



Pacific Corinthian Yacht Club

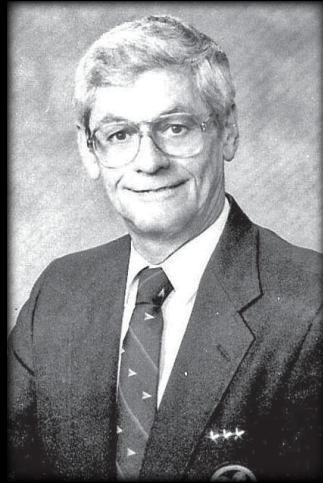
Periplus

April 2019

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Remembering Staff Commodore/Lifetime Member Eugene "Gene" Whitt



*7/27/36 – 3/17/19
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"The purpose of this Club shall to be to encourage, foster and promote the interest of yachting and related activities involving nautical experience acquired through the love of sport rather than through necessity or the hope of gain."

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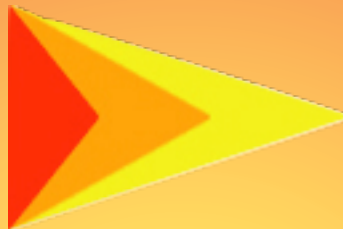
Commodore's Report - Jack Skidmore



The Club is officially opening for "Fun on the Water". I hope you are able to attend the official 43rd Opening Day of our Club on April 6th. Opening Day is the product of many members' great efforts. For those who have prepared their boats to participate in the Bristol Boat show, we owe you a special thanks. All members need to know that their welcoming attitude and warmth shows in the level of participation by our fellow yacht clubs. Your bridge officers have been attending many of our affiliated clubs' opening ceremonies. When we attend these, we frequently receive compliments about our Club facilities and the friendship they have experienced when visiting.

Our theme for this year is "Fun on the Water" and I would like to make it happen for all members. We have several opportunities for water participation. For those not aware, we have several types of water craft that can be reserved via the Front Desk. This is another opportunity for you and your family to get involved in new and interesting activities. Our equipment is available for your enjoyment; all we ask is that you please reserve in advance. Also, if you find yourself with water activity equipment that is not needed or wanted anymore, we may be able to utilize it for our members or for our non-profit, PCYF. If you enjoy being on the water, you could also volunteer as a crew member or assist our young sailors in the PCYF Sailing Program.

Let's have fun!



Quarterly Meeting ***Friday, May 17th, 2019*** ***6:00 PM in the PCYC*** ***Main Dining Room***

Quarterly meetings are an excellent opportunity for members to stay informed about what is going on in the Club and have their voice heard.

All members are welcome and encouraged to attend these important meetings.

Vice Commodore's Report - John Gaddis



OPENING DAY IS HERE

The warm weather is coming, and that can only mean one thing. The PCYC Opening Day is almost here.

It has already been a busy Opening Day season. It started off in January with the first Opening Day of the season, Los Angeles Yacht Club. It turned out to be a beautiful day for LAYC's 108th Opening Day celebration. Donna and I spent the weekend celebrating the fun event.

This was the first of what I have scheduled to be 21 Opening Days that Donna and I will attend this year. And most of them will have Jack Skidmore and Mark Case representing PCYC as well. From San Diego to Morro Bay, we are looking forward to meeting many new friends. Last year, I represented PCYC at 22 openings, most of them with then Commodore Jerry Kaufman and Susan in tow. All of them, from the smallest to largest club, were events that showcased that particular club in the best light. Many people we met told us about how much they like PCYC, with a lot of them telling stories about their visit to our club.

The great thing about being a member of PCYC is that you don't have to be a commodore to enjoy visiting other clubs. Every member of this club has reciprocity to visit almost any club in Southern California and almost any club in the world. Hopefully you have received a copy of the 2019 Roster. In the back of the roster is a list of all the clubs with which we have reciprocity. If you are looking for a fun day trip, pick a club to visit and see what makes that club unique. I always look for our burgee hanging in their club. I also enjoy talking to other club members. Usually, there's always one person who has a story of their visit to PCYC. And every time, it's a good one.

HOUSE COMMITTEE REPORT

At the last meeting of the House Committee on March 14, we had a few visiting members in attendance to offer their opinions to the committee. I hope other members will come in the future.

Items discussed by the committee included:

--The replacement of dance floor - Many members have expressed concern in regard to the dance floor. Some have expressed that they don't feel safe dancing on it. The House Committee voted to replace it with a new floor.

--Rudy brought up that he was very concerned about leaks coming from the upper deck at Bill's Bar. It is believed that the water is coming from broken tiles and missing grout. As a result, the committee has directed staff to look into the resurfacing of the entire deck. More research needs to be done before the committee can develop a course of action.

--The Ladies Who Do Lunch Wish list was discussed.

--Guest Dock issues for Opening Day.

Want to get in on the fun? Come to our next meeting on April 11 @ 6:30 p.m.

Rear Commodore's Report - Mark Case



I had the pleasure of being invited to Santa Barbara's Opening Day, which was a spectacular event. We were happy to have so many people coming and telling us what a great club PCYC is - something we can all be really proud of.

Marina del Rey also had a couple of Opening Days we attended. People were friendly, and their clubs were beautiful overlooking the water. When you have a weekend with no plans, remember you have many of these amazing reciprocal clubs to visit.

Our Jr. Fleet had their first Opening Day and we are proud to have new commodores and fleet officers on board.

April Williams and Michelle Rene did an outstanding job coordinating the event.

Saint Patrick's Day was packed with people and enjoyed by all. Green martinis, green beer and green potatoes were enjoyed while dancing along to the Valley Boys. Thanks Don Meyers and his wonderful staff who worked so hard in making this event successful. A special thanks to chef for an outstanding meal.

Don't miss the upcoming "April in Paris" Ladies Who Do Lunch event on April 11. The event is chaired by Claudia Paulsen, and the guest speaker is our very own PCYC member Laura Cook, who is going to walk you through Paris. A luncheon not to be missed! Thank you all for your basket donations for this event.

Now that most of the rain has gone and our weather is warmer, we look forward to the sunny, longer days, events by the pool and club outings. So stay tuned for details from the Front Desk.

Cinco de Mayo

Sunday, May 5th, 2019

2:00 PM - Close (8:00 PM)

PCYC Main Dining Room

Save the date &
don't miss out!



In General - Don Meyers



Spring is in the air, and with that we are preparing for the new season. Our electric boat *Cutie* is getting some much needed repairs. A special thank you to Rudy and Miguel, who are working hard to get PCYC in Bristol condition for our Opening Day on Saturday, April 6, 2019. We hope to see you there!

In coordination with PCYF, director April Williams, who is also in charge of our Jr. Fleet, held the inaugural Jr. Fleet Opening Day on Sunday, March 17. It was a beautiful day and a great turnout; the kids enjoyed a BBQ lunch, decorating flags, and parading around the Channel Islands Harbor aboard PCYF sail boats.

As a reminder, the main dining room will be closed on Thursdays until summer begins. You can always check your email inbox, the *Periplus*, the Club bulletin boards, and such for updates on events, policies, and so on.

We continue to strive to make PCYC your favorite place to be. I look forward to the change of season and seeing you at the Club!

Remembering S/C & L/M Eugene "Gene" Whitt (cont.) – Tom Quigan

Barbara and I first met Gene in the early 70s at Anacapa Yacht Club. Gene raced a Catalina 27, and we raced a Columbia 26. We were all avid sailboat racers and competitors and always enjoyed our contests out on the ocean.

Gene joined PCYC in 1979, the same year as Barbara and myself. It was at PCYC that he met the love of his life, Connie Sedacca, in 1990. The two enjoyed 29 wonderful years together and were married in 2004. Gene and Connie raced many Ensenada Races together on Gene's C&C 29 sailboat. They placed 1st, 2nd, 4th, and 5th places in class. Ultimately, they purchased a Roughwater 4I, which they regularly cruised the local islands aboard.

Gene became Commodore in 1993, and Connie became Commodore just five years later in 1998. Gene was instrumental in the founding of the Pacific Corinthian Youth Foundation alongside Staff Commodore and Lifetime Member Patty McInnes. According to McInnes, he served as its first secretary, and during that time was also promoting the new PC Yachting Cup race he helped establish all over Southern California. Gene was most thoughtful regarding his fellow members' needs. For example, according to member Diane Brach, Gene's friend and fellow member Rick Eberst noticed his nice, white shoes and asked where he had made the purchase. Gene informed him it was a store on the Navy base. Gene then returned to the Navy Exchange and purchased a pair of those shoes for Rick, so he'd have them for Opening Day. In addition, PCYC Member Susan Peck recounted how when she was in charge of Opening Day for the first time, Gene would stop by C Dock every Sunday to go over everything from flag protocol to—you name it! That says a lot about who Gene was.

Gene was always the "life of the party" and so very friendly and loved by everyone. Gene always fought hard for goals and never gave up. Gene is greatly missed by his family and all of his friends. God bless, both Gene and Connie.

April Birthdays & Anniversaries

Happy Birthday

- | | | |
|-------------------------------|-------------------------------|-----------------------------|
| 1 Michele Burt | 12 Francine Reilly | 24 Bill Kahn |
| 2 Laila Lopez | 13 Victor Beverson | 25 Ron Feinstein |
| 2 Dawn Peck | 13 Julia Marshall | 25 Joseph Graziano |
| 3 John Praiswater | 13 Barry Pressman | 26 Thomas Cook |
| 4 Phillip MacPhail | 15 Brandon Nelson | 26 Justin Lotstutter |
| 5 Marlena Gurdin | 16 Tiana Rowland | 27 Cristy Fredrick |
| 5 Sarah Kelleher | 16 Patty Vakovsky | 27 Don Johnson |
| 5 Michael Mercadante | 17 Courteney Alexander | 29 Kevin Chapman |
| 5 Roland Woerner | 17 Melody Donate | 29 Wyman Dunford |
| 6 Mandy Easley | 19 Dusty Arcari | 29 Kelly McFarland |
| 6 Marc Morris | 20 Marshall Behrman | 30 Robert Fortner |
| 7 Bryan Peck | 20 Richard Peace | 30 Greg Real |
| 7 Don Yokaitis | 20 Lyndsay Timpson | 30 Judy Valdesuso |
| 8 Emily Epstein | 21 Tammy Alexander | |
| 8 Christopher Sturgeon | 21 Barbara Quigan | |
| 10 Anne Carter | 21 Dan Wick | |
| 12 Leonard Eriksson | 22 Saxon Wolf | |
| 12 Bodo Meschkat | 23 Kylie Alexander | |

Happy Anniversary

- | | |
|--|--------------------------------------|
| 10 Alexis & William Browning | 24 Jonathan & Barbara Cole |
| 15 John & Mary Praiswater | 25 Kurt & Mady Richards |
| 16 Peter & Donna Poulson | 25 Dan & Betsy Toomey |
| 16 James & Michelle Butterbaugh | 26 James & Martha Baskerville |
| 22 Thomas & Jana Danza | |

Cheers to you

April 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 CLOSED	2 CLOSED	3 Yoga 8:30 AM BB Bridge 3:00 PM CN Wine Wednesday 6:00 PM MDR	4 Book Group 12:00 PM CN PCYF MTG 6:00 PM BR Bridge 7:00 PM CN Private Event TBA MDR	5 Yoga 8:30 AM BB Bridge 3:00 PM CN Ice Breakers 5:30-7:00 PM BB Closing Night 6:00 PM MDR	6 PCYC Opening Day Bristol Boats 1-3:30 PM D Check-in 2-3:45 PM Ceremony 4:00 PM D Dinner 5:15 PM MDR/BR
7 PCYC Opening Day Bristol Boat Parade 9:00 AM D Breakfast 8:30 AM-12:30 PM MDR/BB	8 CLOSED	9 CLOSED	10 Yoga 8:30 AM BB Bridge 3:00 PM CN Private Event 10:00 AM CN	11 Private Event 9:30 AM CN LWDL 11:00 AM MDR/BR Membership MTG 5:00 PM CN House MTG 6:30 PM BR Bridge 7:00 PM CN	12 Yoga 8:30 AM Bridge 3:00 PM Ice Breakers 5:30-7:00 PM BB New Member Welcome 5:30-6:00 PM	13 McCune Race Skippers 8:30 AM CN Post-Race 4:00 PM BB Private Event 6:00 PM MDR/BR
14 Breakfast 8:30 AM-12:30 PM MDR/BB TGIS Winter #4 Skippers 10:00 AM CN Post Race 4:00 PM BB	15 CLOSED	16 CLOSED	17 Yoga 8:30 AM BB Bridge 3:00 PM CN	18 Marina MTG 4:30 PM AO Board MTG 6:00 PM BR Bridge 7:00 PM CN	19 Yoga 8:30 AM BB Bridge 3:00 PM CN Ice Breakers 5:30-7:00 PM BB	20 Happy Hour 4-6:00 PM BB
21 Easter Brunch 10:30 AM-2:30 PM	22 CLOSED	23 CLOSED	24 Yoga 8:30 AM BB Bridge 3:00 PM CN Private Event 11:00 AM MDR Bylaws MTG 5:00 PM BR	25 Private Event 10:00 AM BR Private Event 10:00 AM CN Private Event 6:00 PM MDR Bridge 7:00 PM CN	26 Yoga 8:30 AM BB Bridge 3:00 PM CN Ice Breakers 5:30-7:00 PM BB	27
28 Breakfast 8:30 AM-12:30 PM MDR/BB	29 CLOSED	30 CLOSED				

Key: MDR - Main Dining Room BB - Bill's Bar AO - Accounting Office
 BR - Board Room CN - Crow's Nest D - Dock
 P - Pool & Accompanying Patio BP - Bill's Bar Patio



May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CLOSED	CLOSED	1 Yoga 8:30 AM BB Bridge 3:00 PM CN Wine Wednesday 6:00 PM MDR	2 Book Group 12:00 PM CN PCYF MTG 6:00 PM BR Bridge 7:00 PM CN Private Event TBA MDR	3 Yoga 8:30 AM BB Bridge 3:00 PM CN Ice Breakers 5:30-7:00 PM BB	4 Open House 1-4:00 PM
5 Breakfast 8:30 AM-12:30 PM MDR/BB Cinco De Mayo Party 2:00 PM MDR	CLOSED	CLOSED	8 Yoga 8:30 AM BB Bridge 3:00 PM CN Private Event 10:00 AM CN	9 Private Event 9:30 AM CN Membership MTG 5:00 PM CN House MTG 6:30 PM BR Bridge 7:00 PM CN	10 Yoga 8:30 AM BB Bridge 3:00 PM CN Ice Breakers 5:30-7:00 PM BB	11 Summer Slam Captain's MTG 3:00 PM BB Happy Hour 4-6:00 PM BB
12 Mother's Day Brunch 10:30 AM-2:30 PM MDR/BR	CLOSED	CLOSED	15 Yoga 8:30 AM BB Bridge 3:00 PM CN	16 Private Event 11:00 AM MDR/BR Marina MTG 4:30 PM AO Board MTG 6:00 PM BR Bridge 7:00 PM CN	17 Yoga 8:30 AM BB Bridge 3:00 PM CN Ice Breakers 5:30-7:00 PM BB Quarterly MTG 6:00 PM MDR	18 Commodore's Ball TBA MDR/BR
19 Breakfast 8:30 AM-12:30 PM BB Open House 1-4:00 PM Private Event MDR/BR/P	CLOSED	CLOSED	22 Yoga 8:30 AM BB Bridge 3:00 PM CN Private Event 11:00 AM MDR Bylaws MTG 5:00 PM BR	23 Private Event 10:00 AM CN Bridge 7:00 PM CN	24 Yoga 8:30 AM BB Bridge 3:00 PM CN Ice Breakers 5:30-7:00 PM BB Cruise to DRYC --->	25
26 Breakfast 8:30 AM-12:30 PM MDR/BB Cruise to DRYC --->	OPEN Memorial Day Return from DRYC	CLOSED	29 CLOSED	30 Private Event 10:00 AM CN Bridge 7:00 PM CN Private Event 6:00 PM MDR	31 Yoga 8:30 AM BB Bridge 3:00 PM CN Ice Breakers 5:30-7:00 PM BB	

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Rejoined Member Spotlight: Yvonne Farris - Doris Melillo



“Welcome home Yvonne!”

Our former member and Director/Treasurer Yvonne Bodle Farris, has returned to PCYC after 12 years. In 2007, she married Weldon Farris and resigned from the Club so that she and Weldon could travel. As part of their adventures, they lived in Antibes, France, and sailed the British Virgin Isles and Tahitian Islands on a catamaran crewed by her husband. “I made breakfast and did the grocery shopping!” Yvonne said. They had numerous other trips together before Weldon passed away last fall. Her friends at PCYC said, “Come home!” So she did. “Best decision I’ve made!”

Yvonne makes her home in The Colony. “I can easily walk here if I have to!” She enjoys: playing bridge on Wednesday and Friday at the Club and subs on Thursdays. She also enjoys: “Hand and Foot”, “Rummikub” and singing Patsy Cline songs.

She is the mother of daughter Shelly Bodle Zubey, Deputy Probation Officer in Santa Cruz County, and son, Robert Bodle, Ph.D., Associate Professor of Communications at Mount St. Joseph’s College, in Cincinnati, Ohio. She is proud grandmother to granddaughter Kaylo Zubey, a junior in high school. “She is the apple of my eye.”

Yvonne earned her B.A. from San Jose State, her MBA from Columbia University in NYC, and her Ph.D. from UC Santa Barbara. She was a professor of accounting, chief financial officer and dean of instructions at Ventura College. She is the author of three business textbooks published by McGraw-Hill of NY and the author of two Ventura County historical books: *The McGrath Story of the Oxnard Plains* and *The History of Villanova Prep School of Ojai – The Gold Book*.

While teaching, Yvonne led several Ventura College trips to Cuba for over 400 students and faculty. She escorted college students to Costa Rica to study Spanish and International Business. She participated in creating the first community college for the country of Thailand. (Her two children, Bob and Shelly, were always with her. She put them to work in Thailand teaching English to the Thai students.) After 36 years of teaching, Yvonne retired.

However, retirement didn’t stop this dynamic lady. Taking her educational background to Sacramento, she was asked by Governor Pete Wilson to serve on the California Community College Board of Governors, setting policy for all the community colleges in California, and on the California State Teachers’ Pension Fund (STRS), making investment decisions on a \$100 billion pension fund. Locally, Yvonne was elected and served as President to the Ventura County Board of Education.

Yvonne is a positive person who just keeps on ticking. “I’ve truly been blessed, and I thank God every night! I’m happy to be back at PCYC where I can relax and enjoy life with friends who are just the best!”

Your PCYC family is happy too.



WELCOME
BACK



Sélavy Is a Racing Boat - Fleet Captain Capri Bill Schneberg

When I started using foot Capri sailboat, Wednesdays. As you at the Channel Islands pleasant days with no would beat the “rush” Saturday and Sunday. was not being used weekend, but by racers!

Kevin Dickmann, who Catalina 27, had extensive had traded in his boat for



Sélavy, the Club’s 26- I checked it out on might suspect, weekdays Harbor are warm, crowds. I presumed I to use the boat on To my surprise, *Sélavy* by individuals on the

had owned *Zuma Jay*, a racing experience. He a “land yacht”, and was

anxious to sail some races. Doug Russell, who had owned a Catalina 30, which he had campaigned in numerous races in our harbor and other harbors, had succumbed to the siren of a powerboat. Doug actively campaigned *Rumbylowe*, Virgil and Diane Landry’s 43 foot Jeanneau, with Virgil Landry and after Virgil’s passing, but he also was interested in sailing *Sélavy* in some of the local races sponsored by Anacapa YC, Channel Islands YC, Ventura YC, and Pierpont Bay YC. Scott Harrison, who had gone to an Olsen 30, Olsen 40, and power boat, was interested in the Club’s boat. It was this group that I found sailing *Sélavy* on the weekends.

PCYC sponsors the “TGIS” (Thank Goodness It’s Sunday) race series for winter (a race in January, February and March) and for the fall (a race in October, November, and December) on, as you may have guessed, Sunday. The races follow a course picked from the 13 standard courses set up by the PCYC race committee, generally consisting of a course between 6 and 8 nautical miles, depending on the strength of the wind. The race usually starts at 1:00 p.m., and since the wind is often from the Southwest, the first mark, after the start, is platform Gina. The races usually finish by 3:30 p.m., and an after-party is held in Bill’s Bar for the skippers and crew with complementary clam chowder. Awards for 1st, 2nd, and 3rd are given, generally with a bottle of wine for 1st place boat.

In addition to the above six races, PCYC puts on the McCune Distance race to honor the memory of Dick McCune, an avid racer in the Santa Barbara-Ventura-Oxnard harbors, and sponsors the VCORC in June. And I don’t want to omit the McNish Classic Yacht race from this discussion. Even though the McNish Classic is open to boats built of wood and designed prior to 1953, and *Sélavy* has wood trim, she was designed in the 80s and therefore doesn’t qualify!

Sélavy raced in all of the eight PCYC races of 2018 and hopefully will do the same in 2019.

Whether you are an experienced sailor or interested in getting started, I encourage you to contact me or leave a message at the front desk, for one of the upcoming races. *Sélavy* can be sailed with two, but a crew of three to four is much better. Sometimes having a body sitting on the rail can make the difference between third and second place. Take a look at the above photo of Scott Harrison, myself, and David Paulsen smiling. We can assure you,

The Official Club Cannon - Lifetime Member Jane Totten



Many members may have noticed the cannon in the Club's trophy room, but may not know its history and the members behind its creation. I recently located this article by Past Commodore Ben Reinhardt, which had originally been published in the *Periplus* in 1985. I thought I would share it, as it seemed appropriate for Opening Day.

"George and Doris Burr's bronze cannon made its debut at PCYC's Opening Day, June 2, 1985. Club officers and visiting flag officers from many yacht clubs were full of praise for this noisy but shapely offspring of the Burrs".

"George devoted some 450 hours and a considerable sum of his own money to this project over a period of a year. His extensive research into 17th and 18th century cannons included photos from the Smithsonian Institution of such weapons of war, and library research in California and Minnesota. He then made a wood scale model in his printing plant in Santa Fe Springs".

"The actual cannon was made from a three-foot length of bronze casting four and a half inches in diameter with a one and a half inch hole".

"After fabricating the breech and turning and rounding the cannon's exterior on a lathe, George concentrated on making the wheels and base out of clear oak, applying five coats of varnish".

"Polishing the brass cannon and then baking it at a commercial paint shop, hack-sawing wrought iron parts and heating those parts in his home barbecue, using Doris's hairblower to provide a forge, and even having a commercial painter later apply the black oxide coating -- all part of the tedious but loving labor spent on this canon. The little wedges locking the straps over the trunion were made from old brass printing rules, almost a hundred years old, found in George's printing plant".

"The ammunition is 10-gauge blank shotgun shells. While the 17th and 18th century cannons could shoot a nine pound ball almost two and a half miles, George Burr has not tested his cannon with live ammunition (Should our clubhouse ever require some air conditioning, the cannon could quickly create some cross ventilation!)".

"Pacific Corinthian Yacht Club salutes George and Doris Burr for their devotion and generosity in handcrafting our miniature 17th-18th century cannon. Their gift will be a constant reminder to us now, and for future members, that Member No. 15, George and Doris Burr, have added significantly to the tradition and history of our great yacht club".

Cruising to Ventura - Fleet Captain Tom Shideler



After days of rain and questionable seas, the weather turned ideal for the cruise to Ventura on Friday, February 22. Six boats made the cruise. They were *Against the Wind* with David and Claudia Paulsen, *Barbara Ann* with Tom and Monica Shideler, *Esmeralda* with Jack Schuler and Marsha Landreth, *Kahn's Tiki* with Bill Kahn and Lela Henke, *Argonaut* with Craig and Kathy Laidig, and *Forty Something* with Marc and Michelle Morris. Friday evening, we had a party on the Ventura Yacht Club dock and then went to dinner at the Club. Twenty-seven PCYC guests were in attendance.

Saturday morning was casual time but, in the afternoon, 14 brave participants took the challenge of the "Escape Rooms" in the harbor. Let's say no one really escaped, and the opinion varies regarding which team came the closest. That evening there was another brief party on the dock and then dinner at The Greek. We had 21 PCYC people there.

Lots of food and great entertainment. Yes, some of our members did get involved in the entertainment, but that is all you need to know.

Sunday was a very pleasant trip home. It was a good cruise to start the season.

Visiting Yacht Clubs Abroad



The Royal New Zealand Yacht Squadron (Photo courtesy of Angela Switzky)

Bill and Angela Switzky recently visited the Royal New Zealand Yacht Squadron (RNZYS) on their trip to Australia and New Zealand. RNZYS was established in 1871 as The Auckland Yacht Club. It changed its name in 1902 when it was granted royal patronage. It is located in Westhaven Marina, Auckland, close to the Auckland Harbour Bridge. RNZYS is the current holder of the America's Cup, and the next cup match will be held in Auckland Harbour in March 2021...very exciting!

The next time you take a trip abroad or out-of-state, see what yacht clubs are around and bring a PCYC burgee with you for a photo op, or exchange burgees with that yacht club! Inquire at the Front Desk.

Summer Slam 2019 - Fleet Captains Fishing Mike & Gina Haase



Hello anglers!

It's April! Spring is here and so are the winds. If you were able to get yourself out on the water in March, you'll agree that the bottom fishing was very good. This time of year especially, the halibut and seabass start moving to the spawning grounds, as well as the squid.

A word to the wise: proceed with caution! With all of the rains this season, there are logs and other debris that can cause major damage to your boat. Always check the weather in the afternoon, as the wind can really blow.

As you may already know, the Annual Summer Slam Fishing Tournament is coming up real soon! We will have a captains' meeting Saturday, May 11, at 3:00 p.m. in Bill's Bar. After the meeting, feel free to stay up in the bar and enjoy happy hour from 4:00 p.m. to 6:00 p.m. We're going to mix it up a little in 2019 by adding the Pacific Corinthian Marina to our tournament. The tournament runs from Saturday, June 1, until Friday, September 27. Don't worry, there's plenty of time to go fishing!

See you on the water!

Notice & Call For Nominating Committee Applicants



A nominating committee is very important to any volunteer organization. It is the responsibility of this committee to ensure that we nominate to leadership positions members who will continue the success of our Club. The basic qualifications for serving on this committee are listed in SOP 11.10. This document is available at the Front Desk.

Please consider serving in this very important role. You must not have served in the past two years. Submit your application to Secretary Kathy Smith at kthlynsmith@aol.com.

Memory and the Brain - Fleet Surgeon Bill Sutherling



How memory works. The brain forms new structural connections to store memories. Significant events are organized into short-term memory in the hippocampus. Better organization means better memories that are easier to retrieve later. From the hippocampus, they are sent either to working memory for tasks in the pre-frontal cortex or to long-term memory in the neocortex. Conscious memory is explicit or declarative memory that we retrieve and use as needed. Skills, like riding a bicycle or driving, are implicit or unconscious memory we apply to mundane reactive tasks, giving little thought to the process.

Slowing memory decline. Proven strategies to offset normal aging and mild cognitive impairment are exercise two times per week, cognitive training and B-vitamins. The cognitive training may include activities or mental exercises that require reasoning, verbal memory and processing speed. Games to memorize and recall objects, playing cards, singing songs, and playing music all exercise the brain's connections.

During the Seminar, interesting games gave the 48 participants in the audience some exercise of their memories. They shared their strategies with each other. Memory ability can be improved by strategies and techniques to organize or group objects together and make more connections. For example, to remember people's names, associate their name with a place or where they are sitting. If trying to memorize a list of objects, group them by type of object (animal, food, vehicle) or color, or even make up a rhyme to aid your recall ability. Everyone can improve the memory ability they already have.

If you want a handout from the presentation, leave your name at the front desk. If you are interested in more presentations on memory games, leave your name at the front desk.



Over 40 attendees wrack their brains during Fleet Surgeon Sutherling's presentation on memory and the brain at the Saturday, March 3, Wellness Seminar (Photo courtesy of Tom Danza).



2600 South Harbor Blvd.
Channel Islands Harbor, CA, 93035

Save the Date!

Sunday, April 21st

10:30 AM - 2:30 PM

*Entertainment by Pier 101 Band, Easter
egg hunts for all age groups, PCYC signature
breakfast buffet, and much more!*

Reservations 805.985.7292 or frontdesk@pcyc.org