

Pacific Corinthian Yacht Club



# Periplus

March 2021

Vol. XLV Issue II



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## Meaning of Periplus

The word periplus stems from Greek, meaning 'journey' and also means a circumnavigation or sea voyage around a coastline. The use of a periplus, or journal, dates back to the second century and was a document listing in order, the ports and coastal landmarks, with approximate intervening distances, that the captain of a vessel could expect to find along a shore. In that sense the periplus was a type of log, similar to the modern day ship's log.

We use the term for our Club newsletter since it is the documentation of our travels at the Club and offshore and provides a historical record for us to reminisce and share with others. It is our shared and unique history as club members.

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## *Pacific Corinthian Yacht Club*

### EXECUTIVE OFFICERS

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Vice Commodore .....	Ilene Sheldon
Rear Commodore .....	Jack Schuler
Secretary .....	Martha Baskerville
Treasurer .....	Robert Alexander
Jr. Staff Commodore .....	John Gaddis

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Robert Alexander, Martha Baskerville, Connie Sedacca, Adry Ezcurra, Ron Dreher, David Romano, Barbara Quigan, Bob Dalby, Patti McInnes

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Fleet Captain Power .....	Gene Vernon
Fleet Captain Sail .....	Connie Sedacca
Fleet Captain Electric .....	Karen Lorenzen

Fleet Captain Capri Fleet .....	Bill Schneburg
Port Captain .....	Al Lorenzen
Judge Advocate .....	Craig Laidig
Fleet Health Advocate .....	Jan Losey
PCYF President .....	Tom Shideler

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Periplus Staff:	
Martha Baskerville, John Gaddis	
Website.....	www.pcyc.org



Commodore - Jack Skidmore  
*born2lend@yahoo.com*

We successfully kicked off the new year with the Blessing of the Fleet, thanks to all the participants and support team. Special thanks to Adry Ezcurra, and her niece, the event photographer, Adri Howe. Let's continue to have an optimistic outlook regarding safe fishing and boating activities ahead and the health of our members.

Using the current guidelines for the Club, we will plan for a limited Opening Day event. Although the final plans have not been established, the date has been slated for April 10th. Unless there is a dramatic change in the guidelines, we will not have the Clubs that typically come to the celebration, nor the usual dinner followed by music and dancing. We are exploring ideas on how best to safely celebrate our yacht club Opening Day. Additional ideas from our members are welcome.

Our theme "Fun on the Water" has begun! The Club has announced the opening of our pool with safe guidelines for pool operations. Looking forward to relaxing the current restrictions that will allow our members to take advantage of using our water crafts. The inventory includes our sail boat, (Selavy), as well as our electric boat, Cutie, plus kayaks, water bikes and more.

The summer will soon be upon us and The Pacific Corinthian Youth Foundation offers the opportunity to help our young ones to learn the joy of sailing and safety on the water. The Foundation was founded by members of PCYC in 1992 to help train young sailors in safe water practices.



PCYC JANUARY 21, 2021

"ESMERALDA"

**REAR COMMODORE AND CAPTAIN JACK SCHULER ON ESMERALDA WE  
THANK YOU AND YOUR FIRST MATE MARSHA LANDRETH FOR YOUR  
SUPPORT AND CONTRIBUTIONS TO PCYC. WE WISH YOU CALM SEAS,  
SUNNY DAYS AND TROUBLE FREE TRAVELS.**



Vice Commodore - Ilene Sheldon  
*ims@hmplc.com*

Part of the job of the Vice Commodore is to assist the Commodore in his duties and oversee the House Committee. This year the committee includes an excellent group of volunteers: Bernard Kummer, Karen Lorenzen, Doris Melillo, Casey Schneberg, Kate Thompson and Barbara Quigan as well as our General Manager, Don Meyers. The House Committee is charged with the responsibility of making sure our Club is pristine.

Currently, the Committee is working on the repair and/or renewal of the surface of the upper deck. Last month the Committee recommended and the Board of Directors approved the purchase of additional furniture for the deck. We have already received heaters. We are ordering more umbrellas.

Our pool is back and heated. It will reopen for limited hours upon reservation only. It is limited to 10 people at a time with social distancing. The spa will reopen as well with reservations only and is limited to members of the same household.

The Food and Beverage Committee headed by Kate Thompson is working on making exciting changes to the menu, which will include some healthier as well as vegetarian choices.

The Gear Locker, headed by Laurie Weiss and Monica Shideler, is having a sale to make room for new items. Stop by and shop!

If you would like to volunteer for any committees, please let us know.

See you at the Club or Coffee with the Commodores!  
Ilene

**THE GEAR LOCKER**

First of all, we'd like to welcome all the new members who have recently joined our PCYC Yacht Club!!

In case you haven't discovered it yet, please stop by and browse through our items in the Gear Locker, our "Ship's Store"! And the same applies to all of our "old" members...it's probably been a while since you've perused the Gear Locker. You'll find quite a variety of merchandise in that little space! We carry a selection of outerwear, shirts and hats with our PCYC logo, and we have all your needs when it comes to our Opening Day festivities, which we hope will resume soon after our Covid restrictions ease. Those items include PCYC logo belts, ties and hats. Our miscellaneous gear ranges from lanyards, dog leashes and collars to bar glasses, etc.

So, as much as we've tried to describe our store to you, we cannot do it justice here. You'll just have to see for yourselves! Please do stop by and support the Gear Locker!

Your Gear Locker team,  
Laurie Weiss and Monica Shideler





Rear Commodore - Jack Schuler  
*jackschuler@aol.com*

Article 2 of the Bylaws of our Club states that "The purpose of this Club shall be to encourage, foster and promote the interest of yachting and related activities involving nautical experience acquired through the love of sport ..." One of the ways we accomplish this is through the Pacific Corinthian Youth Foundation sailing program. We have quite a few new members who may not be familiar with our youth sailing program, so perhaps a brief description of the program is in order.

PCYF is a learn-to-sail program for children ages 8 to 18 with boating skills ranging from no experience to qualified racers. Many of the students matriculate into sailing instructors, Sea Scouts, and the California State University Channel Islands sailing program. They start off learning to sail and race 8 foot Sabot sailboats and move on to larger and faster boats as they gain experience.

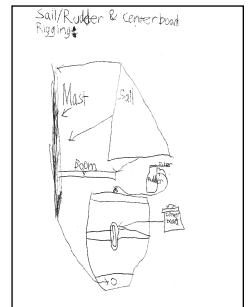
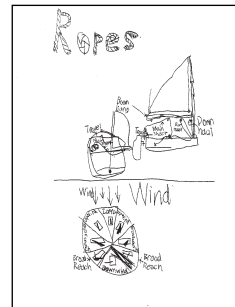
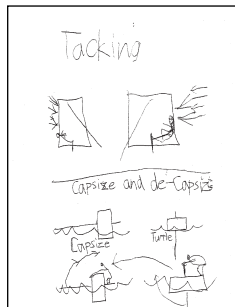
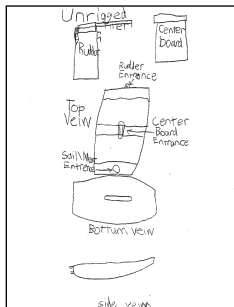
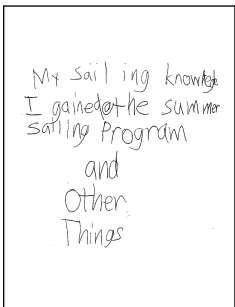
It is a program that is open to all children in our community, not just Yacht Club members. PCYF is particularly proud of the fact that no child that has wanted to learn to sail has ever been turned down because the parents have not been able to afford sailing camp tuition. Scholarships have been provided for these children by generous donations from PCYC members and grants from the California Department of Boating and Waterways. Last sailing season this accounted for approximately 25% of the participants. We have partnered with local Boys and Girls Clubs to offer scholarships to at risk youth and low income families for children whose lives would be improved by the opportunity to participate in our program.

These young sailors learn a lot more than sailing. They learn teamwork, self-reliance, and accountability, and they gain self-respect from their accomplishments. Also, they have a heck of a lot of fun. I love to be outside Bill's Bar on the patio at the end of the sailing day to watch them return to the dock. As the 30 or so little sailboats buzz around like a swarm of bees the shrieks of joy and laughter are heartwarming. Their joy is infectious. Also, capsize drill day is particularly entertaining. As a part of learning to recover from a boat cap-size, there is a sort of a 'King of the Hill' contest in which the students intentionally capsize other students' boats, and the last person standing is the winner.

As a PCYC member, you may be proud of the contribution your Club is making to the lives of these children.

Jack Schuler, Rear Commodore

P.S. One year, one of the students shared his class notes with me. I thought you might enjoy some of them:





## Fleet Captain of Sail & Director - Connie Sedacca

WELCOME TO PCYC "ON THE WATER" 2021

We have planned a fantastic year for our members and community. Events as planned are for novice and experienced sailors, power boaters, and party people. These are planned "Covid" permitting

DATE	RACE DESCRIPTION
2/14, 3/7, 4/25	TGIS WINTER SERIES, THESE ARE SUNDAY FUN. BRING YOUR VALENTINE FOR THE FIRST OF THIS SERIES. THESE RACES ARE SHORTER AND DESIGNED FOR A FUN EVENT. <u>NOTE: SERIES IS CANCELED DUE TO COVID</u>
5/ 22 & 9/ 11/12	VCORC SERIES, CONSISTS OF THREE RACES, KNOWN TO BE COMPETITIVE AND THE GREAT REGGAE AWARD PARTY COMPLETE WITH STEEL DRUMS. THE SEPTEMBER 11/12 WILL BE A CHALLENGING TWO DAY REGATTA WITH A SPLIT GATE. THE END OF THE SERIES WILL HOST A REGGAE PARTY FOR THE WHOLE CLUB TO ENJOY, DANCING, EATING, AND AWARDS FOR THE SERIES
6/5	MCCUNE RACE DESIGNED FOR DISTANCE SAILING, BRING THE FAMILY AND ENJOY OUR "CHEESEBURGER IN PARADISE" DAY ON THE WATER AND CELEBRATE NIGHT OF DINNER AND DANCING AND AWARDS TO JIMMY BUFFET MUSIC.
7/ 10 & 11	SANTA CRUZ SPRINT. THIS RACE STARTS ON SATURDAY GOING TO SMUGGLERS COVE WITH OUR POWER BOATS AT THE FINISH WITH BOXED DINNERS AND BYOB COCKTAIL PARTY. RETURNING ON SUNDAY BACK TO THE CLUB TO AWARD OUR WINNERS. THIS IS A GREAT RACE FOR FAMILY AND FRIENDS.
7/31	MCNISH CLASSIC. WOODEN BOAT RACE ALWAYS A LOT OF FUN, ESPECIALLY TO SEE THESE ANTIQUE BOATS PARADED IN THE HARBOR, GREAT FUN TO SEE. THIS WILL BE OUR 43RD RACE YEAR—WHAT A TRADITION.
10/10, 10/31/12/5	TGIS FALL SERIES. SUNDAY FUN, SAME AS THE WINTER SERIES. SEE HOW MUCH YOU HAVE PROGRESSED THROUGHOUT THE YEAR.

This schedule is planned for getting out on our beautiful seas. We have been blessed at PCYC for the great support by the whole club.

Opportunity knocks for Racers, Power Boaters and Landlubbers to be a part of our on-the-water fun in our beautiful Harbor and Channel Islands.

Positions available to meet your requirements:

- Race Committee
- Race Committee host boats and chase boats.
- Racing boats (both novice and experienced)
- Racing crew
- Race event party planners

We have planned a great season of sailing and power boating. There are many slots available to meet your interests, a list will follow. Call me to find your niche. (805)985-9775

Connie Sedacca - Fleet Captain of Sail & Director



Membership Chair - S/C Patty McInnes

## MEMBERSHIP REPORT

The Limited Time Membership Offer with a reduced initiation fee of \$1000 will expire on March 31, 2021! Make sure your friends don't miss out. You can print the card at the bottom of announcement flyer in this issue to give away as an easy reminder for your friends and neighbors to call for an appointment to tour the Club. When the Club returns to normal operation, the initiation fee will go back to \$3500. Please contact anyone you know who might be interested in this special offer.

To welcome our many new members from 2020, the Membership Committee has been requesting to send a brief introduction. We will be emailing requests for self-interviews to all new members, in batches, over the next few months. The first of these short interviews are printed in this issue.

Happy Birthday to our members with March Birthdays! You are invited to have a dinner entree and get a FREE dessert to help you celebrate your Birthday at PCYC. This offer is being extended to each Regular member in their birthday month. If you are not included on the list, please call the front desk, so we can include you. 805-985-PCYC (7292).

For our couples celebrating their Anniversaries, LaVella Consiglio and Linda Allen will be emailing animated Anniversary cards to wish you a Happy Anniversary on behalf of PCYC. Look for these ecards in your inbox!

To find these ecards in your inbox, look for Jacquie Lawson (the provider of the cards) and subject line will have PCYC Linda Masino or PCYC LaVella Consiglio have sent you an ecard.

WELCOME TO OUR NEWEST MEMBERS who have joined in 2021! These are the names as of mid-February 2021. Janet Goodwin, Peter & Tatiana Hopps, Richard Vazquez, Daniel Hefferman & Kelli Townsend, Ann Horwath, Effie Anastassiou, Kristina & Chad Brewer and Bill & Lousie Reis.



**Offering To-Go Lunch & Dinner  
Contact us at the Front Desk  
(805) 985-7292**

## NEW MEMBER INTERVIEWS

*Edited by S/C Patty McInnes & Doris Mellilo and photos coordinated by Micki Spoon*

*Welcome to some of our newest members. Thank each of you for sending a brief self-introduction in response to my email request. It is special to have each one in your own voice. It is not easy to be the first ones to write these paragraphs, so an extra thanks for participating.*

*On behalf of all our members, we look forward to meeting you at the Club in person. We will publish other self-interviews in coming issues.*



### **CARY AND LAURA FUKUOKA**

We are Cary and Laura Fukuoka and we are excited to be new PCYC members! We moved to Mandalay Bay almost 5 years ago, living part-time between Ventura and Irvine previously. We originally thought we would continue to split our time between here and Irvine, but quickly realized that we loved it here in the harbor and made it our full-time home. Most weekends you can find us kayaking, paddle boarding or enjoying a sunset happy hour on our electric boat. We also enjoy travel, daily walks in the harbor, game nights with friends and spending time with family and grandkids in Oregon and Orange County. Once the club fully re-opens we look forward to making new friends and enjoying the many social activities that PCYC is known for!



### **ROBERT OLIVAS & ATTY CASTLE-OLIVAS.**

We are Robert Olivas & Atty Castle-Olivas. We purchased and moved to our home in Channel Islands in January of 2018 after retiring and moving from Los Angeles. We feel so lucky to have found such a wonderful place. We absolutely love this area and have been blessed with finding the most amazing neighbors in our cul-d-sac here. We have 3 grown children, all living in California so we can visit them often. We have an electric boat and a motorized kayak. We love to fish and simply enjoy living on the water. We recently joined PCYC at the recommendation of our neighbors who are all members. It's been a perfect place to meet-up, have dinner, drinks, and socialize. We are looking forward to things opening up fully which would give us a chance to meet our more "distant" neighbors at PCYC.

### **MANYA AND FRANK SASLOW.**

Greetings Fellow PCYC Members. We are Manya and Frank Saslow. We can't wait to spend quality time with friends at the Club while sipping on cocktails and enjoying great cuisine. We are looking forward to the Club atmosphere and being able to meet other great members in the area. We have always enjoyed the beautiful location of the Club as well as the Channel Islands Harbor. Although we currently do not own a boat, we are looking forward to purchasing one in the future. We absolutely love the area and are proud owners of the Hollywood Beach Café.

### **ERIC AND DELORES HERMANN**

We are Eric and Delores Hermann. We look forward to enjoying the Club and attending future events. We have lived in the local area for about 40 years and currently live in Mandalay Bay within walking distance from PCYC. Our whole family enjoys fishing and cruising, including our two sons, age 22 and 26, who are also very active boaters and fishermen. I am a full-time yacht broker and own Executive Yacht Sales, located in the harbor. As an avid boater, I own multiple power boats. Boating plays a big part in our lives and so we are happy to have joined PCYC.

### **AMY & DON CLARK, III.**

We are Amy & Don Clark, III. We joined PCYC to socialize and join in on fishing tournaments. We recently moved to the area from Ojai, where we lived for 21 years. We have a Buddy Davis Sport fishing boat and an electric boat. We enjoy cruising the channels in the evening. Don and our son Dony like to fish every chance they get, and I enjoy kayaking. The guys also enjoy spear fishing. We own a family run construction business in its 43rd year. We have two children, Amanda is 26 and lives in Santa Barbara; Dony is 15 and plays football and basket-ball at Oaks Christian High School. We are happy to be members at PCYC.



### **JIM AND SANDY DAL POZZO**

We are Jim and Sandy Dal Pozzo We are looking forward to dining at PCYC and meeting with family and friends. We also look forward to making new friends at the Club. We have had a home in the harbor for many years, and have split our time between Oxnard and Pasadena. We are active on the water, our boat is the Hydrocarbon and Jim fishes it almost every week. We also enjoy our Duffy and all the water toys (Kayaks, SUPs, etc). We have had boats literally all of our lives. Our kids all grew up on the water. We have four children and two grandsons. Our grandsons are 3 and 12. They enjoy spending time on the water and love steering the Duffy (and honking the horn!). Jim is a semi-retired CEO but is an active board member for several companies. He also runs a large investment entity. Sandy works as a Grandmother.



### **KRISTIE JO SALMEN**

I am Kristie Jo Salmen and I am looking for a place where I can enjoy gourmet foods, meet up with clients, socialize professionally and become part of a special group of people who share the same interests as I do. I have always been a resident of Los Angeles County, living in Santa Clarita for 25 years. I moved to Oxnard when I opened up my care giving agency, Kristie Jo's Love, Comfort and Care, in 2014. I opened two offices locally with 26 employees serving seniors with Dementia, Alzheimer's disease and cancer. I love my job!

I own a 2015, 22ft electric Duffy, named Darlin which I enjoy cruising in it with my family, friends and clients. I am an avid kayaker and also ride a recumbent water bike. My nickname is Kayak Kristie and I kayak about 6 miles a day in the harbor. I used to race pro-professional mountain bikes but now I have taken my love and passion to the water. My life and passions are all about health and exercise.

I have three adult boys named Skylar, Jeremy and Austin, ages 23, 25 and 27, and they love all sports too. I have one daughter Taylor , age 14, and she has been raised on the water. She is excited about the Club pool and quality food . She is currently taking on-line classes in cuisine.



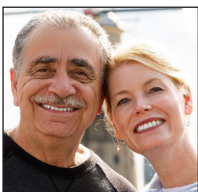
### **ALEX NAMIKAS AND MELODY O'LEARY-NAMIKAS**

We are Alex Namikas and Melody O'Leary-Namikas and we are thrilled to be members of PCYC. We live in Ventura but have a second home at Harbor Walk at Hollywood Beach. We have our 42' Grand Banks motor yacht at Vintage Marina. We absolutely love spending time at the islands and do several overnight trips a year. Our favorite anchorage at Santa Cruz is Pelican Bay where we take our dinghy in and out of the sea caves and do some snorkeling and diving. While at the marina, we enjoy taking our dinghy around the Channel Islands Marina and also spending time walking around the marina and the beaches. Alex is a dentist in Ventura and I am a Realtor with Berkshire-Hathaway. Combined, we have four children all in their 30s and five grandchildren ages 5 and under. We love spending time with them. Since joining the Club we had dinner a couple of times and the food was delicious. We look forward to when we can hang out on the Club deck, meet new people and enjoy some good conversation and great food.



### **JANINA SZCZECZOWICZ**

Hello, my name is Janina Szczechowicz. I do not own a boat but have sailed and also piloted various power boats. I live on Hollywood Beach close to the Club. I look forward to meeting new people, whether at social gatherings at the Club or helping somebody take out their boat. I have raced the PCYC sailboat, Selavy, previously with Bill Schneberg and Dave Paulson. I started sailing on a 432 Beneteau. Among power boats, I have piloted a 43' Luhrs and 52' Carver. I'm a very active individual who is open to new experiences. I look forward to meeting everyone in person.



### **BOB SCHUIT & TISH KING**

Tish and I had our wedding at PCYC in November of 2019. We had both lived in the Harbor prior to that for many years. We have a Duffy boat, and enjoy dining in the area, including, of course, at PCYC. We both work full time. Tish is a Nurse Practitioner, and I'm a Superior Court Judge. I have adult kids from a previous marriage who (sadly) live far away, one in Massachusetts and the other in Minnesota. All of our neighbors are PCYC members, including our next-door neighbors Doris and Jules Melillo. We look forward to many years of dining, friendship, and local adventures.



### **BOB AND BRANDI JURIK**

My wife Brandi and I live on the main channel, a short way across from PCYC. I have lived in the beach area of Ventura County for 50 years. I grew up in New York City and then earned my BA in Education at Concordia University in Chicago. I played baseball in college and then was also a first-string All-American wide receiver for Lutheran Universities. Moving to California, I taught grade school at St. John's in Oxnard and became a Realtor in 1972. My first sale was an ocean front lot for \$7,300!

Things have certainly changed! I now work at the Re/Max beach office. Brandi is working as a real estate assistant and loves her rescue cats. We just got a Duffy which we enjoy cruising in the harbor. We are really enjoying dining and drinks at the Club and look forward to meeting new friends.

### **SCOTT AND STACY VON LANKEN**



We were introduced to PCYC by members while we were in escrow on our home in the Harbor. We have been married for 28 years and have two children, a girl and a boy, ages 24 and 20, who live in Boise ID. We are a beach loving/water loving family. We spent 10 years in the Manhattan Beach area enjoying the beach lifestyle, and after raising our children in Thousand Oaks for the last 18 years, we felt a desire to move back to the beach. We just got a Duffy and are both experienced on kayaks and paddle boards. We have been boating most of our lives. We both enjoy fishing and Scott is a scuba diver. Scott leads a global team for a large technology company and Stacy is retired. We are looking forward to meeting and getting to know other Club members and neighbors.

### **DIETER AND CECILIA HUCKESTEIN**



We've lived here at Seabridge for 12 years, having purchased a weekend home and boat to be near our two sons and their families. We now have 5 grandchildren, and are both retired. Dieter was in the hospitality business, Executive of Hilton Hotels, Cecilia was a Professor of Psychology at Cal State U, Channel Islands. While our permanent home is still at Lake Sherwood in Westlake Village, we spend almost all week-ends at our home in Seabridge, where we see our sons and their families.

### **ANDREA JACKSON AND RICHARD DEAN**



Andrea Jackson is a life long resident of the Oxnard/Ventura area. Richard Dean was raised in Alabama, served 12 years as an Officer in the Navy, and settled in California. We currently live in Camarillo. Richard is an Investment Advisor. We both enjoy the ocean and most of the Club activities, especially dining. We joined PCYC mainly for expanding our friendships and bringing our family to the Club. Andrea has 5 grandchildren and they all enjoy harbor related activities.

### **DOHA GHOR**



I moved to Oxnard a few years ago, and so far I have not had much time to enjoy the area due to work commitments. I joined PCYC as I enjoy boating and love being near the beach. I may not have my own boat but have friends and family with boats. Being out on the water is one of my favorite activities. I look forward to joining the book club and meeting new friends especially at ladies' lunches.

### **SHEPARD & RONNI GOODMAN**

We have owned a home on Waterside Lane in Westport as a second home since it was built in 2004. Our main home is in Pacific Palisades and we still work in international trade. We have a 34' 2006 Formula power boat, docked at our marina home which we enjoy cruising. We have two married sons, David and Adam, ages 52 and 50. We also have a grandson Spencer, age 10, and a granddaughter, Emily, age 9. The grandkids enjoy their small sail-boat and 2 kayaks. We have been dining at the club and look forward to other activities when available. We enjoy theater, boating, travel and being grandparents.





CELEBRATE YOUR BIRTHDAY

with

## *Pacific Corinthian Yacht Club*

Each month, PCYC is offering a special way to celebrate your birthday. Each Regular Member will receive a free dessert, of Chef's choice, during their birthday month with the purchase of a main course dinner entree.

When making your reservation, please state that it is your birthday month, so our staff can be ready to serve you. No substitutions please. You can have your dinner at the Club, as allowed, or to-go.

If your name is not on the March birthday or anniversary list below, please call the Club at 805-985-PCYC (7292) so we can update our records.

### **HAPPY MARCH BIRTHDAY FROM PCYC!**

Linda Allen, Mary Baldwin, David Barrette, Florence Beck, Keith Beckwith, Betsy Bowers, Scott Brown, Donald Clark III, Carol-Ann Coates, Bill Diener, Marianne Dunford, Francine Francis, Sandy Garone, Doha Ghor, Shirley Goldman, Shepard Goodman, Sherry Gorelick, Sandra Greenland, Shirley Hansen, Patricia Herson, Char Holliday, Tammy Hooper, Patricia King, Parnian Kummer, Mike Losey, Patty McInnes, Karla Michaels, Jim Milles, Bryan Nelson, James Perry, Claire Plunkett, Lisa Potter, Mary Praiswater, James Ratliff, George Reber, Willy Reyneveld, Murray Siegel, Joseph Soler, Linda Stevens-Michon, Adrienne Stone, Carolyn Takahasi, Richard Vasquez, Brenda Yokaitis, Gianni Zatta

### **WISHING YOU A VERY**

### **HAPPY MARCH ANNIVERSARY FROM PCYC!**

Look for your animated ecard from PCYC in your inbox

Don & Guanda Dusette, Nick & Sandy Guglielmo, James & Rita Jones, Jerry & Susan Kaufman, Werner & Audrey Keller, Bryan & Shawna Nelson, Barry Paster & Joji Barris-Paster, Ted & Judy Price, Gene & Tina Rink, Bill & Casey Schneberg

# MAR2021

SUN	MON	TUE	WED	THU	FRI	SAT	
		01	02	03	04	05	06
	Club Closed	Club Closed					
07	08	09	10	11	12	13	
Club Closed	Club Closed						
14	15	16	17	18	19	20	
Club Closed	Club Closed	St. Patrick's Day					
21	22	23	24	25	26	27	
Club Closed	Club Closed						
28	29	30	31				
Club Closed	Club Closed						

# APR2021

SUN	MON	TUE	WED	THU	FRI	SAT	
					01	02	03
04	05	06	07	08	09	10	
Easter	Club Closed	Club Closed				Tentative Opening Day	
11	12	13	14	15	16	17	
Club Closed	Club Closed						
18	19	20	21	22	23	24	
Club Closed	Club Closed						
25	26	27	28	29	30		
Club Closed	Club Closed						



## Fleet Health Advocate - Jan Losey

### HEALTH NOTES

#### “Move It or Lose It....and What Is ‘It’?”

The above is an old adage – around for quite awhile – but which is beginning to take on new meaning with recent research. First heart health came on board with the need for movement to prevent or ameliorate cardiovascular problems. Then brain health has started to come on board lately – with slogans like “Good for the heart...Good for the brain”. It appears that our bodies were made to MOVE! Just as a car that is garaged for a long period of time does not run well and begins to degrade, so do our bodies. It happens in small increments, so that we are relatively unaware that it’s happening (barring serious disease or accidents). And what is the “it” that we lose? The following is a list of general categories: strength (sarcopenia is a medical term for reduced muscle mass—and after around age 50 on average we lose 3%/year of muscle mass if we do not do things to combat that loss), balance, agility, alignment, cardiovascular function, respiratory function, cognitive function, gastrointestinal function. WOW! Taken all together, it means we go to pot (not the green stuff)! It means we don’t feel good and gradually want to do less and less. Also, the incarceration we have all experienced through this Covid year has not helped.

So, what can we do? Well, there is much we can do on a daily basis, without having to join a gym or buy a Peloton, in the privacy (and safety) of our own home. We have to look for opportunities to move (both at home and at work). The CDC says that “Sitting is the new smoking”! Look for opportunities to stand and move – stand at the edge of the kitchen sink and go up and down on toes or practice balancing on one leg (I like doing this while gassing up my car.); have a step or stairs in your vicinity? – go up and down; stand up and sit down repeatedly from a sturdy chair; watching a movie? – stand up/sit down x 5-10 every 20 min.; and of course walking is always good. All of these need to be done within the limitations of your own personal situation, but I think we all have opportunities to move more than we currently do.

And I want to put in a plug here for the “Social Stretch” yoga classes that are available to us through Zoom with instructor Nathan Holden. They are chair yoga classes and have recently been rescheduled from Wed/Fri 8:30-9:30 a.m. to Tues/Thurs 8:30-9:30. It is a perfect way to help combat the Covid creep and lethargy! Please contact me at [jmlosey71@gmail.com](mailto:jmlosey71@gmail.com) for details. The following is a list of benefits of yoga from Johns Hopkins Medicine: Improves strength, balance and flexibility. Helps with back pain relief. Can ease arthritis symptoms. Benefits heart health. Relaxes you to help sleep better. Can mean more energy and brighter moods. Helps manage stress. Improves respiration.

With you in Wellness! And Happy Moving!

P.S. I am still looking for topics of a wellness nature that you would be interested in hearing more about.

# *Pacific Corinthian Yacht Club*

## **LIMITED TIME MEMBERSHIP OFFER**

PCYC and the Membership Committee are offering a limited time initiation fee reduction for Regular Membership in one of the most prestigious private yacht clubs in Southern California.

Invite your family, friends, and neighbors to take advantage of this special limited time membership offer.

\$1000 Initiation Fee\* (formerly \$3,500)

Deadline for sign up is March 31, 2021

The Club is currently open for take-out and outdoor dining from Wednesdays through Sundays. We will resume other dining options as soon as allowed.

If you know someone who may be interested, please give them the card below and have them contact the General Manager, Don Meyers at 805 985 7292 to arrange for a tour of our Club or pick up an application.

\*Conditions that apply:

This membership cannot be sold or transferred. If you were to resign from the Club, you would not be able to reinstate your membership without paying the initiation fee in effect at that time. The Regular Membership monthly dues are currently \$230. Once the Board reinstates the food and beverage bi monthly membership minimums, you will be required to spend a determined amount for food and drinks.

Note: The initiation fee will return to \$3500 when we can resume more normal Club activities.



*Pacific Corinthian Yacht Club*

**2600 Harbor Blvd, Oxnard CA 93035**

**(805) 985-7292**

You are cordially invited to tour PCYC and find out about our limited time membership offer. Call for an appointment and enjoy a complementary drink!

Invited by: \_\_\_\_\_

*Mask & temperature check required.*



Pacific Corinthian Youth Foundation - Tom Sheidler  
*shideler1@gmail.com*

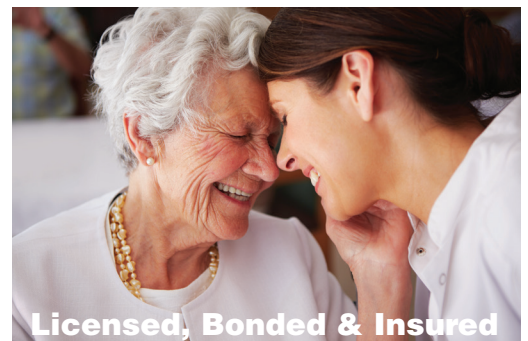
How many times have we heard or used the term “if and when” in the past several months? If and when this pandemic is over, I am seriously going to start doing some exercises, or whatever. If and when this thing is over, depending on when happens, we are going to once again have a great summer sailing program. We are receiving calls from parents who are eager to get their kids back on the water learning sailing skills and having a great form of recreation.

Our program has the advantage of being held totally outdoors and with the capability of reasonably controlling social distancing, if that requirement remains in some format. This past year the PCYF Board has been working on improving the format of the program both in content and administration. We have the goal of establishing perpetual funding mechanisms that will carry us through a season without being financially stressed. More will follow on that subject. A simple and no-cost thing PCYC members can do is to subscribe to the Amazon Smile program and list PCYF as the recipient.

Please refer to the paragraph on the first page of our Club Roster that states the purpose of the Club. One of the best ways to serve that purpose is to teach youth the joys and responsibilities of the nautical experience. These are skills that will last a lifetime.



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