



SEPTEMBER 2015 |

VOLUME 55 ~ ISSUE 09

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Editor: Liz Campbell

Asst: Frank & Sharon Sullivan

Asst: Pat Korecky

# Channel Islands Yacht Club

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

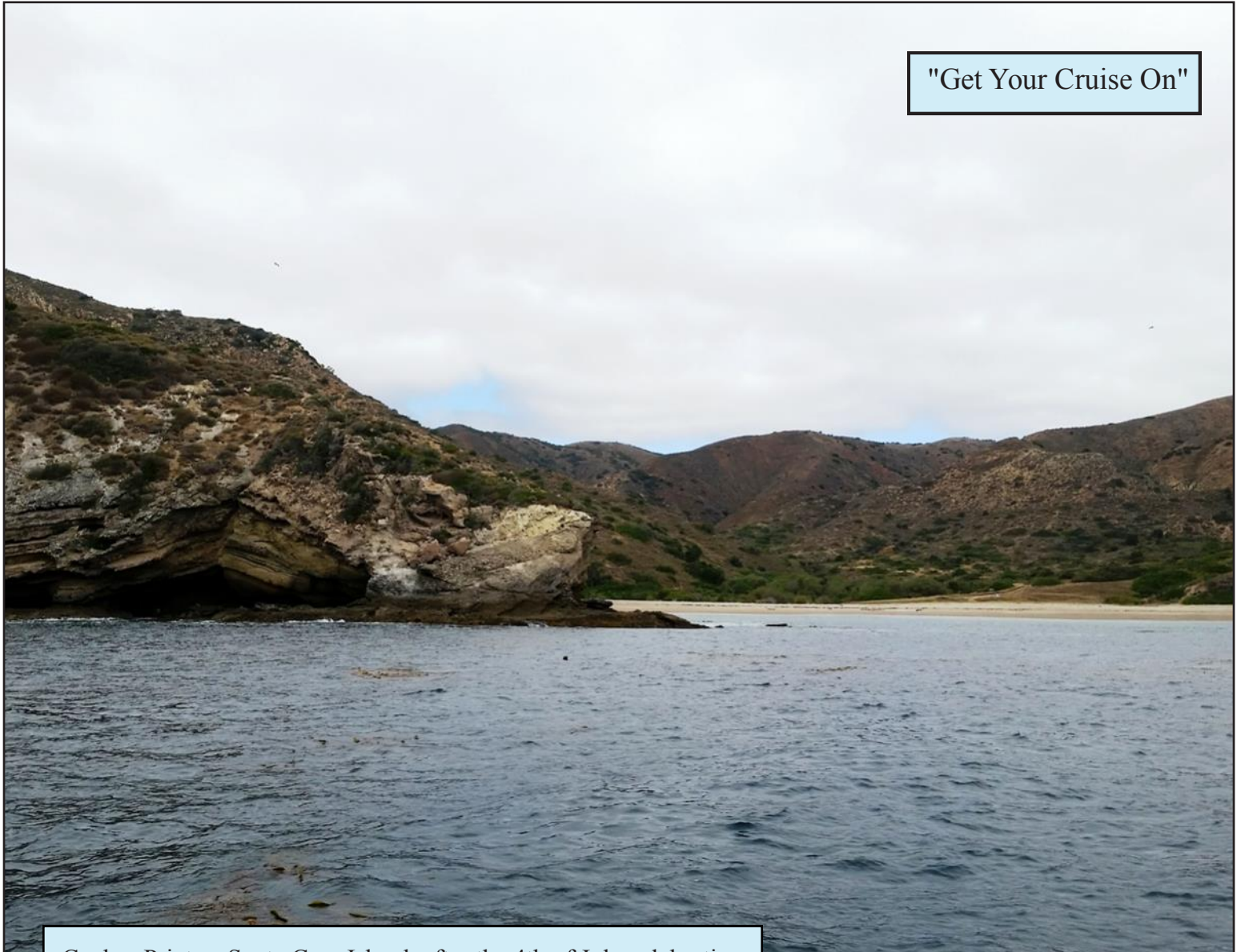
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published monthly

## *Currents*

"Get Your Cruise On"



Coches Prietos, Santa Cruz Island, after the 4th of July celebration



## Message From The Commodore Dave Wardlow



### **To the Membership,**

Thank you to those who came to dinner July 18th. Dinner was prepared by our own men's cooking group and they call themselves the **Beefeater's**, which is in reference to properly prepared meat. This group was established in 2001. They took a brief break and are now back to help offer delicious meals at affordable prices and support our clubs dining experience.

You have once again answered my question by your presence in the room. I hope I have met your expectations in moving your yacht club forward.

It seems that we are heading in the right direction. This dining experience should become a tradition for you. It gives your Commodore the opportunity to address the attending membership, without interruption, a chance to explain their tactical position to navigate us through sometimes murky water.

At this point with all we have accomplished, we have a vision of our destiny. Now, having a clearer conscience, the rest of the year should be a breeze. Anchors up and full speed ahead.

Congratulation to **Connie Calo** and **Jack Borkowski** to put together another successful Calo Classic.

Welcome home Barbara Brauns. Happy that you and your son are on the mend.

**Remember ACTION speaks Louder than Words!**

**Dave Wardlow**





## Message From The Vice-Commodore Vidar Bech



### POST CARD FROM ISTHMUS, CATALINA

We are sneaking away for a week to spend time with our family in Catalina, which has been a tradition since the late seventies. We like it in Isthmus, not too busy, one bar, one lunch place, one restaurant, one store and one building where you can do your daily needs and wash clothes. A perfect place to get some R & R.

Looking back, we had a very successful DAV Sail Day headed up by **Bill Brayton and Cindy Arosteguy**. It turned out to be a great day; everything was perfect. I had the pleasure of taking out 3 vets, one guest, and a 9 year-old child. One of the veterans, Connie, enlisted in the military in 1944 when she was 18, and she was still going strong. They all enjoyed the trip going out even though the sea was somewhat rough. We ended with a harbor cruise, and the little boy got to steer the Blue Mast and I think he will remember that for a long time - he enjoyed it so much. Good organization, Bill, way to go!

August started out with a winner: our Summer Social with an African theme. Dinner by **Dallas Holt and Cel Tustin**: Some members used superlatives like, "The best dinner I have had at the club." Maybe a memory thing, but it sure was delicious. **Joyce Sheridan** had decorated the dining room with painted cutouts of wild animals made by Sharon Gable, Dave Gable's late wife, which she had saved for years. I put on a slide show from Kenya that an old customer had made on his safari there. Brian Fitzgerald provided fun music for dancing. Really a great evening!

A big thank you to **Beverly and John Richardson** who once again offered their home for the dinghy party and to **Gary and Joyce** for being the organizers as always. Wish we could have been there.

I'm turning this article in a little early since I am leaving for Catalina so I am missing some fun things, but I hope everybody enjoyed our busy August program.

Wednesday night cooks in August:

5<sup>th</sup>; **Sherie Ireland** stepped up on short notice

12<sup>th</sup>; **Don Dickey** and crew

19<sup>th</sup>; **Cary Verstynen** is doing another one

26<sup>th</sup>; **Pam and Bob Nast**.

Thanks to all the cooks and their helpers.

Looking at the August Currents, I cannot help but be impressed that we finally have the handicap lift for our members. This was something that was high on the priority list for many years. Funds for a Lift/Elevator were collected once before and reached about 30K, but unfortunately the final execution was not possible and the money ended up being used to improve our club in other ways. I know many older members wish their loved ones could have been able to come to the club. This is in no way meant to take away from the fantastic work and effort it took to finally get it installed and the donations collected this time.

We have a busy and important September coming up with a Beefeaters' Dinner and an Anniversary Dinner by the staff Commodores. Also, we're having elections to the Board at our general meeting. Watch the calendar and please participate - that is what makes the club fun.

Till next time,  
Vidar, VC



## Message From The Rear-Commodore Jim Lovins



**Due to a scheduling conflict, the John Larson Memorial Race has been re-scheduled for October 24<sup>th</sup>.**

A big event for racers from all parts of the Santa Barbara Channel is the Ventura Cup, to be hosted by Ventura Yacht Club on September 19 - 20th. Although individual boats can enter, each yacht club is encouraged to enter one or more teams of 3 boats for inter-club competition. All CIYC Racers: Get your crew together & help build one, two, or three teams representing CIYC for the Ventura Cup Regatta & Santa Barbara Channel Challenge.

Don't forget about the **Lady at the Helm Race**, co-hosted by CIYC and CIWSA, Saturday, September 26th. The goals of this race are to have fun and get more women on the water. If you want to add a lady or two to your crew for this race, contact Jane Thomas at (415-518-4046 or [sunglade@prodigy.net](mailto:sunglade@prodigy.net)).

RAMS who need to get another club event checked off - this is sponsored by CIYC. CIYC races are an opportunity to meet other sailors and make additional friends. Looking for help in the kitchen, meet and greet, after race meal, or general help at the club.

The DAV event was a huge success. A big THANK YOU to Bill Brayton and all of the volunteers who made this a very special event. Additionally, two of the veterans who cruised on **Tom and Leslie Webb's** boat (aptly named **Leslie**) contacted Tom regarding the possibility of another cruise. As a result, Tom and Leslie hosted 11 veterans on August 16th. What a great way to pass it on. Thank you, Tom and Leslie!

### **Sailing News:**

Sept. 5 - Santa Barbara City Race (CI to SB) AYC

Sept. 7 – Tequila Derby (SB to Ventura Harbor) AYC

Sept. 12 – SBYC Charity Derby SBYC

Sept. 13 – Bungay Single Handed Race SBSC

Sept. 12-13 – The Prison Break VSC

Sept. 19-20 – Ventura Cup Regatta & Santa Barbara Channel Challenge VYC

Sept. 26 – Lady at the Helm CIYC/CIWSA

Sept. 27 - TGIS Fall Series #2 AYC/PCYC

Sept. 26-27 – Fulmor Race (Pelican Bay and Back) (Wilson #6/6) SBYC

The **Dingy Party** was a great success. **John and Beverly Richardson** opened their home for the event. Quite the afternoon. Live music by "The Barrelhouse Wailers", great food and as always great company





# Anglers' Corner - September 2015

By Frank Sullivan



## Fishing Report:

The Big fish of the month for July was **Bill Cline's** with 8.76lb Lingcod Cod caught off of **Gary and Joyce Johnson's** boat *Joy Sea*. So far the big fish of the month for August is **Don Dickey's** 28lb Yellow Fin Tuna caught off Dana point while on the *Joy Sea*.



**Frank Sullivan, Don Dickey, Gary Johnson and Jim Haendiges**, left Channel Islands Harbor Tuesday morning, August 11<sup>th</sup>, at about 5am on the *Valkyrie*. The plan was to do an exploratory trip toward the 17 Fathom spot looking for a warm-up trip before the **Channel Islands Bill Fish Tournament**.

We had heard all the hoopla about the Yellow Tail going off at Anacapa, so we thought we would give them a go on the way. We got to the fleet at the west end of Anacapa Island and sat there for a couple of hours without any luck, so we pulled anchor and moved before the tide change. We got to the new spot and saw that, the *Sea Jay* and the *Island Tac*, sport boats were already there. A very good sign. The *Sea Jay* was catching them so we went down the line a ways and anchored up. It took awhile but **Frank Sullivan** finally got hooked up and landed one on a bait. A few minutes later **Gary Johnson** landed the first of 3 more Yellow Tails on iron jigs.

A short while after the tide change the bite died off so we switched gears and ran around the east end of Anacapa. We headed south towards the 17 Fathom Spot and began trolling when we hit some 70 degree water. About 6 nm s/o Anacapa Light we hit a temperature break. The water temp jumped up to 72 degrees and a few minutes later it was fish on!

Jim had an injured shoulder and Gary had never caught a Marlin so Gary was up for the 1st Marlin

The Marlin was real a treat. Don Dickey caught one a little smaller in Hawaii and it weighed in at 250lbs, so we figure 250 is a safe guess for this one. Gary handled it like a pro even though it was his first Marlin. I didn't time it, but it seemed to take forever to bring him to boatside for the release. He only jumped once but made several strong runs and I had to back down almost constantly. On the first run he almost emptied the reel. We had a scare when a shark showed up but then left; I think the size of the Marlin dissuaded him. Don leadered the fish while Jim took the photos.

What a great shakedown run to have before the Tourney. We got to fly the marlin and release flags on the way home. Looking forward to a great season!!

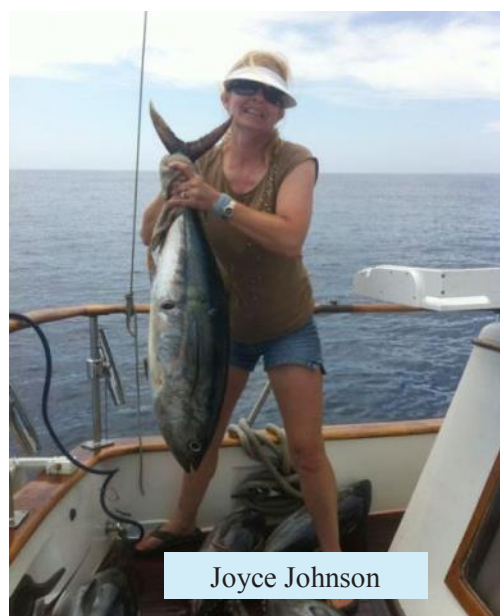


### **WSB grow out pen update:**

After a rough start things have settled down at the pens. There have been very few new mortalities. With the water warming, the fish are growing quickly now.



Mark Palamountain



Joyce Johnson





Gary Johnson w-deck full of tuna



Joyce Johnson



The Palamountains



Rico Loera



### Upcoming events:

September 11<sup>th</sup>

September 12<sup>th</sup> to 16<sup>th</sup>

September 18<sup>th</sup>

November 21<sup>st</sup>

Channel Islands Bill Fish Tourney Kickoff Dinner

Channel Islands Bill Fish Tournament

Channel Islands Bill Fish Tourney Awards Dinner

Anglers' Awards Scampi Dinner





## Message From First Mate Pam Nast

**Dear Channel Islanders and all CIYC Members,**

Ok ... so last month I requested (again) that you submit your favorite recipes for our upcoming CIYC Cook Book ... I am getting the distinct impression that very few members are interested in the project. Nevertheless, in a last ditch effort to jump-start the contributions ... here is a favorite recipe of mine.

### **Eggplant (Meatless) Meatballs**

1 ¼ lb. unpeeled eggplant, cut into 1 inch pieces

Olive oil

2 cloves garlic ... crushed

2 tbsp chopped basil

1 ½ cups Italian seasoned breadcrumbs

1 large egg, beaten

2 ounces Pecorino Romano ... freshly grated

1 tbsp chopped parsley

1 large jar of your favorite sauce (I used Trader Joe Arrabiata) or make your own Arrabiata

Heat oven to 375 degrees

Spray large, rimmed baking sheet with cooking spray (or grease lightly with EVOO)

Heat olive oil in skillet ... when hot add eggplant and ¼-cup water ... season with salt & pepper to taste and cook until tender ... 10 – 12 minutes. Transfer to bowl of food processor and pulse.

Transfer eggplant to a bowl and add breadcrumbs, beaten egg, Pecorino Romano, parsley, garlic and chopped basil.

Form the mixture into balls about 1 ½ inch each ... rolling tightly ... place balls on the baking sheet. Bake until firm ... about 20 – 25 minutes ...

Heat the sauce in a large deep skillet to warm ... add the baked meatballs and simmer for 5 minutes ...

I serve the meatless meatballs & sauce over Fusilli Bucati Lunghi ... (long pasta spirals) you choose your favorite pasta.

**YUM!**

**Now, does anyone else have something to contribute?**

**Pam Nast**

**Islanders First Mate 2015**







## Message From Fleet Surgeon James “Jim” Lee

### What You Think Does Make a Difference

Is your glass half-empty or half-full? How you answer this question about positive thinking may reflect your outlook on life and it may even affect your health. Some studies have shown that traits like optimism and pessimism can affect many areas of your health and well being. Positive thinking that comes with optimism is a key part of stress management. Effective stress management is associated with many health benefits.

Positive thinking doesn't mean that you ignore life's unpleasant situations. Positive thinking just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst. Positive thinking often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason.

If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you're likely an optimist, someone who practices positive thinking.

#### The health benefits of positive thinking

Researchers continue to explore the effects of positive thinking and optimism on health.

Health benefits that positive thinking may provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well being
- Reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

It's unclear why people who engage in positive thinking experience these health benefits. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body. It's also thought that positive and optimistic people tend to live healthier lifestyles — they get more physical activity, follow a healthier diet, and don't smoke or drink alcohol in excess.



***Bother Me Tomorrow*** and ***Juliet*** in the background in the anchorage, picture taken from ***Maverick***

It is a tradition on ***Bother Me Tomorrow*** to watch the movie *Tombstone* while anchored. Pictured here is Charlie and LeeAnne Clark enjoying the movie while Tim Smith spoils each scene by reciting the lines by Wyatt Earp and Doc Holiday, "Are you going to sit there and breed or are you goin' to do something?"



"Get Your Cruise On"



Bob Ridenour, Jennifer Sparks and Captain Bill Brayton enjoying the hospitality of the Ventura Yacht Club cruisers





CIYC challenged VYC to bocce ball, CIYC won one and VYC won one so the tie breaker to be scheduled soon. Pictured here in this round is Bill, Jennifer and Bob giving bocce ball coaching advice to one of our VYC opponents

## "Get Your Cruise On"

More CIYC bocce ball, pictured here is Bob, Bill and Cindy Arosteguy, Cruise Director



CIYC bocce ball winning match, pictured here is Bill, Tim and Jennifer, preparing to throw the winning ball for CIYC .



Bob and Jennifer relaxing while playing a marble game on *Bother Me Tomorrow*, the board was hand made by Jennifer's father



"Get Your Cruise On"



Yes - now you are finally taking me home mommy and daddy!

Bobbi and Cindy enjoying the last of Coches after the big 4th of July event the day before where 12 boats honked their horns at nautical twilight to celebrate the 4th of July away from the craziness on land





## Doc Lines

### Got High Cholesterol?

For several decades doctors have been treating high cholesterol, especially LDL (“bad cholesterol”), with statin drugs. These work by reducing the production of cholesterol in the liver. However, statins are not tolerated by up to 20% of patients. Muscle pain, functional changes in the liver (including fatty liver), memory loss, and flu-like symptoms are common. Statins are taken orally in pill form.

For those who do not tolerate statins, or for those with genetically high cholesterol, there is some good news. A new class of drugs is being developed. The drugs are PCSK9 inhibitors. The first, alirocumab (Praluent), was just approved by the FDA, and others are in line for approval.

Unlike statins, these new drugs work by removing cholesterol from patients’ circulating blood. Our bodies have molecules that encapsulate and discard cholesterol. PCSK9 inhibitors prompt these molecules to work longer and harder.

The prompted molecules are very efficient and potent. They can cut LDL by half!!!

The bad news? These drugs will be expensive. And they have to be injected subcutaneously (under the skin). How often? Every 2-4 weeks.

No serious side effects have been reported in 6,000 patients. It is anticipated that statins will remain the main mode of treatment for most patients. However, for those cases in which they don’t work, or for those who have intolerable side effects, or for patients with genetically high cholesterol, this seems to be the answer.

Now, cholesterol is an important substance: It is essential in building cell walls, is a precursor of several hormones, as well as being a precursor of vitamin D. Could there be such a thing as too-low cholesterol? Well, scientists are not quite sure yet regarding that question. But the most likely answer is, “probably not.”

Of course, the cost is astronomical. A year’s supply is estimated to cost \$7,000 to \$12,000. The cost to patients will be lower, depending on their individual insurance policies.

This article is written so that you can more intelligently discuss your cholesterol issues with your personal physician.

Zoran

Thanks, Erika, for editing.





Channel Islands Yacht Club

# September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 ed .Nigt Fun nigt inner 630 Bingo 700	3 <b>Bocce Ball</b>	4 5-7pm Happy our <b>Birthday Bas</b> Set-up dining room or edding	5 <i>ining Room Rental, edding</i>
6	7 Labor ay 5pm Supper Club	8	9 430 pm Islanders Board 2pm Bridge group ed .Nigt Fun nigt inner 630 Bingo 700	10 <b>Bocce Ball</b>	11 5-7pm Happy our 630pm CIBFT K icko inner by Islanders	12 7pm Beeceaters dinner
	Fry's Cruise					CIBFT
13 1-5pm ining Room rent- ed	14 Ros Hasana 9am-3pm ining Room Rented	15 Currents Article ue 9am-3pm ining Room Rented 630pm CIC board meeting	16 ed .Nigt Fun nigt inner 630 Bingo 700	17 <b>Bocce Ball</b> Islanders Event	18 5-7pm Happy our 630pm CIBFT Awards inner by Islanders	19 7pm Anniversay inner ance Sta Commodores to Cook
20 Memorial and Burial at sea PC Bamond	21	22	23 om K ipper 2pm Bridge group ed .Nigt Fun nigt inner 630 Bingo 700	24 <b>Bocce Ball</b>	25 5-7pm Happy our 7pm eneral Meeting Election o Board	26 <b>Sipsape</b> NO inner Set up or ine tasting <b>Lady at te Helm</b>
27 230pm ine Tasting	28	29	30 ed .Nigt Fun nigt inner 630 Bingo 700			
						Bar Hours Sunday 3pm to close, Closed Mon. & Tues. except special events Wed. Thurs. & Fri. 5pm to close, Sat 4pm to close

As of 8/23/15





Channel Islands Yacht Club

# October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<div>Bar Hours Sunday 3pm to close, Closed Mon. &amp; Tues, except special events Wed. Thurs. &amp; Fri. 5pm to close, Sat 4pm to close</div>				1 Bocce Ball	2 430- 530pm "Staying Sipsape" speakers series" 7pm Happy our Birthday Bas	3 Neil Underwood Race 7pm Epicureans inner	
	4 Room Rental	5	6 7PM Britis Brass Concert	7 ed .Nigt Fun nigt inner 630 Bingo 700	8 Bocce Ball	9 5-7pm Happy our	10 Room Rental CCPOA retiree Party
	11	12 Columbus ay	13	14 430 pm Islanders Board 2pm Bridge group ed .Nigt Fun nigt inner 630 Bingo 700	15 Currents Article ne Islanders election dinner Bocce Ball	16 5-7pm Happy our	17 1pm room rental baby sower
	18 Open House	19	20 630pm CIC board meeting	21 ed .Nigt Fun nigt inner 630 Bingo 700	22 Bocce Ball	23 12-4pm room rental B Party 5-7pm Happy our 7pm Annual Meeting Election o Bridge	24 Sipsape Larson Memorial Race Room rental 50t B Party
	25	26	27	28 et ed Ends 2pm Bridge group ed .Nigt Fun nigt inner 630 Bingo 700	29 Bocce Ball	30 5-7pm Happy our	31 Halloween 7pm innerSocial

As of 8/23/15



## **Introducing the - CIYC sponsored “Staying Shipshape” Series presented by St John's Hospitals in Oxnard and Camarillo.**

St John's Healthcare Foundation and Channel Islands Yacht Club are pleased to announce a new, educational health series of seminars, to be offered to our membership once a quarter. The series is titled “Staying Shipshape.”

The seminar will focus on two health care topics for 15 minutes each, presented by St. John's Hospital physicians. These sessions will include a 30 minute question and answer discussion. During the Q & A portion of the talk, participants will be given an opportunity to “ask the doctors” questions about the topic of the two presentations delivered. Rest assured that your personal “confidential” questions may be asked privately, as the doctors will remain at the club afterwards. This is a great opportunity to get up close and personal with some of the best doctors in Ventura County. This is also a chance to learn more about the new technologies at St. John's Hospitals and the New Patient Addition at St John's Pleasant Valley Hospital in Camarillo and an exciting, new Expansion and Modernization Project of the Emergency Department at St John's Regional Medical Center in Oxnard that will make it one of the cutting edge emergency care facilities in Southern California.

The first in the series of health care topics is scheduled on Friday, October 2 at CIYC from 4:30 – 5:30pm. The topics of this first session will be “Heart Disease Prevention and Care” and “Urology Advancements and Robotic Surgery.” Upcoming sessions will include:

Ophthalmology - Cataract and Eye Procedures, Orthopedic Surgical Advancements and Care, Diabetes Prevention - Early Detection, and State-of-the-Art Emergency Care.

William Scarpino

805-815-4621 (home office and cell)

[wscarpino@afscs.com](mailto:wscarpino@afscs.com)







## CHAIR LIFT DEDICATION July 24th, 2015

Welcome to the dedication and ribbon cutting for our new chair lift. This day has been a long time coming. When we were building this building in 1977, and I was Commodore, Captain AA and Trudy Oakley funded the cost of an elevator, and a contract was signed. The following year the club's officers and Board decided that an elevator was not desirable and the contract was cancelled. The Oakleys and I were very disappointed. I told the Oakley's that they had my lifetime agreement to carry Trudy up the stairs and down anytime she wanted to visit the yacht club. I believe that we both enjoyed these trips up the stairs. If the Oakleys are looking down from heaven today and see this elevator-chair lift, I believe they would be happy, even though it took us 39 years. Please join me for a short prayer of Dedication. Lord, we are grateful to the Channel Island Yacht Club leaders who made this chair lift a reality, and to the yacht club members for the money they gave from their pockets and from their hearts to make this day possible.

We ask the Lord's blessing on this chair lift on behalf of all of the members of the Channel Islands Yacht Club. May this chair lift make life easier for members and guests who are disabled or weak. Bless and accept this chair lift on behalf of all who made it possible. Amen.

Our yacht club has had its ups and downs, just like this elevator-chair lift, and today is definitely an up.

**M. Wendell Morrisset**  
**Chaplin, Director, Past Commodore**

**CIYC BEEFEATERS PRESENT**  
**—THE 5<sup>th</sup> ANNUAL CIYC—**  
**FRENCH STYLE POT ROAST DINNER**



***FIRST ..... WE START WITH A CASE OF WINE!!***

**JULIA CHILDS ..... EAT YOUR HEART OUT!!!!**

**BEEFEATER'S SPECIAL FRENCH RECIPE << "POT ROAST" >>**

**SAUTÉED MUSHROOMS & PEARL ONIONS**

**MASHED POTATOES WITH A SILKY WINE GRAYV**

**HEARTS OF LETTUCE SALAD W/ BLUE CHEESE**

**LIGHT DESERT**

**\$17.00 WITH RESERVATIONS..... \$20.00 AT THE DOOR (\$0 LIMIT)**

**PREPARED BY KEITH MOORE AND THE BEEFEATER CREW**

**SATURDAY - SEPTEMBER 12, 2015 @ 7PM**

***PLEASE RESERVE EARLY - ALWAYS A SELLOUT CROWD***





**HELP WANTED:**

4 TO 6 PEOPLE FOR NO PAY  
EMPLOYMENT IN CULINARY FIELD.  
SKILLFUL INDIVIDUALS WITH CREATIVITY  
TO WOW THE GENERAL PUBLIC!!  
REQUIREMENTS: CREATE 2 APPETIZERS  
OR BITE SIZE DESSERT ITEMS,  
FOR SEPT. 27TH WINE TASTING EVENT.  
QUANTITY MUST BE ENOUGH TO SATISFY  
100 WINE DRINKING PATRONS.  
PLEASE RESPOND TO THIS E-MAIL ADDRESS  
BY SEPT. 13. [jackjb99@yahoo.com](mailto:jackjb99@yahoo.com)



*Sunday September 27, 2015*

*Wine Tasting at CMC*

*It's time for our annual Wine Tasting event.  
The past years events have been very successful,  
thanks to you and your friends. So mark your calendars  
tell your friends we're doing it again.*

*Young's Market will be this year's host distributor.  
Once again we will have a selection of domestic wineries plus  
international choices available for your pleasure.*

*Case wine can be purchased.  
A variety of delectable delights will also be available.  
The charge will be \$25.00 per person.*

*Tasting Begins at 3:00pm. Registration Opens at 2:30.*

*Tell your friends, bring your friends.*

*Limited to the first 100 people, that sign up. Sign up at the Club or  
call me or my associate Connie Cole to reserve your spot.*

*Jack Borowski 805 890 2623 - Connie Cole 805 815 0296*





Disabled Vet Sail  
July 26th







Disabled Vet Sail  
July 26th

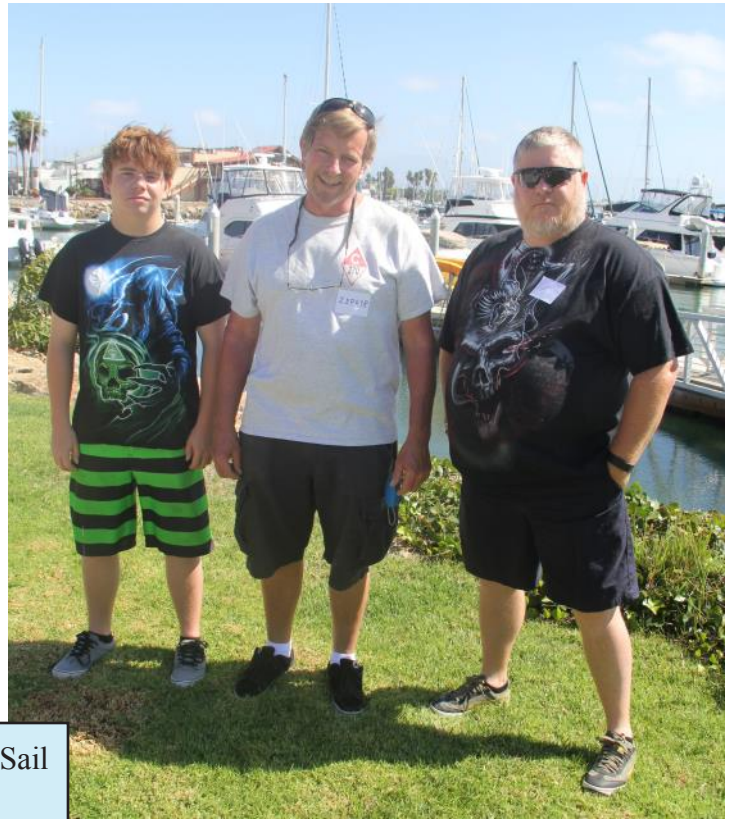






Disabled Vet Sail  
July 26th





Disabled Vet Sail  
July 26th





## Birthday Bash - "September" by Connie Calo

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



September Birthday Celebrations for: George O'Neill III,  
John Walls, Ann Gross, Sheldon Berger, Russ Campbell,  
Weldon Farris, Rosemary Mackinga, Tim Smith, Jackie Biederman,  
Pat Korecky, Ginny Mathews, Gwen Everett, Ben Wada, Dave Martin,  
Vidar Bech, Donna Jordan, Vera Cline, John Carlson, Charlie Clark,  
Jennifer Sparks, Carol Bartlett, Roxanne Vettese, Joyce Johnson,  
John Medlen, Madeline Hunsaker, Lisa Conyers, Barry Bernbaum,  
Bob Waldo, Clark Lewis, Bev Hamilton, and William Lynch.



September Anniversaries are: Philip and Susan Wolf,  
Bill and Judy Sandham, Dick and Georgie Olsen,  
Sheldon and Nancy Berger, Miles and Lea Linman.

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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**

for scheduling and rates.

**Help us help the Club to be Prosperous!**

### Currents Advertising

Ad Size	Dimensions High x Wide	Inside Pages 6 months	Inside Back	1 year -20%
Biz Card	2.0"x 3.5"	\$108/6mo.		\$172.80/yr.
1/4 page	4.5"x 3.5"	\$168/6mo.		\$268.80/yr.
1/2 page	4.25"x 7"	\$288/6mo.		\$460.80/yr.
Full page	7"x 9"	\$468/6mo.	\$570 /6mo.	in/\$748.80 bk/\$912.00





**Dixie Lee**  
STYLIST

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*Bella Mar Day Spa & Salon*  
in Channel Islands Marina

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Breakfast 7am-11am Daily  
Lunch 11am-2pm Mon-Thurs, 11am-4pm Fri-Sun  
Our Iconic Full Bar opens Tues-Fri at 12pm, Sat & Sun at 10am.



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**Volume 55 - No. 09**

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

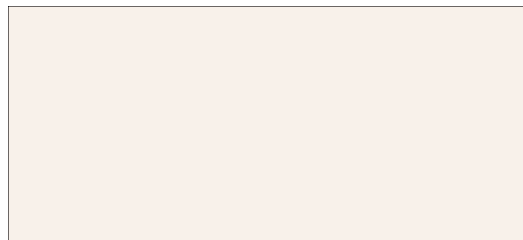
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