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Commodore: Dave Wardlow
Editor: Liz Campbell
Asst: Frank & Sharon Sullivan
Asst: Pat Korecky

Channel Islands Yacht Club

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Phone (805) 985-2492

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Currents

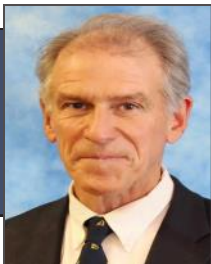


CIYC 2016 Bridge Officers

Vidar Bech
Commodore

Penny Lipp
Rear Commodore

Sheldon Berger
Vice Commodore



Message From The Commodore Dave Wardlow



I would like to congratulate the new Board and Bridge officers. I wish you the best of luck in the coming year.

I would like to thank Shelly and Dan Ward and their crew for a very successful and fun Bocce Ball season. This event really helps support our club on our usually quiet Thursday nights. The sales over this twenty-week period produced a bar income of \$13,031.00. Funds were also raised and donated to our chairlift project from this group. The two past Thursday nights since have accrued a total of **\$114.96**. We need to kick this up a notch!

Veteran's day is Wednesday November 11th. Let's please remember to take a moment and honor all of those who have served.

I would like to wish you all a wonderful Thanksgiving holiday with your family and friends.

Please check in with Rear Commodore Jim Lovins to help and support his crew's effort in the Parade of Lights this year.

Our annual awards dinner is Saturday night the 7th of November. I would like to see a full house in celebration of those members who help make this club what it is.

Happy Trails and Safe Boating

Dave Wardlow



Elected to the Board on September 25th

New to Board

Tom Webb
Bob Taylor
Sheldon Burger (not pictured)

Reelected to Board

Dave Martin
Vidar Beck





Message From The Vice-Commodore Vidar Bech



I try to be upbeat and positive about things, but this time I am going to be a GRUMP. Sometimes when I get to the club I find things out of place, especially in the downstairs patio. Tools, chairs, tables etc. used and not put back in place, trash here and there, full trash cans (sometimes without liners). The cooks complain about equipment and supplies that are not where they should be in the kitchen; some cooking groups hide their equipment or take it home so they will know where it is and kept nice.

Some events that our hardworking members put on are not well attended, **Jack Borkowski** had to cancel the Wine Tasting event due to lack of interest. This event has been very popular in the past, but we cannot bring in wine wholesalers if people don't show up. I hope we'll support our members who are willing to do these events in the future. Enough Gripes! Next month we will honor our hard working members.

Special Thanks to the members who showed up for Shipshape in September. **Maurice** cleaned the Bar, **Graham** cleaned and painted the Kitchen Vent Grill, **Erika** and **Marnie** cleaned the salt and pepper shakers and the knives; special thanks to **Bill Lynch** for making and mounting the cabinet doors for our storage room upstairs by the dining room. Thanks to the **Bartenders** and **Sharon Sullivan** with her crew, the Bar and Dining Room always look inviting.

October started out with a busy weekend: Friday the 2nd - Staying Ship Shape Seminar; Saturday the 3rd - **Karen Farrell** and the Epicureans putting on an October Fest Dinner that was absolutely top notch (but only 35 paying members showed up). Sunday the 4th - we celebrated **Wendell Morrisset's** 90th birthday with a full house, over 40 family members and 1/2 of the club there. Thank you, **Staff Commodore and Director, Wendell** for all you have done for this club all these years.

Thanks to the Wednesday night dinner cooks in October.

7th, **Jerry Wood**

21st, **Eleanor Hovaten** and **Sherie Ireland**

14th, **Karen Farrell**

28th, **Ginny Matthews**

Don't be Shy, give it a Try!

On the 15th the Islanders had their Election Dinner, and on the 23rd the General membership elected the Bridge. We had some Saturday Room Rentals this month but the 24th was cancelled so we put on a Beef-eaters dinner that night. I hope a lot of you signed up for the **Halloween Costume Party** by **Barbara Brauns** and **Joyce Sheridan**, a guaranteed hit. Show up, folks, this is a fun one.

New Year's Eve Party: **Mary Ann Moore** and **Sharon Sullivan** are planning the party and they are looking for members with good ideas for decorating and help to make it a successful event. This is always a well-attended Party and I hope you all come and make it a festive evening at the Club. **SUPPORT OUR HARDWORKING MEMBERS!**

Till next time,

Vidar

VC



Message From The Rear-Commodore Jim Lovins



The holidays are right around the corner and CIYC's Parade of Lights committee met on October 1st and on October 19th. Members are working hard on coming up with the design and decorations of our entry. The theme is "Celebrating the 60's." Our design team has had several winning Parade of Lights entries in years past. Don Bales has offered his boat for the event (A big thank you, Don). We can use lots of help to build, paint, and decorate the set, as well as set up the lights and sound and dress up in costume and take part in the animation during the parade. Planned workday notifications will be sent via-mail. Watch for the email announcements and join us for a few hours if you can.

Seven boats participated in the Lady at the Helm Race. A great showing by all racers. A big thank you to Cindy Arosteguy and **Bonnie Chaney** for providing the photos.

Lady at the Helm

26 Sept 15

Spinnaker Class

Boat Name	Helmswoman	Owner	Sail Number	Place
<i>Tortoise</i>	Suzy Ramey	Stan Whisenhunt	346	1
<i>Majic Dragon</i>	Dawn Brookas	Mike Hopper	56780	2*
<i>Wai'Lani</i>	Cindy Crocket	Jane Thomas	67323	3*
<i>XS</i>	Rachel	Gene Beville Harrison Cooper	18333	4

*Adjusted time & position following protest

Non-Spinnaker Class

Boat Name	Helmswoman	Owner	Sail Number	Place
<i>Fus'ee</i>	Mary Howard Sandra Lockridge	Harry Krum	76454	1
<i>Desert Wind</i>	Sara Friefield	Fair Winds	346	2
<i>Carpe Diem</i>	Lisa Conyers	Lisa Conyers	407	3

It is sad to say the Neil Underwood Race was canceled. Two skippers (RAMS from CIYC) attended the pre-race meeting, the race committee called the race due to the lack of entries.

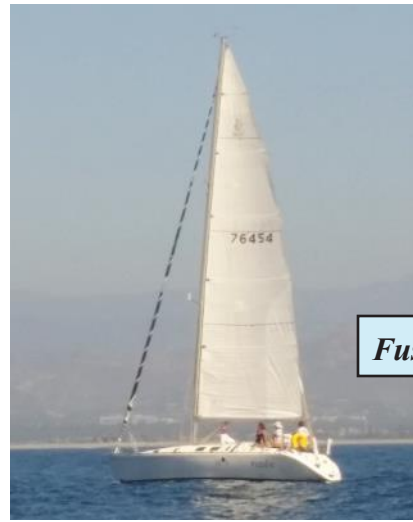
Sailing News

NOVEMBER		Race	Club
1	Sunday	Double/Short Handed Regatta	SBYC
7-8	Saturday	Anacapa Cup Regatta (Small Boats)	AYC
7-8	Sat/Sun	USDOA Fall Regatta	VYC
14	Saturday	Two Harbors Fall Series #3	AYC/PBYC
14-15	Sat/Sun	Optimist Turkey Shoot	VYC
22	Sunday	TGIS Fall Series #4	AYC/PCYC
28	Sat	Wild Turkey Classic Plastic (pre 1991)	VSC





Carpe Diem



Fus'ee



Race committee



Wai'ani



Lady at the Helm
September 26th



Wai'ani & Mandalay



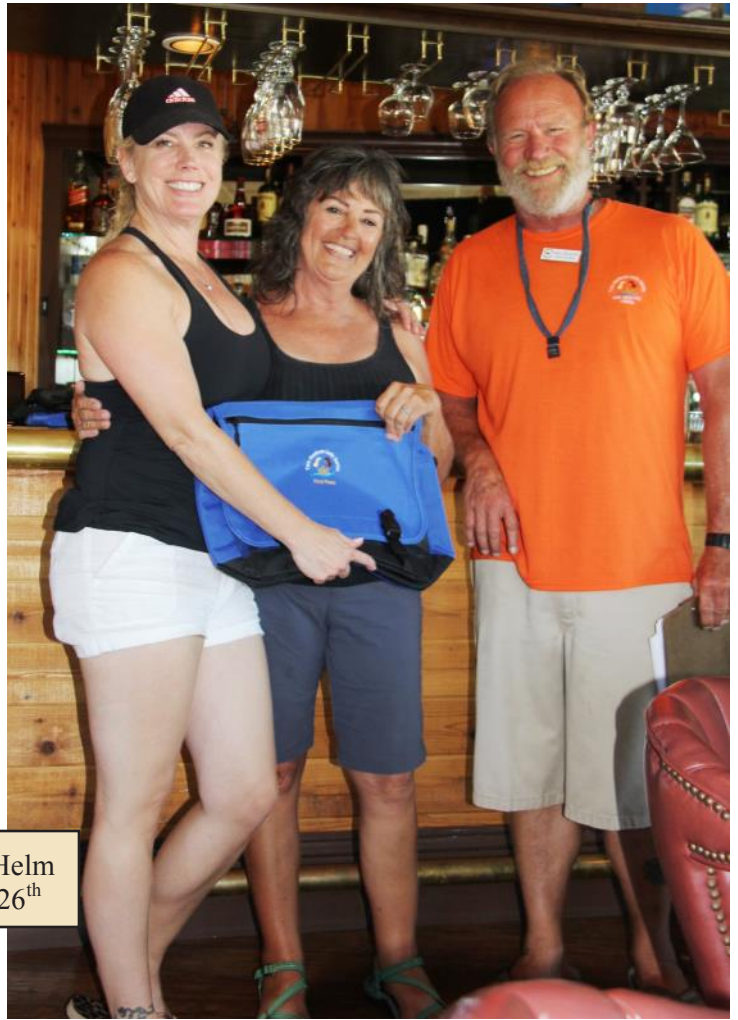


Lady at the Helm
September 26th





Lady at the Helm
September 26th



Anglers' Corner - November 2015

By Frank Sullivan



Fishing Report:

Whoa, what a season we have had! After the greatest CIBFT in recent history the exotic fishing continues with more Marlin and Yellow Fin Tuna being caught right behind our local Islands in 75- to 78-degree water. There have been reports of Dorado and Wahoo being caught locally as well.

Some of our club members have been able to get guests on board their boats who have never caught any of these warm water fish before. Most of the captains have more fun putting novices on fish than actually catching them ourselves. That said, I had a busman's holiday October 6th. Skip Miser invited me on the ***Dawn Patrol*** for fishing. It was a great chance to be a passenger instead of Captain. Thank you, Skip and Charlie Farrell! They put us on a Yellow Fin Tuna that I caught a 23.7 lbs. tuna. So far it is the Big Fish of the month for October.



WSB grow out pen update:

We released 22,500 healthy White Sea Bass October 2nd with the help of about 20 folks, some just curious, and some dedicated volunteers. It was a very satisfying event. By the time this goes to press we should have cleaned the pen nets and received the next smaller delivery of fish to keep over the winter. Thanks to all the volunteers who have helped this season.

Upcoming events:

November 21nd Anglers' Awards Scampi Dinner





Message From First Mate Pam Nast

Dear Channel Islanders and all CIYC Members,

On 10/15/2015 The Islanders elected a new board for 2016. If you missed the event you have only yourself to blame because the food was great, catered by Martino's Catering of Oxnard. We were lucky to have **five past First Mates in attendance** ... Ellie Bishop, Georgie Olsen, Joyce Sheridan, Mary Ann Moore and Vera Cline.

New board members for 2016 are as follows:

1st Mate: Karen Farrell

2nd Mate: Eleanor Hovaten

Purser: Mary Ann Moore

Recording Secretary: Vera Cline

Corresponding Secretary: Katarina Bernbaum

Congratulations, ladies! I know you will do a fabulous job next year with cooperation from all our members.



If you haven't already noticed, we have installed photos of all the past Islanders First Mates on a wall in the fireplace room. The large frame containing photos of all First Mates from 1965 – 2014 was in the hallway next to the ladies room where many members never even noticed! SO, we are happy to have a new home for the photos!

Sincerely,

Pam Nast

2015 Islanders First Mate





Message From Fleet Surgeon James “Jim” Lee“

Carpal Tunnel Syndrome

Carpal tunnel syndrome is numbness, tingling, weakness, and other problems in your hand because of pressure on the median nerve in your wrist. The median nerve and several tendons run from your forearm to your hand through a small space in your wrist called the carpal tunnel. The median nerve controls movement and feeling in your thumb and first three fingers (not your little finger).

Carpal tunnel syndrome occurs when a combination of health conditions and activities puts pressure on the median nerve as it passes through the carpal tunnel in your wrist. This pressure leads to symptoms. Anything that decreases the amount of space in the carpal tunnel, increases the amount of tissue in the tunnel, or increases the sensitivity of the median nerve can lead to carpal tunnel syndrome.

You may first notice symptoms at night. You may be able to get relief by shaking your hand.

Carpal tunnel syndrome is a common work-related condition. It can be caused by work that requires:

- Forceful or repetitive hand movements.
- Hand-arm vibration.
- Working for long periods in the same or awkward positions.

Carpal tunnel syndrome is even more likely if you have these work-related issues along with other health conditions.

To help prevent [carpal tunnel syndrome](#):

- Take good care of your general health. This includes staying at a [healthy weight](#), not [smoking](#), and getting regular [exercise](#).
- Keep your arm, hand, and finger muscles [strong and flexible](#).
- Stop any activity that you think may be causing finger, hand, or wrist numbness or pain.
- Use [hand and wrist movements](#) that spread the pressure and motion evenly throughout your hand and wrist. For example, keep your wrists straight or only slightly bent. Avoid activities that bend or twist the wrists for long periods of time.
- Switch hands and change positions often when you are doing repeated motions. Take breaks, and rest your hands.
- Use correct [posture](#).
- Restrict your salt intake if you tend to retain fluid.
- Wear a [wrist splint](#) when you cannot control your wrist motion, such as while sleeping. A splint can keep your wrist in a neutral position-that is, not bent too far forward or back-and reduce the stress on your fingers, hand, or wrist.

Call your doctor if you:

- Have tingling, numbness, [weakness](#), or pain in your fingers or hand that keeps coming back or that has not gone away after 2 weeks of home treatment.
- Have gradually developed little or no feeling in your fingers or hand.
- Cannot do simple hand movements, or you accidentally drop things.
- Cannot pinch your thumb and index finger together, or your pinch is weak.
- Cannot use your thumb normally (diminished thumb strength).
- Have problems at work because of pain in your fingers or hand.





Bocce Ball
September 24th





Bocce Ball Awards
September 24th



Doc Lines

The Other Organ - Size Does Matter

No, it's not what you think. The biggest organ is the skin, at least by weight. But as far as the number of cells it contains, the skin is nothing.

Microbes within us outnumber all the cells in our bodies' organs, combined. There are about 10 trillion cells making up our bodies, and 100 trillion microbial cells living in or on us. We are a bacterial colony: a walking Petri dish.

Although numerous, microbes are smaller than body cells; their combined weight is about 3 to 6 lbs - about the weight of the brain. In fact, half of our poo's weight consists of dead and live bacteria. Not that we really want to know.

Scientists discovered some 1,000 different species living within us that don't make us ill. They reasoned that this symbiotic relationship must be beneficial to humans (and to the microbes), and they set out to discover what microbes do for us. Some 57 of the various species are found in 90% of humans. We know the function of about 30 species. Beneficial functions, if any, of remaining species is under study.

What are the benefits to us? The researchers found:

- 1) They aid food digestion. The complex carbohydrates that make it to the large bowel are fermented into glucose and into beneficial short-chain fatty acids. Fermentation also produces gas, about 1 to 4 l/day. Now you know.
- 2) They protect against intestinal pathogens ("bad bugs").
- 3) The microbes "train" the body's immune system. Some 80% of immune cells stem from the intestines.
- 4) They provide nutrients, such as certain vitamins.

The ratio of different microbe species varies between individuals and is heavily influenced by diet/obesity. A fecal transplant from a human obese twin sibling into a mouse makes the mouse obese. A fecal transplant from his lean twin does not. A red meat diet promotes disproportional growth of microbes that digest carnitine and produce trimethylamine that the liver makes into TMAO, causing arterial plaques.

The enemies of this micro-biome are antibiotics and table sugar. Both destroy the ratio within the population. The friends that help cultivate this "other organ" are vegetables, roughage, fermented foods, and pre- and pro-biotics. The bigger and greater the diversity of one's microbes, the better.

Zoran

Thanks, Erika, for editing.





Channel Islands Yacht Club

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Daylight Savings ends	2	3	4 Wed .Night Fun night Dinner 6:30 Bingo 7:00	5 6:30pm Movie Night	6 5-7pm Happy hour	7 9am Calendar meeting 7pm CIYC club awards dinner
8	9	10	11 Veterans' Day 4:30 pm Islanders Board 2pm Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	12 6:30pm CIWSA Meeting	13 5-7pm Happy hour Birthday Bash	14 7pm Epicureans Dinner
15 Currents Article Due 1pm Gold Coast Fundraiser	16	17 6:30pm CIYC board meeting	18 Wed .Night Fun night Dinner 6:30 Bingo 7:00	19 Islanders Event	20 5-7pm Happy hour	21 7pm Anglers' awards & Scampi dinner
22	23	24	25 2pm Bridge group Wed .Night Fun night Dinner 6:30 Bingo 7:00	26 Thanksgiving 3pm Potluck Dinner	27 5-7pm Happy hour Start Decorating	28 NO DINNER Decorating
29 Decorating	30 Decorating					

Bar Hours
Sunday 3pm to close,
Closed Mon. & Tues. except special events
Wed. Thurs. & Fri. 5pm to close,
Sat 4pm to close





Channel Islands Yacht Club

December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Bar Hours Sunday 3pm to close, Closed Mon. & Tues. except special events Wed. Thurs. & Fri. 5pm to close, Sat 4pm to close</p>		1 Decorate Club	2 Wed. Night Fun night Dinner 6:30 Bingo 7:00	3	4 5-7pm Happy hour Islanders Tree lighting buffet	5 Setup for Brunch
	6 11am Islanders Jingle bell brunch	8 7 Hanukkah begins	9 4:30 pm Islanders Board 2pm Bridge group Wed. Night Fun night Dinner 6:30 Bingo 7:00	10 6:30pm Movie Night	11 5-7pm Happy hour CB Dinner	12 6pm Parade of Lights buffet
13	14 Hanukkah ends	15 Currents Article Due 7PM British Brass Concert CIYC Final BOD Meeting	16 Wed. Night Fun night Dinner 6:30 Bingo 7:00	17 Room Rental Maritime Museum	18 5-7pm Happy hour Birthday Bash	19 CG Dinner
20	21	22	23 2pm Bridge group Wed. Night Fun night Dinner 6:30 Bingo 7:00	24 Christmas eve Club Closed	25 Christmas 3pm Potluck	26 NO DINNER
27 Un-decorate the Club	28 Un-decorate the Club	29 Decorate club for NY	30 Decorate club for NY	31 New Year's Eve Dinner / Party		

As of 10/13/15

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Happy Birthday!!

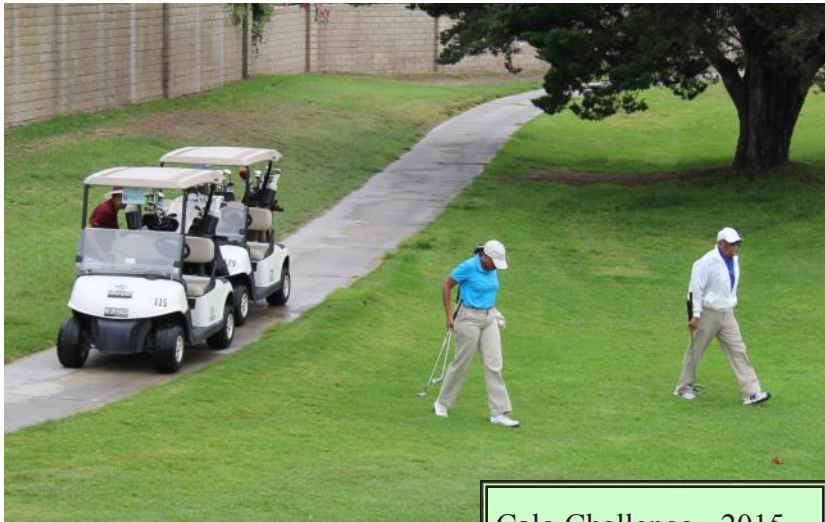




Calo Challenge - 2015







Calo Challenge - 2015





Calo Challenge - 2015





Calo Challenge - 2015



Birthday Bash - "November 13th by Connie Calo

*Come and join us for our monthly celebration
for members whose birthdays and/or anniversaries are in November.*

*Bring "munchies" to share,
and there is always a great birthday cake!*



November Birthday Celebrations for: Sherie Ireland, Phyllis Lucas,
Lisa Bishop-Smith, Lisa Palamountain, Dick Olsen, Bill Wilson,
Shana Whitmore, Rich Foster, Rich Szewzuk, Ev Babbe, Gary Cole,
Christine Mann, Olga Moll, Beth Moore, Patty Foley and Skip Preston.



November Anniversaries are: Johnathan and Nicole Trautman,
John and Beverly Richardson, Dale and Kim Morris,
Bud and Phyllis Gerding & Keith and Mary Ann Moore.

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The CIYC dining room facility
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Please contact **Rental Manager,**
Sharon Sullivan 805-985-6155

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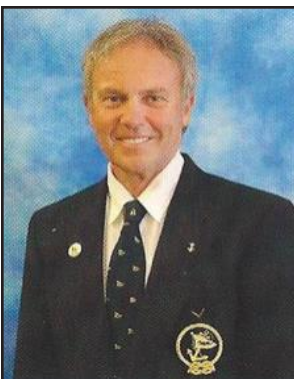
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Volume 55 - No. 11

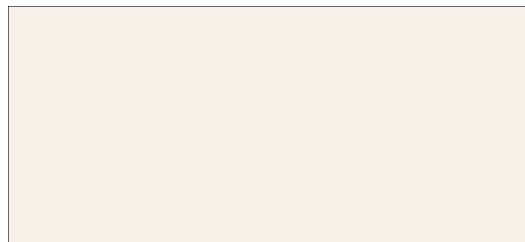
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DEADLINE NOTICE:

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

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for the December 2015 Issue



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After 8 months, Kaitlyn took one last photo with the yacht club burgee before flying home from Kuwait.

