



Pacific Corinthian Yacht Club

# Periplus

February 2019

Vol. XLIII Issue 2



## Blessing of the Fleet 2019



(From Left to Right) Dick McNish, Jack Schuler, Henry Goldman, Ron Feinstein, Bill Schneberg, David Paulsen, Don Yokaitis, Jane Kaplan, Jim Jones, Commodore Skidmore, Ron Dreher, Mark Morris, Tom Shideler, Mark Case, Sparky Miller, Richard Reynolds, Tom Consoli, Graham Wilson, & Diane Landry. Congratulations to our participating Captains! We are blessed to have you aboard!  
(Photo courtesy of Madeline MacPhail)

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\*See back for Fleet Captain Sail

*“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 - Jack Skidmore



It's 2019, a New Year matched with new events at the Club! Every second Saturday at the Club there will be a Happy Hour with specialty menu, drinks and live entertainment from 4 to 6 p.m.

Then there's the Big Game event at the Club. It's a great way to cheer on your players or teams or the ones you adopt for the day.

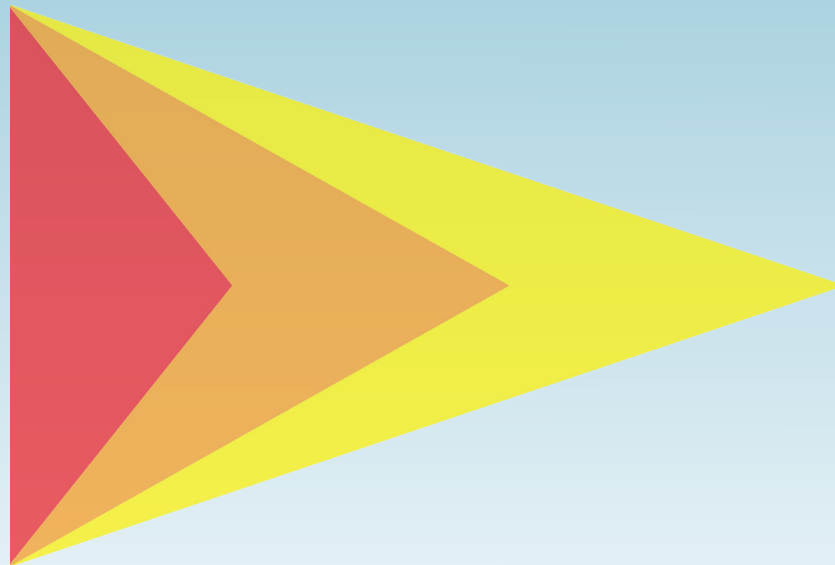
Our traditional Blessing of the Fleet was held on January 20 to help ensure our boaters, sailors and fisherman have another successful year.

Our racing agenda continues with the TGIS program getting into full swing. Thanks for your continued support of our Race Committee and participants.

We want to continue our social efforts and welcome the support and suggestions from our members. Our search for live music and entertainment is being conducted so members can better enjoy the Club and its activities.

Looking forward to seeing you at future events!

*1st Quarterly Meeting  
Friday, February 15th at 6:00 PM*



*This is an opportunity to let your voice be heard and stay informed. Please consider attending this important meeting and afterwards, we invite you to dine in the main dining room for regular dinner at 7:00 PM!*

## Vice Commodore - John Gaddis



### ODE TO THE VOLUNTEER

I was reading an article on the site Education Week about the decline of volunteerism in young people. Citing a study by the University of Maryland's Do Good Institute, which studies civics, the author used U.S. Census data to track the rates of volunteering and charitable giving by Americans from high school age to retirement age, from 2002 to 2015. Across every age group, it found that volunteering has declined since 2005.

Thankfully, that's not the case here at PCYC. From parties to holiday decorating, everything begins with the members of the Club who volunteer. As Vice Commodore, you realize quickly how important the volunteer is to the success of PCYC.

I bring this up because Donna and I had the opportunity to attend the Mermaid Inn on January 18. It was a great night of singing and dancing, but I couldn't help but think about what went into the night. All of the performers had to practice their parts, the stage crew made the stage and props for the event, and the director and crew put it all together. Not only was it a very entertaining evening, every aspect of the event was done by members/volunteers.

This Club does not function without all of you who volunteer your time for not only this kind of event but for all the committees that run the Club. Thank you all for what you do for PCYC.

### OFFICER OF THE DAY

Speaking about volunteering, Char Holliday answered the call to be the person who organizes the Officer of the Day Committee. Char wanted me to remind the membership that she needs people to be Officer of the Day. You could wait for her to call you, or you can notify her that you want to help.

The Officer of the Day is a friendly face that greets members on Friday during Icebreakers. If you have a Friday open, please let Char know by emailing her at [cholliday329@hotmail.com](mailto:cholliday329@hotmail.com).

### HOUSE COMMITTEE

I'm very proud of the members we have this year on the House Committee. On Saturday, January 19, most of the committee got together and inspected the entire Clubhouse from stem to stern, noting the areas that need improving. If you know of anything that you would like to see improved or know items that need repair, please let me know by emailing me at [johnwgaddis@gmail.com](mailto:johnwgaddis@gmail.com).



*Are you a current boat owner? Power? Electric? Sail?  
We want your boat photos for display in the Crow's Nest!  
Simply drop off a glossy 8x 10 inch print of your boat  
at the Front Desk!*

## Rear Commodore - Mark Case



February is a month full of romance and food, and many of the days celebrated in this month's events are food-oriented. We are excited to let you know that Audrey Keller is chairing the Ladies Who Do Lunch for February and has a fantastic event and menu planned. Lunch will be on Valentine's Day, a good opportunity to buy a gift for your Valentine.

Speaking of menus, we have a Tapas party planned with amazing food choices as well as wine vendors providing free wine tasting with wines that can not only be purchased on the day at a reduced price but will be voted on by you and potentially added to our wine list. Make sure you sign up early so you can be part of this great event!

We are happy to bring back "Game Day", so sign up and get your squares for the football pool at the front desk. On game day we will be having food and drink specials, so come out and join us. This year it's the place to be for the Superbowl!

PCYC is happy to announce the introduction of Happy Hour to the monthly Club events. It will be on the second Saturday of the month from 4 p.m. to 6 p.m. Come and enjoy food and drink specials and good company while our very own Madeline MacPhail sings in the background. If you have not heard her sing already, you are in for a treat.

There will be a very special Valentine's Event on Saturday, February 16. It promises to be an evening of romance, with entertainment by Pier 101 and their seven-piece band-a special night for sweethearts and romance or just to enjoy with good friends.

As part of my new position, I will also be arranging some fun land excursions when the weather warms up, so look out for upcoming information.

Last but not least I would like to thank all the ladies who volunteer. No matter what the job, your combined effort makes our Club beautiful and our events successful, and I would like to thank you in advance for your support, your efforts and your time you put in to make it so special for all our members and their families.

*PCYC Valentine's Day Dinner*  
*Saturday, February 16th, 2019*  
*5:30 PM Cocktails*  
*6:30 PM Dinner*  
*Featuring Entertainment by Pier 101 Band*

*Reservations 1.805.985.7292*

## In General - Don Meyers



We had a fabulous turn out for our first Happy Hour Saturday, January 12. Members enjoyed live music from our very own Madeline MacPhail and a surprise cameo performance of her father Phil MacPhail, with Appetizer and Drink Specials. It was great to see Bill's Bar packed and everyone having a great time. I want to thank our new Food & Beverage Committee chaired by Jim Bizzelle and committee members Carrie Mahoney and Larry McGrath for their help in creating the Happy Hour menus. These Happy Hour events will continue on the second Saturday of each month going forward. If you didn't get a chance to attend the first, plan to bring a group and get here early. I anticipate another busy event Saturday, February 9.

The Food & Beverage Committee and I will be working on updating our member menus soon, starting with breakfast then onto the lunch and dinner. We have recently made arrangements with a new local bakery to provide our pastries that are served Sundays at breakfast, which have been well received by our members.

There are many new and exciting upcoming events. To ensure the best possible service to you and your guests, please help our staff by making your reservations in a timely manner. If you are hosting a table, please verify who is sitting at your table, any food selections and special requests, and any guest names for badges. This will better serve our entire membership.

A graphic for a wine event. On the left, there are three wine glasses on a wooden surface. The first glass is filled with white wine, the second with red wine, and the third with a darker red wine. A bottle of wine is partially visible in the background. On the right, white text is overlaid on a dark background.

**WINE WEDNESDAY**  
**FEBRUARY 6TH**  
**6:00 PM**  
**MAIN DINING ROOM**  
**WITH RESERVATION,**  
**OR BILL'S BAR,**  
**OPEN SEATING**  
**NO CORKAGE FEE**

# Happy February Birthday/Anniversary

## *Happy February Birthday*

1 Sparky Miller	7 Andrea Lascoe	10 Mark Case	18 Janis Brierley	24 Audrey Keller
1 Allen Taylor	7 Carla Andreatta	10 Taylor Grosenbach	20 Jan Losey	26 Brenda Adams
2 Marian Sandnes	7 Janene Gerber	12 Kathy Laidig	20 Hasel Castro	26 Linda Lee
2 Craig Laidig	8 Margret Miller	12 Brooke Primero	22 Carol Peterson	26 Michael Vandborg
3 Cynthia Zola-Neftin	8 Charlene Case	12 Aaron Newlow	22 Nancy McGinnis	26 Della Newlow
4 Dina Gaskins	9 James Butterbaugh	13 Monica Shideler	22 Angela Switzky	27 Sam Panossian
4 Lorinda Graziano	9 Tom Black	14 Bill Switzky	22 Kevin Williams	28 Ron Wilson
4 Jessica Morrison	10 Larry McGrath	17 Laurie Principe	24 Al Reilly	28 Lynda Radke
				29 Donna Gaddis

## *Happy February Anniversary*

3 Jim & Marge Curley	12 Skip & Christine Harkson	19 Doug & Brenda Adams
6 Thomas & Laura Cook	14 Dan & Patty Wick	20 William & Gudrun Byron
9 Michael & Jody Cromer	14 Wesley & Tracey Bradford	23 Jim & Kathy Henry
9 Karl & Janene Gerber	15 Ted & Donna Nighbert	24 Art & Helayne Warschaw
		28 Graham & June Wilson



*Saturday, February 2nd*

*5 Food Stations serving from 6:00-8:00 PM*

*5 Wineries pouring from 6:00-9:00 PM*

*Enjoy piano music as you sample & sip!*

*Reservations 1.805.985.7292*

# February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Breakfast 8:30 AM-12:30 PM MDR/BAR Super Bowl 2:00 PM-Close BAR	4 <i>Club Closed</i>	5 Yoga 8:30 AM BAR Bridge 3:00 PM CN Wine Wednesday 6:00 PM MDR	6 Yoga 8:30 AM BAR Bridge 3:00 PM CN PCYF MTG 6:00 PM Bridge 7:00 PM CN	7 Book Group 12:00 Noon CN PCYF MTG 6:00 PM Bridge 7:00 PM CN	8 Yoga 8:30 AM BAR Bridge 3:00 PM CN Ice Breakers 5:30-7:00 PM BAR	9 Happy Hour 4-6:00 PM BAR
10 Breakfast 8:30 AM-12:30 PM MDR/BAR	11 <i>Club Closed</i>	12 Yoga 8:30 AM BAR Bridge 3:00 PM CN Private Event 10:00 AM CN	13 Yoga 8:30 AM BAR Bridge 3:00 PM CN Private Event 10:00 AM CN	14 Wigs 9:00 AM CN LWDL 11:00 AM MDR	15 Yoga 8:30 AM BAR Bridge 3:00 PM CN Ice Breakers 5:30-7:00 PM BAR New Member Wine & Cheese 5:30 PM CN Quarterly Meeting	16 Valentine's Day Party 5:30 PM MDR
17 Breakfast 8:30 AM-12:30 PM MDR/BAR Private Event 2:00 PM CN Open House 1-4:00	18 <i>Club Closed</i>	19 <i>Club Closed</i>	20 Yoga 8:30 AM BAR Bridge 3:00 PM CN Membership MTG 5:00 PM CN House MTG 6:30 PM BR	21 Marina MTG 4:30 PM ACCT Board MTG 6:00 PM BR Bridge 7:00 PM CN	22 Yoga 8:30 AM BAR Bridge 2:00 PM CN Ice Breakers 5:30-7:00 PM BAR	23
24 Breakfast 8:30-12:30 PM MDR/BAR Private Event 10:00 AM MDR VYC Visiting PCYC	25 <i>Club Closed</i>	26 <i>Club Closed</i>	27 Yoga 8:30 AM BAR Bridge 3:00 PM CN Private Event Time TBA MDR Bylaws MTG 5:00 PM BR	28 Private Event 10:00 AM CN Private Event 10:00 AM BR Bridge 7:00 PM CN	VYC Visiting PCYC	VYC Visiting PCYC



## Membership - Nancy McGinnis & Martha Baskerville



Hello 2019! It is the beginning of a new year of FUN ON THE WATER with friends and family at PCYC! It is fitting that we are starting the new year with New Members: MIKE & JANE HEAGERTY, BRIAN & SHAWNAN NELSON, TAYLOR GROSENBACH, JOHN KNOWLTON, CRAIG & KATHY LAIDIG, AND YVONNE FARRIS. We welcome you and encourage you to get involved with Club activities as often as you can. It is the very best way to meet your fellow PCYC members!



The Membership Committee is excited to be planning new ways to share our love of this Club. Have you noticed our new, higher profile on social media lately? FaceBook, Instagram, and Twitter are featuring photos, along with an invitation for people to come check us out! Last year's Board decided to team up with a marketing firm. So far, the results are noticeable. Inquiries into membership and outside use of the Club have more than doubled! Current members, however, remain the best way to let others know how special PCYC is. Please consider yourself honorary members of the Membership Committee! Remember, as a side benefit, if you bring in a new member, you receive a \$100 credit on your Club bill as a thank you!



**Watch the game at your Club & enjoy food & drink specials from 2:00 PM-CLOSE!  
...and don't forget to watch those squares!**



# Opening Day - Kathy Smith



This year our PCYC Opening Day falls on April 6, 2019.

You are a member of a premier yachting Club with all its sense of pride and tradition. One of yachting's longest held and best celebrated traditions is the Opening Day ceremony. Historically this tradition started when the ice on the water had broken up sufficiently for the original east coast yacht Clubs to begin their boating season. Our Club will be decorated inside and out to honor this celebration. The afternoon starts with a display of our members' Bristol boats. (Bristol is a term that means 'in unusually good shape'). Members will be happy to show you their treasured craft while you share in their hospitality with drinks and snacks aboard. The actual ceremonies will follow this display and run for about an hour. The ceremony is followed by a buffet dinner, live entertainment and dancing. We will have many visitors from other yacht Clubs as well as special guests from our community.

You have the honor and opportunity to participate in this long held tradition. So, ***please mark this day*** on your calendar: April 6, 2019, and plan to attend this year's festivities. Watch for future announcements of times and activities for our opening day.



*Last year's Opening Day, 2018, during the Pledge of Allegiance (Photo courtesy of Cheryl McMichael)*

## Sélavy - Bill Schneberg



Many Club members may have observed, from the upstairs deck, the sailboat that sits on the west side of the guest dock. The boat is a Capri 26 named Sélavy and is PCYC owned.

Sélavy is available for use to any PCYC member; you simply have to be checked out on her, and she is yours for the day!

For many years when visiting the Bar I would go out on the deck, observe Sélavy sitting at her berth and say to myself: “One of these days I’m going to take her out for a sail.” In May of 2017 I did just that: I was checked out by Kevin Dickmann, and have been sailing on board Sélavy every month since check out.

Sélavy was donated to PCYC by a non-member, more than 12 years ago. I cannot find anyone who remembers the name of the individual but I am told it was in “rough” condition at the time of the donation. Through the efforts of members Doug Russell, Rick Eberst, Jim Baskerville and Virgil Landry, it was put in ship shape in terms of seaworthiness and aesthetics. About four years ago,

through the generous donation of Member Dick McNish, Sélavy was outfitted with new sails, including a Spinnaker. In 2017, with the support of Commodore Tom Shideler, the board authorized the purchase of a new motor and a budget for routine maintenance, and in 2018 the board authorized the purchase of a 155 racing Genoa Jib and new winches to support the new sail.

A Capri 26 is a boat intended for the “youthful family sailor.” I like to refer to it as a day sailor with a head. It is light weight but has a fin keel, so it is quite stable. I find it an extremely forgiving boat to sail; at more than 30 degrees of heel it simply turns into the wind. Above all, it is a lot of fun to take out and spend the day sailing the harbor or up the coast toward Ventura.

Sélavy was built by Catalina Yachts at its Canoga Park factory in 1991 and is a “Valley Girl.” Without the support of the current and past boards, we who use Sélavy could not have her in the shape she currently is in. Nevertheless, her maintenance is largely a volunteer effort by the members.

Having access to Sélavy is a great amenity to being a member of PCYC; she is available any day the Club is open and not reserved. If you know how to sail, get checked out and enjoy Sélavy for the day. If you don’t know how to sail, PCYC has many members that do and can be encouraged to show you how. Sailing Sélavy is just a wonderful way to spend the day, and she is available at the Club’s guest dock. Just ask my granddaughter!



## New Member Spotlight: Drs. Paul & Linda Bonds - Jan Losey



Drs. Paul and Linda Bonds moved to Oxnard from Oceanside, California, by way of Bakersfield. Dr. Paul is a retina surgeon with offices in Bakersfield, Oxnard and Thousand Oaks. He practiced in Oceanside for 30 years and was Chair of Ophthalmology at Tri-City Medical Center. He was also an Assistant Professor of Ophthalmology at Tulane University. Dr. Linda is retired after 40 years as an educator, administrator, counselor, and lecturer. One of her most incredible memories was the privilege of studying with Dr. Carl Rogers in La Jolla during the late 1980s. Both Paul and Linda travel weekly between the Bakersfield Clinic and Oxnard. They recently purchased a home in Mandalay Shores on Reef Way and are loving the friends they have made at the PCYC and their new community!

Paul and Linda have been in California for 20 plus years moving here from Texas and Louisiana. They have a home in San Diego County with family in Oceanside, Houston, Rhode Island, San Francisco and Los Angeles. Their favorite thing to do is visit with friends over dinner and to play with their three puppies: Pooh Bear, Pippa and LuLu Belle. They are loving the time spent in their new home and at the PCYC! They look forward to making many new friends.



## Happy Galentine's Day

Thursday, February 14th @ 11:00 AM

Entrée Choices: *Chicken Crepe, Cheese Ravioli, or Grilled Salmon*

### Drink Specials

"Love Potion"

*Champagne with Creme de Cassis"*

"Cupid's Arrow"

*Pomegranite Cosmopolitan*

**\$19.95 ++**



**\$19.95 ++**

## Fleet Captain - Tom Shideler



Over the years I have experienced a few of the random safety inspections conducted by the U.S. Coast Guard, both inside and outside the harbor entrance. These inspections caused minimal delay, and I passed them all. On one inspection I actually learned the correct age of my nephew's wife!

Having up-to-date and serviceable safety equipment on board is critical. It is amazing how quickly flares reach their expiration date. Rather than wait for that random inspection, there is a better way to remain current and be prepared for that emergency that of course will not happen to us. We are fortunate to have Club members Jim and Mary Baldwin who, through the local Power Squadron, are certified to perform these inspections. Once having passed the inspection, you will receive a windshield decal that the Coast Guard recognizes and will have now been "vaccinated" against random

inspections. Also, your safety on the water will be improved. Please contact the Baldwins to arrange a convenient time for an inspection of your boat at the Club dock. Inspection requirements can be found in the literature rack by the bulletin board in the hall.

On February 22 we shall venture all the way to Ventura Harbor for first cruise of the season. This will be fun for boaters and those who just want to drive up and enjoy the outing. Please put this weekend date on your calendar.

## A Message From Your Fleet Nurse - Jana Danza

### *What Is Type 2 Diabetes?*

Once called non-insulin dependent diabetes, it affects 90% to 95% of the 26 million Americans with diabetes.

Either the body does not produce enough insulin or the cells ignore the insulin, which is necessary for the body's energy. Unlike people with Type 1 Diabetes, people with Type 2 Diabetes produce insulin, but their pancreas doesn't produce enough or the body cannot use it adequately. This is called Insulin Resistance

When glucose builds up in the blood instead of going into cells, it can cause two problems: your cells may be starved for energy, OR, over time, high blood glucose levels may hurt your eyes, kidneys, nerves or heart.

### *Other problems associated with the buildup of glucose in the blood include:*

**Damage to the body** - over time, the high glucose levels in the blood may damage the nerves and small blood vessels of the eyes, kidneys, and heart and predispose a person to atherosclerosis (hardening) of the large arteries that can cause heart attack and stroke.

**Dehydration** - the buildup of sugar in the blood can cause an increase in urination. When the kidneys lose the glucose through the urine, a large amount of water is also lost, causing dehydration.

**Diabetic Coma** - when a person with Type 2 diabetes becomes very ill or severely dehydrated and is not able to drink enough fluids to make up for the fluid losses, they may develop this life-threatening complication.

### *Prevention*

You can prevent or delay the onset of Type 2 diabetes through a healthy lifestyle. Change your diet, increase your level of physical activity, maintain a healthy weight...with these positive steps, you can stay healthier longer and reduce your risk of diabetes.

## Photo Recap: Mermaid Inn Theatre



*Director & Producer of the Mermaid Inn Theatre, S/C & Lifetime Member Graham Wilson, brought some of PCYC's best together for a night of dinner and superb entertainment! The audience was led through England to many different theatres, each one presenting an excerpt from one of six famous Broadway shows: Cabaret, Chicago, Jersey Boys, Mamma Mia, The Phantom of the Opera, and The Lion King. It was truly an event not to be missed, as many a member must have surmised, for the dining room was bursting at the seams with over 130 people present. A job well done indeed!*



*Thank you to everyone who volunteered their time to put on a great show for the membership, from performers, stage crew, wardrobe, sound & lights, direction, & production:*

*Rudy Cerna, Annie Dalby, Madeline MacPhail, Doris Melillo, Mark Morris, Sam Peck, John Praiswater, Chef Rafael, Madi Schmader, Tom & Monica Shideler, Jack Skidmore, Micki Spoon, Bruno Tonin, April Williams, Graham & June Wilson, Mark Wilson, Amanda Wilson, Emma Wilson, & of course, the PCYC Staff.*



*(Photos courtesy of Madi Schmader & Mr. Wilson)*



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

## Fleet Captain Sail - Joe Vetrano



*Shown below are upcoming races for February through March of 2019. Any members interested in helping out the Race Committee in staging these races, please call or text Joe Vetrano at 805 256-5828.*

### **FEBRUARY**

9 Sat PBYC Spring Series # 1 & SBYC Hot Rum Series # 3

10 Sun SBYC Sweetheart's Regatta

16/17 Sat/Sun CIYC SCYA Midwinters (PHRF & J-24)

23 Sat PBYC Spring Series # 2

### **MARCH**

2 Sat OPENING DAY: SBSC, and SBSC Series # 1

3 Sun OPENING DAY: SBYC, and SBYC Opening Day Races, & CYC TGIS Winter Series # 2

9 Sat PBYC Spring Series # 3

13 Wed SBYC Wet Wednesday Begins (Mar 13-Oct 17)

16 Sat AYC St. Patrick's Day Regatta 16 Sat SBYC Tower Race (Wilson Series)

24 Sun PCYC TGIS Winter Series # 3

30 Sat VYC J-24 & PHRF Regatta # 1