (Winter Solstice) in high northern latitudes like Scandinavia and the Baltics. Always ready to celebrate, CIYC will host a weekend full of fun activities, including water events with kayaks, electric boats, or other watercraft, and land-based activities, food, and music. Watch your email and CIYC on Facebook for more details...

But that's not all that's going on in June! We finish off the month with the <u>Channel Islands to</u> <u>Marina del Rey race</u>. This race was initiated in the '80s by <u>Paul Hatcher et al</u> and the <u>Santa Monica Windjammers Yacht Club</u>. Great concept for a racing/cruising weekend: their members cruise up, eat dinner, party, stay overnight, and eat breakfast at CIYC before the race. Our members: race down, eat dinner, party, stay overnight, and eat breakfast at SMWYC before cruising home (or on to the next regional race). The pre-race dinner (Friday, June 28) and breakfast (Saturday, June 29) are open to racers and non-racers alike.

See you on the water!



The April big fish of the month was turned in by **Don Dickey**. it was a 2lb 11oz fresh water Bass caught at Casitas Lake. Don donated his \$50 prize back to the Anglers White Sea Bass grow-out program. Thanks Don!

So far in May, the big fish is a 14.8 lb. Barracuda caught by Gary Johnson while on Skip Miser's Dawn Patrol early in the month.

Because of Small Craft Warnings and sloppy conditions the Lady Anglers' **Tourney** had to be postponed and will probably take place *June 9th* instead.





\$50 prize

"Big Fish of the Month"

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 \$\$\$\$



Gary's Barracuda

WSB Pen Report:

The new predator net and containment nets have been delivered. We are negotiating to get a new roof system to protect from bird depredation. Think of the arched covers that are used in the berry fields around us. It should work like that. We expect to receive the fish in Mid-June.

Please thank: Don & Denise Dickey, Charlie Ferrell, Zoran & Erika Barbaric, John & Rose Hazeltine, Frank & Sharon Sullivan, Everett Babbe, Skip Miser, and Opal Gilpin for making donations to the project. We could use a few more donors' bucks to finish the rehabilitation of the facility.

Upcoming events:

June 9th Ladies Fishing Tourney (rescheduled)

June 22nd Men's Fishing Tourney

Sept. 6th CI Billfish Kickoff Dinner

Sept. 7-11th CI Billfish Tournament

Sept. 13th CI Billfish Awards Dinner



Message From Channel Islanders First Mate Mary Ann Moore

Hello Islanders',

What a great **THINGS REMEMBERED**, musical revue we had. We want to thank the following people who headed up the teams that made the great show possible**Barbara Brauns**-<u>Producer</u>, **Larry Stein**-<u>Director</u>, **Jack Borkowski**-<u>Set Designer</u>, **Vera Cline** – for the <u>Cuisine</u>, **yours truly**-<u>Executive Producer</u>, and their teams.

We also want to thank all of the **actors**, **singers**, **dancers**, **musicians**, **tech crew** and of course we cannot forget the audience-----<u>YOU</u>---for making this a great success! Hope to see you all next year!!!!!

Our tour of the **Maritime** Museum was very special....this tour was put together with the help of John and Rose **Hazeltine**. Do you know how the seascape-style painting starteddo you know when sea battle painting scenes started....do you know what country had the largest fleet in the world in the 14th century..... well, if you went on the tour you would have those answers. So vou need to take the tour...if I tell you the answers I will spoil your adventure!!!!!!



Of course, we cannot forget **Bob Little** who taught us how to put a <u>ship in a bottle</u>....not a small feat!!! We really enjoyed the tour.

This month we will be needing help with the <u>FATHER'S DAY DINNER</u> on <u>Saturday</u>, <u>June 15</u>, and the <u>CHUCK WAGON BRUNCH</u>, <u>Sunday</u>, <u>June 30</u>So step up to the "plate" and have fun with us sharing a good time with our club members.

I would like to wish you all a **Happy Flag Day**....and yes we wish all the men in your lives a **HAPPY FATHER'S DAY!**

Be safe on land, air and sea,

Mary Ann (All Day All Night) Moore First Mate



Bob Little - ship in a bottle Islanders Trip to The Maritime Museum

Doc Lines

In an earlier Doc Lines, I reported the following: "Too much caffeine used to be considered unhealthy, but a study of almost half a million older people found that the more coffee consumed, the less likely people were to die from heart and respiratory diseases, stroke, injuries, accidents, diabetes and infections. Up to 10 to 15 percent less. Just why this happens is still unknown." (from the National Cancer Institute)

MORE ON COFFEE

A study from Japan involving 84,000 people found that enjoying a cup of coffee daily was associated with a decreased risk of stroke by a whopping 20 per cent, compared to those who shunned the drink. Interestingly, green tea had a similar association, although through a different pharmaceutical pathway. Having a cup of coffee and several cups of green tea may have an additive effect. The researchers could not establish whether it was the coffee that caused the lower risk, but there was definitely a link. (Am Heart Journal Assoc – Stroke)

A study from the University of Lund, Sweden, observed that patients who are on the drug Tamoxifen after breast cancer surgery will cut their recurrence rate in half if they drink 2-3 cups of coffee daily. Many breast cancers grow under the influence of estrogen. Tamoxifen works by fitting into estrogen receptors and blocking the hormone from reaching the tumor cells. How coffee augments the Tamoxifen effect is not yet known.

- 1) Surgery + Tamoxifen: Recurrence Rate = n
- 2) Surgery + Tamoxifen + Coffee: Recurrence Rate = n/2

From Brooke Army Medical Center, San Antonio: Increased coffee intake in patients with non-alcoholic steatohepatitis (fatty liver) decreases the risk of hepatic fibrosis (cirrhosis). This form of liver disease is on the rise over the past 20 years due to increased rates of diabetes and obesity. As a cause of cirrhosis, fatty liver surpasses hepatitis A and C, combined. This study found that coffee consumption decreases the risk of advanced fibrosis.

From Annals of Oncology: Drinking coffee every day can cut a man's risk of prostate cancer by almost 20 per cent. But one has to gulp down six cups a day. One theory is that coffee may boost a protein called adiponecetin, which has been shown to have powerful anti-cancer properties.

From the Brits: "When caffeine is consumed in moderation by the majority of the population, there are unlikely to be many negative side effects". (Center for Occupational and Health Psychology; Cardiff University, UK)

And then this from the US government (from The Hill): An FDA official calls caffeinated food 'very disturbing to us.' Adding caffeine to snacks from jellybeans to waffles to "energy drinks" is very disturbing to regulators.

Existing rules never anticipated the current proliferation of caffeinated products. Also mixing caffeinated "energy drinks" with alcohol, especially by minors, is a concern. The FDA has previously advised that 600 milligrams of coffee (4-7 cups) can cause jitteriness and heightened blood pressure. Overdosing on caffeine can be fatal. Common sense should prevail!

Comment: Believe it or not, I don't own any coffee stocks. Coffee looks like a cure for everything except hangnails. Probably you should not go beyond moderate to medium coffee consumption, and you should always consult your personal doc.

"DRINK COFFEE Do stupid things faster with more energy" Your Fleet Sturgeon, Zoran



Cinco de Mayo Dinner/Social May 4th

























Entertainment by Theresa Russell!



Cinco de Mayo Dinner/Social May 4th













Cinco de Mayo Dinner/Social May 4th









CIYCS BEEF EATER DINNER



SATURDAY - JUNE 1, 2013

JOIN US AT 6:30 PM: FOR AN INTIMATE TEQUILA SUNSET TASTINGS EXPERIENCE!

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
J	Sunc Slosed Mon. & Wednesday- Fri &	Bar Hours Sunday 3pm to close, Closed Mon. & Tues. except special events Wednesday-Thursday 5pm to close. Fri & Sat 4pm to close	vents e.			I Bob Cooke Double-Handed Race Tpm Beefeaters Dinner
7	co	P	5 Wed .Night Fun night Dinner 6:30 Bingo 7:00	6 Bocce Ball	7 6pm Birthday Bash	8 Ipm Epicureans Dinner
g (rescheduled) Ladies' Fish- ing Tourney	01	11	2pm Bridge group Wed .Night Fun night Dinner 6:30	13 Bocce Ball	14 Flag Day 6 PM: Channel Island' MarinaFest Kick-Off Party @ CIYC	15 Currents deadline Tpm Father's day Dinner by Islanders w/wine CIYC OPEN HOUSE - BBQ Stand - Marina Fest Booth
16 Fathers Day MARINA FEST - CAR SHOW - FARMERS MARKET- CIYC OPEN HOUSE - BBO Stand-Mariina Fest	17	18 6:30pm CIYC Board Meeting	4:30pm Islanders Board Wed .Night Fun night Dinner 6:30 Bingo 7:00	20 Bocce Ball	21 Bar Appetizer 7pm General Meeting Nomination comm.	Men's Fishing Tourney (tentative) CIYC Solstice Festival Weekend
23 CIYC Solstice Festival Weekend	24	25	26 2pm Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	27 Bocce Ball	28 Bar Appetizers Tpm CL2MDR kickoff dinner (beefeaters)	29 8am race day breakfast CI 2MDR Race BYOM dinner Cruise to Scorpion Anch.
30 II:30am Islanders' Chuck Wagon Brunch Cruise to Scorpion Anch						



Channel Islands Yacht Club

Sat	6 Room Rented for Wedding	chorage	13 Room Rented for private party Cruise to Catalina Island	20 9am Shipshape 7am Parking Lot sale 7pm Epicureans Dinner		27 Cystic Fibrosis Fundraiser	Bar Hours Sunday 3pm to close, Closed Mon. & Tues. except special events Wednesday-Thursday 5pm to close, Fri & Sat 4pm to close
Fri	<i>5</i> 6pm Birthday Bash	Cruise to Coaches Prietos Anchorage	12 Bar Appetizers 6:30pm TGIF	61		26 Bar Appetizers	Ba Sunday Closed Mon. & Tu Wednesday-Th
Thu	4 Independence day 11am open house and BBQ	Cruise	11 6:30pm CIWSA meeting Bocce Ball	18 Bocce Ball	atalina Island	25 Bocce Ball	
Wed	3 Wed .Night Fun night Dinner 6:30 Bingo 7:00		Ith Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	17 Wed .Night Fun night Dinner 6:30 Bingo 7:00	Cruise Week to the Isthmus on Catalina Island	24 2pm Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	31 Wed .Night Fun night Dinner 6:30 Bingo 7:00
Tue	2 6pm Bar opens 7pm British Brass		6.	16 6:30pm CIYC Board Meeting	Cruise W	23	30
Mon	I		80	15 Currents deadline		27	5.9
Sun			7 Cruise to Coaches Prietos	14 1-4pm Open House Dinghy Party		21	28 John Larson Memorial Race

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HOURS: 9am - 5pm Robert E. Holm CONTACT:

reholm@roadrunner.com

BOATING SKILLS & SEAMANSHIP COURSE

Sat., June 22; Sun., June 23; Sat., June 29

\$60 CASH OR CHECK (includes book) PRICE:

HOURS: 9am - 5pm CONTACT: Doug Williams

dbwlls74@gmail.com

Location for **USCG Recruiting Center** both classes: 4202 So. Victoria Ave.

Oxnard, CA 93035



Channel Islanders Present Father's Day Dinner

June 15, 2013, at 7:00 pm \$20.00

Fresh Green Salad with walnuts, apple-smoked bacon bits, raspberries with raspberry vinaigrette dressing

Prime Rib with sautéed mushrooms in butter, red wine, garlic reduction sauce

Baked Potatoes with all the fixings

Roasted Zucchini topped with parmesan cheese and seasoned bread crumbs

Choice of Just Baked Fruit Pie, apple or cherry pie slices with French vanilla ice cream and/or whipped cream

Dinner Rolls and butter

Raffle and 50-50 Drawings Please sign up in Dinner Book at the Bar

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FACHT CLA

Channel Islands Yacht Club





Brunch at Hollywood Beach Wine Company:

Front left and around clockwise: Curt Ingram, John (Friend of Sam and Michelle) Sam, Michelle Smith, Cindy Crocket, Dann Daggett, Graham and Kiki Paine, Marnie and Vidar Bech, Tom Warden, Jennifer and Frank Wahl (CIWSA) and their friend John, Mary Howard.

Dinghy Floatila cruising Mandalay Bay:

Sam and Michelle provided the cocktail boat in the center "hole". In the front dingy to their port were Frank Wahl and his friend John, behind them were Dann Daggett and Cindy Crocket. In the front dingy to their starboard were Graham & Kiki Paine and Vidar & Marnie Bech. Bill Brayton and Cindy Arosteguy briefly broke flank to take this picture.

This was so much fun!



The Annual ASBCYC All Club Cruise to **Prisoners Harbor, Santa Cruz Island** May 25th 26th & 27th, 2013



Charley Clark and his puppy dressed for Memorial Day

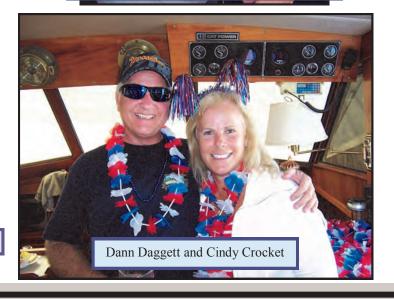


Jennifer Sparks showing Cindy Crocket how to Paddle Board





Tim Smith and Jennifer Sparks (Hosted the Saturday night social on Tim's boat "Bother me Tomorrow")



Birthday Bash - "Friday, June 7thm

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

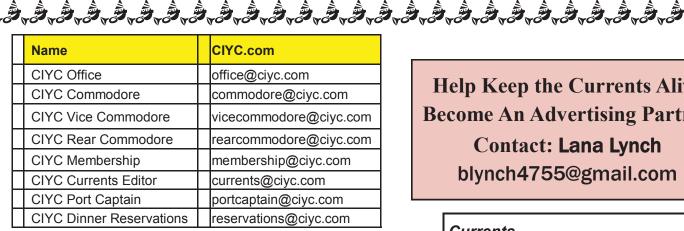
June Birthday Celebrations are: Bob Brisbane, Sue Warden,
Michael Farrell, Frank Laza, Bud Gerding, Mary Foster,

Carol Watson Simon, Larry Stein, Sharon Deyling, Rosemary Roberts, Audrey Voss,
Sherri Cunial, Wade Ambrose, Karen Berlin, Connie Nielsen, Mickey Biederman,
Gladys Muhlitner, Linda McCulley, Dennis Fraser, Edward Staples, Susan Woolf.

June Anniversaries are:

Don and Karen Wood, Robert and Donna Jordan,
Tom and LaNell McKnight, Mary Howard and Curt Ingram.





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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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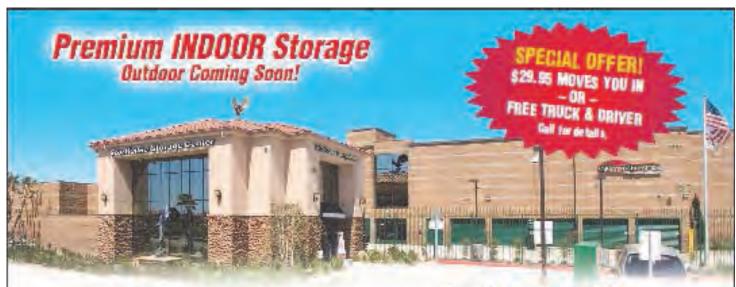
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CURRENTS SUBMISSIONS

E-mail submissions to currents@ciyc.com Lizcaffrey@aol.com or send via facsimile to (805) 985-2942

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DEADLINE NOTICE:

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

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for the July 2013 Issue

CHANGE SERVICE REQUESTED



