

Pacific Corinthian Yacht Club

# Periplus

February 2011 - Vol. XXXVI - Issue 2



*Love is in the Air  
at PCYC*



# Pacific Corinthian Yacht Club

2600 South Harbor Boulevard Oxnard California 93035

Incorporated August 17, 1976



COMMODORE  
Jim Jones  
★ ★ ★



VICE COMMODORE  
Dan Citera  
★ ★



REAR COMMODORE  
Karen Lorenzen  
★



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Don Yokaitis



Director/Secretary  
Martha Baskerville



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Linda Allen



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Jana Danza



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Fleet Surgeon  
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Gene Beville



President PCYF  
S/C Jim Henry

Member of: US Sailing  
Southern California Yachting Association  
Southern California Cruiser Association  
Southern California Yacht Racing Union



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Cover Picture by R/C Karen Lorenzen

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### PERIPLUS MAGAZINE

Periplus is the monthly publication for the members of the Pacific Corinthian Yacht Club. We reserve the right not to publish articles, press releases and/or advertisements at the discretion of the Editor.

Press releases, calendar information or events; please contact the Front Desk (805) 985-7292.

All digital submission of articles and photographs should be sent to the Editor:

John Gaddis

johnwgaddis@gmail.com

Media discs can be delivered to the Front Desk and must be clearly identified as to the author(s) and/or photographers.

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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 AD 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.



By Dan Citera, Vice Commodore ♥



## View From The Bridge

I want to thank you for placing your confidence in me as your Vice Commodore for 2011. You can be sure that I'll do my best to earn that trust.

Much of what is my direct responsibility this year has to do with the "Club House". That includes the building, the food, and nearly everything that has to do with the things you come in contact with at the club.

We are blessed in that we have very competent people accepting to serve in the two main committees related to the "House". The House committee is comprised of S/C Don Dusette and S/C Martha Jean Geisler, Director Ron Dreher, and members Gary Girard and George Jacques. These are competent and dedicated people who are currently handling important issues with the building.

Our objectives are.

- a) Stop the leaks that we have had at our club every time it rains.
- b) Obtain the final Building permit for the renovation done upstairs.

c) Get a proper "guest name tag" system going, so that our policies have a chance of getting implemented.

d) Insure that we have a viable food inventory control system.

We have a lot to do, and I'll keep you informed of the progress that is made.

The other big committee is Food and Wine. I have asked S/C Graham Wilson to please form and head the committee that will work with our very capable staff, to bring you the best food, beverage and service quality and value at our club this year.

Remember, you are the lowest common denominator of PCYC. PCYC is but the sum of you, me and every PCYC member. Your service at every level is what makes our club what it is. Thank you for making it possible, as our club is definitely a large part of a quality life style for us all.

By Staff Commodore Martha Jean Geisler ♥



## Change of Watch 2010



Many thanks to the Committee who helped so graciously to put together a wonderful Change of Watch: New in-coming R/C Karen Lorenzen, Susan Peck, Judy Wosicki, Kym Citera, Karen Mahr and, traveling from afar, Roxy Gross, along with in-spirit, Natalie Dobkowski! Their invaluable input, along with our Staff of G/M John Beck for his very 1st PCYC Change of Watch, Brenda, Danny, Rich and our evening Staff headed by Otilio, helped with the moving of tables, settings just so perfectly done and arrangements so that everyone had a "ring-side" table to see the official traditions and presentations for the evening.

My sincere thanks also to our incredible Kitchen Staff who took the likes of our in-coming Commodore Jim & his lovely wife, Rita Jones, to heart and provided our completely sumptuous meal. My sincere appreciation also to our Master of Ceremonies, Tom Kearney and to our Honor Guard of Ron Dreher & Bob Fortner for their part in the evening festivities beginning with the Introduction of the Staff Commodores who've served our Club as its' Chief Officer in past years.



# Change of Watch 2010



Jack & Dottie Skidmore



Karen Mahr & S/C Walt Wosiki



Your Bridge: Commodore Jim Jones, Vice Commodore Dan Citera, Rear Commodore Karen Lorenzen



Jane & S/C Warren Totten



Kym & V/C Dan Citera



Let's Conga



Commodore Jim Jones & S/C Martha Jean Geisler



Judy Wosicki  
2010 George Burr Meritorious Service Award



Doris Melillo  
2010 Member of the Year.



Dottie Skidmore - 2010 Hannah Hewston Family Circle Award



R/C Karen & Al Lorenzen



Natalie Dobkowski & Ron Dreher



A Toast to the Bridge



Cathy Henry, Reed & Lynda Radke



Judy Wosiki & R/C Karen Lorenzen



Mike & Roxanne Gross



By John Beck, General Manager ♥



Dear Members,

I know all of you are very proud of the traditions and heritage that has been established at PCYC, and have been fortunate through the years to enjoy a very active and vibrant membership base.

My continuing commitment to provide members with a club experience that is second to none has never been stronger. As you know, the ability to enhance our recruitment and retention of members is critical to the ongoing success of the club. If you have friends or colleagues who are considering joining PCYC, now is a great time while memberships are at \$3,000. Just pass along their contact information to me, and I will

follow up by inviting them to visit the club.

The suggestion box was empty this month; therefore, things must be going along pretty well.

Thought for the day:

*There's nothing like a newborn baby to renew your spirit—and to buttress your resolve to make the world a better place.*

Feel free to contact me by phone at 805-985-7292 or through email at: gm@pcyc.org.

Best always,.... John Beck

## *New Executive Chef at PCYC*



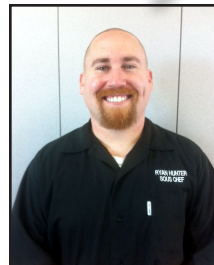
*Chef Justin Radley*

Please give an enthusiastic welcome to the newest member of our team: Executive Chef Ryan Hunter! Ryan studied at Culinary Institute of America in Hyde Park, NY for two and a half years before moving into a Lead Line Cook position at Sherwood Country Club in Westlake Village, CA, where he managed

a team of 5, obtained experience in cost control, scheduling and menu design, and expedited several different stations within the kitchen.

After just over two years with that title, he moved on to become a Sous Chef at University Village Thousand Oaks. At this location, he managed a team of 30, had complete control of the kitchen, and catered banquets with upwards of 1200 guests! He also managed control cost, scheduled employees, ordered inventory, and designed menus and the kitchen for the utmost quality control.

After a short stint as Kitchen Supervisor at The Counter



*Chef Ryan Hunter*

in Westlake Village, a restaurant in which he helped open from scratch and where he developed corporate restaurant training and teaching, as well as ordering and inventory control and system implementation, Ryan became the Executive Chef at The Pierpont Inn.

At Pierpont, he gained more experience in the fields of ordering and inventory control, menu and special design, fine dining, banquet, and large wedding design and execution. Ryan's background is a rich one and we are fortunate to have him aboard. I am confident that he will help us efficiently manage our kitchen operation while creatively improving our delectable cuisine. Welcome Ryan!

In addition to Chef Ryan, we're also adding Justin Radley to our PCYC staff! Justin trained under Ryan at the Pierpont Inn and is eager to help assure an enjoyable and delectable member dining experience. As he says, "This is a hospitality industry!" Welcome Justin! - Story & Pictures by Chelsea Gray

# From the Editor's Desk



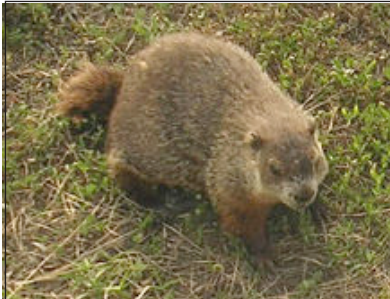
By John Gaddis, Editor ♥



February is one of my favorite months. With all the parties that we have here, I wonder why one holiday doesn't get the recognition it deserves. I refer, of course, to Groundhog Day.

The holiday began as a Pennsylvania German custom in southeastern and central Pennsylvania in the 18th and 19th centuries. Today, the largest Groundhog Day celebration is held in Punxsutawney, Pennsylvania, where crowds as large as 40,000 people gather to celebrate the holiday.

According to folklore, if it is cloudy when a groundhog emerges from its burrow on this day, it will leave the burrow, signifying that winter will soon end. If on the other hand, it is sunny, the groundhog will supposedly "see its shadow" and retreat back into its burrow, and winter will continue for six more weeks.



*Nature's Meteorologist?*

Groundhog Day proponents state that the rodents' forecasts are accurate 75% to 90% of the time.

However, the National Climatic Data Center reportedly has stated that the overall prediction accuracy rate is around 39%. But that's no reason not to have a party.

At the club, we celebrate Groundhog Day with Wine Wednesday. We should all raise a glass to the coming Spring and

the rodent that predicted it.

Yes, I know, there are other events like the Valentines Day Dinner on the 12th, and the Ladies Who do Lunch on the 10th. The ladies are having a Parisian theme luncheon with a Cupcake Contest. And MEN are invited to enter. Count me in!!!

If you have any comments or improvements, email me at [johnwgaddis@gmail.com](mailto:johnwgaddis@gmail.com). Thanks!

## Saturday, February 12, 2011 Valentines Day

Cocktails 6:30 PM Dinner 7:00 PM

### APPETIZER

Cheese and Cracker Platter for each Reserved Table  
Salad / Salad Wedge

Iceberg Lettuce w/Drizzled Reduction of Balsamic Vinegar  
Shaved Parmesan and Chopped Tomatoes

### ENTRÉE - YOUR CHOICE OF ONE:

Sea Bass Filet topped with Lemon Caper Sauce

Or

Filet Mignon Wrapped in Apple Smoked Bacon with  
Chanterelle Mushrooms and Cabernet Sauce  
Shredded Brussel Sprouts Medley Topped with Petite  
Onion Rings

Fingerling Potatoes with Aioli and Dill Sauce

### DESSERT

Heart Shape Ice Cream Cake With Fruit Coulis Garnish  
Glass of Champagne with Raspberries

**\$39.95 ++ Per Person**



For Additional info  
Contact Susan Peck,  
Judy Wosicki or  
Graham Wilson



By Marsha Landreth ♥

### GLOBE TROTTING

Jack Schuler returned from Puerto Vallarta just in time for New Year's Eve at PCYC, but not before a week of incredible fishing. Some of the fish he caught included these three yellow-fin tuna, which weighed in at 135, 150, and 175 pounds.



*A good day of fishing for Jack Schuler*

Phil & Susan Woolf took a relaxing cruise to the Mexican Riviera, visiting Mazatlan, Cabo San Lucas, and Puerto Vallarta.

Rick & Dolores Riccardone celebrated their 40th anniversary on an adventure tour in Costa Rica. Rick reports that he found every pothole. Dolores reports great hotels and an adventurous zip lining upside down with two young guys. She decided to give the guys a

big tip so she turned to Rick and said, "Give me all your money." Congratulations!

Cathey Paine is back from her vacation in Puerto Rico.

Marsha Landreth, your strully, spent winter break in cold Washington D.C. babysitting 22 month old granddaughter Caleigh while Mom was in the hospital having baby sister Sydney. Sydney, who weighed 8 lbs, 3 ozs, and 21 inches long, was born fifteen minutes

after Mom was admitted to the hospital. Mom was known around the hospital as the drive-by mom.

### WELCOME

Mr. & Mrs. Robert Dalby have moved to the area from Gig Harbor, WA and joined PCYC after crew to Alaska with S/C Jim & Marge Curley. Welcome to the club.

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By Doris Melillo – Chair person ♥

# Bylaws Committee



Amendment proposals that were unanimously approved by the Board of Directors at their October meeting, were printed in the December issue of the Periplus. Members will be receiving printed copies by mail in accordance with Article 18 of our Bylaws. Members in good standing will be voting on those proposals at the February Quarterly Meeting. It is important that you look over the amendments and come to the meeting to cast your vote.

We are very pleased and proud of the committees' efforts to improve and update our Bylaws. We have suggested several positive changes to Articles 5 and 7. These changes will help all our Regular Members and grant them equal status. We will continue to review the remaining Bylaws to determine if further amendments should be recommended for a future meeting.

Along with our efforts to amend our Bylaws, the committee has also been working with the Board to help create, revise, and update the Standard Operating Procedures, known as SOPs, as well as the Clubhouse Rules. The SOPs, according to Article 10.11, should be "maintained, added to and amended by the Board of Directors to handle the day to day administrative tasks and clerical business of the Club." The Clubhouse Rules, according to Article 10.09, are also the responsibility of the Board of Directors who "shall have the power to make such Club Rules. . . ." The Board is bound by the Bylaws which the members approve. SOPs which conflict with the Bylaws are invalid. The Bylaws always take precedence. The new SOPs and Club Rule will provide guidance for:

- 11.02 Oath of Office for Bridge Officers and Directors of the Board
  - 11.03 Adjustment of Dues & Minimum for Intermediate & Associate Members
  - 11.04 Periplus – Electronic Publishing
  - 11.05 Human Resource Committee formerly Compensation Committee
- Clubhouse Rule #7: Guest Policy

These SOPs and Clubhouse Rules will be included in the next Club Roster (2012), and are now available and will be posted on the bulletin board at the Club.

Remember to attend the Quarterly Meeting of the Membership. It is very important that you exercise your right to vote as a member in good standing. As Chairperson of this committee, and as a concerned member, I am extremely pleased to offer the proposed amendments and ask for your support by your affirmative vote.

## **CALLING ALL PHOTOGRAPHERS!**

**The Photo Committee is asking for members to volunteer to take pictures at Club events.**

**If you have a photographer's eye, take good pictures, and want to be more involved in Club activities**

**Contact John Gaddis or Martha Baskerville, [jimmarf@verizon.net](mailto:jimmarf@verizon.net)**



# Birthday & Anniversary



By Linda Allen, Chairperson ♥

It is my responsibility and privilege to carry forward our club's traditional Birthday and Anniversary celebrations for 2011. These events provide a wonderful way to celebrate your birthday or anniversary and also to honor your fellow club members on their special occasions.

At each of the Birthday and Anniversary parties this year, each of the guests of honor will have a chance to win a "fantastic" prize. You will be notified soon of the theme and menu for February's Party.

Listed below are the dates for this year's upcoming Birthday/Anniversary celebrations. BE SURE TO MARK YOUR CALENDARS!

February 27, March 20, April 10, May 22, June 12, July 10, August 21, September 25, October 9, November 12, December 18.

See you at the Club,

Linda Allen



## FEBRUARY ANNIVERSARIES

Charlie & Virgie Beard,  
Michael & Jody Cromer,  
Jim & Kathy Henry,  
Myron & Marji Miller,  
Arthur & Helayne Warschaw,

Fred & Anita Broderick,  
Jim & Marge Curley,  
Herbert & Shirley Hughes,  
Kurt & Jacqueline Sickles,  
Dan & Patty Wick,

William & Gudrun Byron,  
Pat & Jennie Dappolonia,  
Philip & Heidi Lawler,  
Warren & Jane Totten,  
Graham & June Wilson



## FEBRUARY BIRTHDAYS

Richard Andre  
Donna Gaddis  
George Jacques  
Jan Losey  
Margret Miller  
Al Reilly,  
Angela Switzky

Carla Andreatta  
Dina Gaskins  
Rich Keer  
Donna McGuire  
Aaron Newlow  
Marian Sandnes  
William Switzky

Allen Ball  
Mike Gross  
Audrey Keller  
Paul McQuillan  
Della Newlow  
Patti Schrey  
Steven Walford

Geno Beville  
Madeline Hahn  
Albert Langley  
Melissa Miles  
Carol Peterson  
Marsha Speer  
Ron Wilson

Janis Brierley  
Lita Helm  
Andrea Lascoe  
Michael Miles  
Lynda Radke  
Zona Strathearn  
Walter Wosicki

# Sea Scout Ship 9201



By Catherine French, First Mate ♥

The Sea Scout Ship is growing, slowly but surely. In the last two months, two new scouts, John and Kyler, have joined the ship. The Scouts continue to have monthly meetings and work parties on the boats in their small fleet and their flagship, *Seal* is in regular use by PCYC Race Committee for all club sponsored sailboat races.

A huge thank you to Mr. Jonathan Jordan of A-I Guarantee Roofing for his generous donation. And, a big thanks to Diane and Virgil Landry for their donation of a stove for *Seal*, this will allow the scouts to do overnight trips on the boat. These gifts will benefit our boats *Seal*, *Rosie* and *The\_Bird* and keep our Sea Scout fleet properly afloat and in good condition and are truly appreciated.



*Sea Scout work party on Seal*

On Saturday, January 8, Scouts Jacqui Mitchell, Randy Mitchell and Ryan Harder joined Skipper Lee Phillips, First Mate Catherine French and Advisor Ron Watkins on a whale watch outing onboard *Seal*. As Catherine and Ron went in search of whales from the fly bridge, Lee gave the scouts a chart reading lesson in the main salon.

Just an hour out to sea and we found our first southward migrating gray whale about a 1.5-miles north of platform Gail. We had some great viewing, keeping our federally mandated distance of 100-yards from the animal, and got some fabulous views of its flukes when it sounded. After about 20-minutes of watching, we set off eastward to find more. Just as we began to turn away, the whale surfaced to our starboard only about 50-feet from the boat! It was a fabulous sight as we could see the entire whale.

As we ventured east, we came upon a pod of about 200 common dolphins heading west and they joined the boat to bow ride and gave us a great show. Just passed the dolphins we encountered another gray whale, but it turned out to be quite shy, after a few breathing (spout) cycles, we continued eastward and noticed

more spouts in front of the arch at Anacapa Island.

This gray whale duo was swimming and spouting in tandem. The calming seas allowed us to get very good views of the whales when they surfaced and sounded providing great fluke shots. After 30-minutes, we decided to head back to the harbor. Just as we were turning toward the coast one of the pair lifted its head out of the sea and gave us a look with one big eye. Awesome was the only word to describe it. Just a few minutes later, we spotted a blue shark swimming slowly by us. In the distance, dolphins were playing with a jet skier and they came toward us for more bow riding as we headed to shore.

During the outing, each scout got helm time and learned how to properly steer the boat and practice in pretty calm seas with just a

few swells measuring above 4-feet. These outings also help the scouts learn about preparing the boat for departure and return to the dock. Their experience is growing.

To learn more about the Sea Scouts, go to [PCYC.org](http://PCYC.org) and click on the Sea Scouts link on the opening page for all the information you need to get a young man or woman signed up for the Ship or contact Steve Weiss, (805) 985-9314, Jerry Virnig, (805) 491-2344 or Lee Phillips (805) 766-3708 or at [www.shipshapeboats@hotmail.com](mailto:www.shipshapeboats@hotmail.com)

Please consider adopting an item of need for one of the boats in the fleet or send in a donation to the Sea Scout Ship. Sea Scout Ship 9201 is a 501 (c) 3, so all donations are tax deductible.

For more information on how your son, daughter or grandchild might join or, to make a donation, please contact PCYC member Steve Weiss, (805) 985-9314, Jerry Virnig, (805) 491-2344 or Lee Phillips (805) 766-3708 or at [www.shipshapeboats@hotmail.com](http://www.shipshapeboats@hotmail.com).

*Continued on page 13*



By Captain Dave Willhite ♥

## WEATHER

Even after living most of my life in Santa Barbara and Ventura counties, I still find it remarkable how temperate our weather is year after year barely changing more than 25-degrees from day to night.

I am fortunate to be in yacht sales where I get to travel to other harbors and compare them to our own Channel Islands Harbor community. I have traveled to every part of the North American continent, Hawaii and Mexico. There are probably more scenic harbors than ours but this is usually because of all the trees and green growth associated with rain and harsh seasons. We always have our great Channel Islands to go to for scenery and undeveloped vistas.

Often I describe our harbor area as a big pond surrounded by sand we play in. The weather, while unseasonably wet, has been mild. The seas have been fairly flat with very little storm warnings. I recently helped move a boat from Dana Point to Channel Islands Harbor with perfectly calm seas. After our arrival, I was spraying water on the hull to clean off the salt and noticed the hand rail going forward did not have a drop of water on it.

If you do go boating listen closely to the weather reports making sure a Santa Ana is not in the making. In 2010, we had the Santa Ana northeast winds well into March.

## FISHING

Fishing in January was very slow with no reported catches to speak of. I believe there are fish to be caught but local fisherman need to take more time and effort in our coastal waters.

Southern California coastal fishing can be really good in the winter and spring. I recently talked to a local sea urchin diver/sport fisherman and he feels the same as I do about the effort needed to explore inshore fisheries. I'm looking hard at putting on some weekend PCYC invitational fishing derbies with the fishing grids boundaries placed in areas known to me that have produced good game fish. This will allow the fisheries to be explored and help the new boat owner get familiar with good coastal fishing spots he can fish close to home in the late fall and winter months.

I have proposed that we also have a Thresher Shark Tournament this spring and will have more details next issue. I also would like to have a PCYC Big Fish trophy contest where we would have a multiple fish species leader board at PCYC to generate increased interest among both PCYC Members and boaters that may be future members. As you can tell, I would like more fishing activities for our local non-professional or expert-seasoned anglers.

I will be giving a Spring Fishing Seminar February 13, 2011. I will be extending my knowledge of fishing grounds and techniques. This seminar will focus from the beginning of the year to the date of the seminar. And will look forward based on my past and current experience and what I think we can look forward to during the year.

I will be demonstrating casting technique and will provide hands-on instruction on the PCYC dock. I hope to be able to also demonstrate how to fish submerged structures using a buoy as a reference.

*Continued on page 13*

Another seminar will take place on March 13, 2011, where I will be sharing my knowledge of thresher shark fishing. While the local 2010 thresher fishing was on and off there was fish always being caught from Point Dume to Goleta Bay north of Santa Barbara. We are exploring dates for a June Thresher Shark Derby.

Winning fish at the above tournaments will be determined by the photographed measured length rather than weight. This allows the angler to release the fish for future generations to enjoy. I have practiced conservation for the past 35-years and feel now is a great time for every person to join the effort.

Bring all your fishing and boating questions to the seminars I will try to answer them for you.

### YACHTS

Again we are seeing a great rebound in persons entering or returning to boating. Prices have stabilized

and while fuel is climbing up again, people who are just purchasing their next boat have figured out the fuel is the lesser cost of boating. And, the boating experience value outweighs the higher cost of fuel.

A new boat from out of our area worth mentioning belongs to Don McShea of Fresno who purchased a 1995 54-foot Mediterranean. She is a Southern California built yacht designed for both offshore fishing and ocean travel from Costa Rica to Alaska. I personally have fished off these yachts both on one-day and multiple-day fishing trips to San Miguel, Santa Rosa, Santa Cruz and Catalina Islands and have, with no exaggeration, yet to find one flaw in both quality and seaworthiness. While not a common boat due to low production, this boat far exceeds all other high production boats built in the 50 to 60-foot range. If you're looking for a boat in this size range, I recommend you look hard at this one.

Calm Seas... Captain Dave

*Sea Scouts from page 11*

#### Support the Sea Scout Fleet

The Scout Ship shares Seal and Rosie with PCYC, and work hard to keep both ship shape and running. Please help the Scouts keep these boats afloat. Seal needs a new or used propane RV stove (not gimbaled), and kayaks would be nice.

#### Items Needed for the Boats

For Seal: RV propane stove (not gimbaled)

For Rosie: Head sail and head mast and Windex and tilt brackets for the outboard motor.

The Sea Scouts is a program of the Boy Scouts of America for young men and women aged 13(having completed eighth grade) through 20. Ship 9201 follows the customs and traditions of the sea and encourages its members to earn the ranks of Apprentice, Ordinary, Able and Quartermaster (equivalent to the BSA Eagle rank).

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ean@peninsulayachts.com

(805) 984-8550

# Fleet Nurse Report



By Jana Danza, Fleet Nurse ♥

Thank you to our Commodore Jim Jones for asking me to be Fleet Nurse. It is an honor to serve PCYC. While most of you know me as a business woman and Tom's wife, I am also a Registered Nurse (R.N.) and have worked in hospitals, offices, and as plant nurse for my company. The benefits are well known in the corporate arena; so I periodically conduct wellness seminars with my staff.

Education = being forearmed = prevention/early treatment = optimal wellness

The benefits of good health and knowledge also extend our social lives at PCYC. That is why...

Dr. Alice Kearney and I are conducting four wellness seminars this year!

The dates are: February 26, April 9, July 9, October 8

February 26 Wellness Seminar

1:00 P.M. Board Room

Speaker: Dr. Alice Frausto, Fleet Surgeon

Topic: Eat Right 4 Your Blood Type

Now for my first article. Influenza has its 'high season' from November to March each year. I heard on the radio the other day that it's now on the move and steadily progressing through several states. While it's not a very glamorous topic, it is pertinent for this time of year.

Seasonal influenza is caused by viruses that infect the respiratory tract. According to the CDC, "Unlike many other viral respiratory infections, such as the common cold, the flu can cause severe illness and life-threatening complications in many people. In the United States,

on average 5% to 20% of the population gets the flu and more than 200,000 people are hospitalized from seasonal flu-related complications."

Since PCYC only has the most intelligent, resourceful, well-read, knowledgeable members, I won't waste your time going into how it spreads, types of viruses, or the necessity of keeping hydrated.

Being a rather pragmatic person, I'd rather give you some information that will help you recognize and then treat the flu so you can recover ASAP and get back to enjoying life at the club! Or wherever...

Since my husband Tom tells me that I need to be succinct, here's a list of when feeling rotten is not just a cold, but rather the flu. Oh yes, people always ask how long a person is contagious? So, the answer is...drum roll....day 1-3 before getting sick to 5-7 days after, depending upon the strain.

S&S (medical speak for Signs & Symptoms):

- Fever, cough, sore throat, runny or stuffy nose
- Body aches, headaches (isn't your head still part of your body? I've always wondered about this one), chills, fatigue
- Vomiting and diarrhea – not always though

How long should you stay home once you are feeling 'better'? The CDC recommends, "at least 24 hours after your fever is gone." You shouldn't leave except to seek medical help.

Emergency Signs that you or someone living with you needs urgent medical attention. These include, but are not limited to:

*Continued on page 15*

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting or diarrhea
- Flu-like symptoms improve then return with fever and worse cough

After all this scary information, let's turn our attention to prevention with some everyday steps to protect you health:

- Stay away at least three feet from infected people – no duh, but sometimes easier said than done.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often for 15-20 seconds with

soap & water. Don't forget around cuticles and under nail beds.

- Use alcohol-based hand wipes or gels when soap and water aren't convenient.
- Don't touch your eyes, nose or mouth because these are pathways for germs.
- Practice other good health habits: get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.

FYI – Apparently the influenza virus can survive being on doorknobs and other surfaces for 2-8 hours and infect a person. So.... wash, wash, wash!!!! And regularly clean those surfaces with a disinfectant.

Washing your hands often is the best technique to avoid getting the flu!


And oh yes, don't forget that Chicken Soup is still one of the best 'remedies'! Yeah for Grandma!

May 2011 be a healthy and happy year for each of you... Jana


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JOIN US FOR THE PCYC

**Parisian Holiday**

**Ladies Luncheon**  
**February 10th**



**CUPCAKE Bake Off Contest**



OFFICIAL ENTRY FORMS @ FRONT DESK

# Youth Foundation Report



By Donna Gaddis ♥

The non-profit incorporation documents of the Pacific Corinthian Youth Foundation are dated July 22, 1992 c/o S/C Patricia Scott McInness. It is comforting for me to see that youth sailing and activities have been important to the core of PCYC for so long. Our past leaders recognized that our future Commodores could be out sailing in those little Sabots! As we have been working on the planning of the March 19, 2011 fundraiser, A Taste of 007- A Gourmet Wine Tasting Dinner, I have had the privilege of speaking to many people who have shared their stories of the start of PCYF and why it is in fact vital for the future not only of PCYC but for the youth of Channel Islands.

For many of us the last few years have been challenging; it would be so simple right now to give up volunteer work and donations; however, now is the time charity work is most important. As tough as it has been for us, during this process I have found out that there are children who live right in the vicinity of PCYC that have never even been to the beach or experienced the thrill of boating. I have also found out that there is a Boys and Girls Club of Oxnard harbor sailing program that is very limited yet there are

some shining stars who want to be at the next level and need PCYF scholarships to do so. I know that the PCYF summer sailing program builds self-esteem, leadership skills, and gives children direction that may have had none before.

For almost 20 years PCYC members have generously supported this program and the children that have benefited will always be thankful. The other day we received a scholarship donation from the International Order of the Blue Gavel for \$500.00 and a letter of collaboration and support for PCYF. We also are applying for corporate support from Santa Barbara Bank & Trust, West Marine, and have even received a raffle prize from King Harbor Yacht Club! Our current PCYF Board recognizes that they need to work harder, reach out, and truly carry out the mission of the founding members of PCYC and PCYF – we are asking your support of your time, talent, and treasures in making the March 19th 2011 event a success and an example to all of PCYC's commitment to our future sailors. A toast then to the PCYC Commodore of 2051!

## THE PACIFIC CORINTHIAN YOUTH FOUNDATION PRESENTS

### A Taste of 007<sup>™</sup>

Wine Pairing Dinner - Fundraiser

March 19th, 2011 6:00pm

\$77.07 ++ per person

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Food

Great  
Wines

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# Tapas Party Follow-Up



By Karen Lorenzen, Rear Commodore ♡

Another absolute ball! We were once again treated to a wonderful array of Tapas straight from Spain! Thanks go to John Beck and Martha Jean Geisler for the menu and the kitchen staff for the preparation. Our members raved about the variety and beautiful presentation. Our bartender, Greg, created an innovative menu of martinis which he poured down an ice sculpture into our waiting glasses. Our members had a hard time choosing a favorite!

Thanks go to the decorating team of Martha Jean Geisler, Karen Lorenzen, Graham and June Wilson, Martha Baskerville and Diane Landry for helping to transform our club into a Spanish Tapas Bar. Graham and June arrived with a beautiful silver curtain and

installed it as a background for the piano player. As Scott played the piano we were treated to a lightshow of various colors that were reflected on the curtain to the beat of the piano music. Graham keeps adding surprises to our parties with his skill and energy for entertainment. I hear he works cheap! Shhhh! Brenda continues to amaze us with her creative posters that help attract our members to attend parties. Thanks, Brenda for your hard work.

The enthusiasm for the Tapas Party continues and has become one of our party favorites. Please check out the pictures on the website and in the hallway.

Thanks for attending... Karen & Martha Jean



Robert Fortner, Laurie & Steve Weiss, & Al Lorenzen



Cathy Paine, Jerry & Deborah Northcutt



Judy & Rich Keer



Jack Scapa & Marlena Gurdin



Kathy Raduenz, Betsy Jackson, Susan Kaufman

# Ladies Who Do Lunch



By Audrey Keller, Parisian Holiday Luncheon Chair ♥



You are Cordially Invited to A Parisian Holiday at PCYC Thursday, February 10th Ladies Lunch, 11:30 am.



Invite your friends and neighbors to share your table because we're taking a trip to Paris for lunch! Join the Ladies Lunch Committee for our first fundraising luncheon of the year.

Enter the 1st PCYC Cupcake Bake Off Contest held and judged at this Ladies Luncheon on Feb. 10th. Entry rules, prize lists and entry forms are available at the front desk. Contest entry forms and a \$20.00 entry fee are due to the front desk by Wednesday, Feb. 9th at 2pm.

The cupcake judging panel will be tasting the entries and the contest winners will be awarded at our luncheon. Cupcake contest judges will be led by our own Commodore

Jim Jones and will be joined by staff writer of the Ventura County Star, Lisa McKinnon. After the contest award ceremony we'll all get to taste the cupcakes and judge for ourselves!

There are seven ways to participate. 1) Hosting or co-host a table for 8; 2) Donate a gift item(s) or lovely basket for our opportunity prize; 3) Compete and enter the cupcake bake off contest; 4) Volunteer to help out on the day of the event 5) RSVP for lunch ASAP so we can save you a seat and 6) Buy lots of opportunity prize tickets and/or buy your table's centerpiece on the day of the event 7) Dress for your 'Parisian Holiday' like a French runway model or in French Country Style!

We encourage all of our members to support and enjoy our festive Club events! Please contact the Parisian Holiday Luncheon Chair, Audrey Keller (818)292-0447 or call the Front Office at (805)985-7292, to make your reservations.

For Questions Contact:

Audrey Keller,  
Parisian Holiday Luncheon Host  
audrey@swissfamilykeller.com

Martha Baskerville  
Ladies Lunch Committee Chair  
jimmarf@verizon.net



## OFFICIAL ENTRY FORM

(This page to be submitted with \$20.00 fee by check or charge to your account)

Name: \_\_\_\_\_ Member #: \_\_\_\_\_

My Division:     Junior             Ladies             Men's

I have read the rules of the PCYC cupcake contest & will comply

Signature: \_\_\_\_\_

SUBMIT THIS COMPLETED ENTRY FORM TO THE FRONT DESK BY WED. FEB 9TH @ 2PM

# PCYC CUPCAKE BAKING CONTEST

Sponsored by the Ladies Lunch Committee



**WHO MAY ENTER:** The contest is open to all men, women and juniors who are Members or Staff of PCYC. Sorry commercial, industrial or professional bakers are not eligible.

**DIVISIONS:** Junior (ages 9 to 15 as of July 1st). Ladies (age 15 and over). Men (age 15 and over).

**HOW TO ENTER:** To ENTER the contest, please submit a completed entry form with your \$20 entry fee to the front desk no later than Wednesday February 9th, 2pm.

**NO NEW ENTRIES FOR CONTEST JUDGING WILL BE ACCEPTED AT THE DOOR on the date of the luncheon.**

**WHEN TO DELIVER YOUR CUPCAKES:** Cupcake entry submissions are due at the Front Desk between 9:30 and 10:30am on February 10th (the day of the luncheon). PCYC is not responsible for the return of plates, trays or containers. Entrant is responsible to collect any serving tray or dish after the luncheon.

**JUDGING:** Judging will be based on appearance, design theme, flavor and texture on Thursday February 10th. All decisions of the judges are final. Contest winners will be announced during the Ladies Luncheon on the day of the contest.

OVERALL APPEARANCE & CREATIVITY:	30 points
DESIGN THEME:	10 points
FLAVOR:	50 points
TEXTURE	10 points
Total:	100 points

## DAY of CONTEST RULES:

1. Only a single version recipe for your cupcake can be entered for judging
2. On February 10th( (day of luncheon) the entry must be submitted and split into two parts:
  - a. 4 (Four) cupcakes for Judging in a disposable container
  - b. 12 (Twelve) cupcakes for the luncheon dessert in a serving tray or dish suitable for display
3. Include a clearly written or typed sheet with your name and the recipe for the cupcake and frosting
  - a. This recipe should be 8.5 x 11 and delivered with your serving tray
  - b. Clearly note if NUTS are used in any part of your recipe
4. No pre-made or purchased cake and/or frosting mixes are allowed.
5. All cupcakes become the property of the Ladies Lunch Committee and will be served at the luncheon for dessert and used for bake sale proceeds after the luncheon.
6. The Luncheon Theme is "PARISIAN HOLIDAY" (imagine a lovely luncheon at a Paris café)! The suggested color palette is: white, cream, pink, chocolate brown, black, silver, pewter.

## PRIZES:

- Grand Prize \$50 (one award only)
- Grand Prize Runner Up \$40 (one award only)
- 2nd Place \$20 Gear Locker Gift Certificate (may give one award for each division)
- 3rd Place \$10 Gear Locker Gift Certificate (may give one award for each division)
- 4TH Place Ribbon (one award for each division)
- 5th Place Ribbon (one award for each division)

# Welcoming the New Year



Kym Citera



Commodore Jim Jones  
and GM John Beck

Happy New Year from PCYC!



Bill's Bar was Packed to Ring in the  
New Year



The dance floor was packed most of  
the night



Dottie Skidmore & Linda Allen



S/C Lee Fleischer & Catherine French



Kathy & S/C Jim Henry



Duane Gartner & Yoli McCune



Robert Fortner & Kathy Raduenz



Klaus Sunder & Jana Danza



Kathy Raduenz dealing Poker



Susan and Jerry Kaufman



Janet & Jack Sandell



Dining Room Hours  
 Lunch 11:30 a.m. - 2:00 p.m.  
 Dinner 5:30 p.m. - 9:00 p.m.  
 Bar Menu Daily 11:30 a.m. - 9:00 p.m.  
 Sunday  
 Breakfast 8:30 a.m. - 11:30 a.m.  
 Lunch 12:00 p.m. - 2:00 p.m.  
 Dinner 5:00 p.m. - 7:00 p.m.

# February 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MDR = MAIN DINING ROOM BR = SMALL DINING ROOM P = POOL AREA CN = CROW'S NEST PP = PRIVATE PARTY		1 CLUB CLOSED	2 WINE WEDNESDAY 6:30 PM MDR	3	4 ICE BREAKERS 5:30-7:00 PM Bill's Bar	5
6 SUPERBOWL 2:00-7:00 PM Bill's Bar	7 CLUB CLOSED	8 CLUB CLOSED	9 PRIVATE PARTY 11:30 AM MDR	10 PRIVATE PARTY 12:00 PM CN LADIES LUNCH 11:30 AM MDR	11 ICE BREAKERS 5:30-7:00 PM Bill's Bar	12 VALENTINES DAY PARTY 6:00PM MDR
13 OPEN HOUSE 1:00 - 4:00PM	14 CLUB CLOSED	15 CLUB CLOSED	16	17 BOARD MEETING 6:00 PM BR	18 ICE BREAKERS 5:30-7:00 PM Bill's Bar	19 VENTURA CRUISE (VYC)
20 VYC CRUISE	21 CLUB CLOSED	22 CLUB CLOSED	23	24	25 QUARTERLY MEETING 6:00pm ICE BREAKERS 5:30-7:00 PM Bill's Bar	26 WELLNESS SEMINAR 10:00AM
27 RACING RULES MEETING 9:00AM CN BIRTHDAY ANNIVERSARY 5:00PM MDR	28 CLUB CLOSED	<b>OFFICER OF THE DAY</b> FEB 4 ALBERT & GERRI LANGLEY FEB 11 ADRIENNE GOLDBAUM, NANCY NEWTON FEB 18 FLO BECK, ADRY EZCURRA FEB 25 JOHN & JANE MCKINNEY				

## SUPER BOWL SUNDAY

2:00-7:00 PM

PCYC BAR MENU EXTRAS  
 GUACAMOLE & CHIPS

CHILI HOT DOGS

SPICY WINGS

CHILI



**DON'T FORGET  
 FEBRUARY 25TH, 2011**

**QUARTERLY MEETING  
 6:00 PM**

**PLEASE PLAN TO ATTEND**



Dining Room Hours  
 Lunch 11:30 a.m. - 2:00 p.m.  
 Dinner 5:30 p.m. - 9:00 p.m.  
 Bar Menu Daily 11:30 a.m. - 9:00 p.m.  
 Sunday  
 Breakfast 8:30 a.m. - 11:30 a.m.  
 Lunch 12:00 p.m. - 2:00 p.m.  
 Dinner 5:00 p.m. - 7:00 p.m.

# March 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MDR = MAIN DINING ROOM BR = SMALL DINING ROOM P = POOL AREA CN = CROW'S NEST PP = PRIVATE PARTY		1 CLUB CLOSED	2 WINE WEDNESDAY 6:30 PM MDR	3	4 ICE BREAKERS 5:30-7:00 PM Bill's Bar	5 PRIVATE PARTY 11:00AM MDR
6 OSCAR NIGHT 5:00PM BAR	7 CLUB CLOSED	8 CLUB CLOSED	9	10	11 ICE BREAKERS 5:30-7:00 PM Bill's Bar	12
13 OPEN HOUSE 1:00PM	14 CLUB CLOSED	15 CLUB CLOSED	16	17  ST. PATRICKS PARTY 6:00 PM MDR	18 ICE BREAKERS 5:30-7:00 PM Bill's Bar	19  PCYF FUNDRAISER 5:30 PM MDR
20 BIRTHDAY & ANNIVERSARY 5:00PM MDR	21 CLUB CLOSED	22 CLUB CLOSED	23	24 BOARD MEETING 6:00 PM BR	25 ICE BREAKERS 5:30-7:00 PM Bill's Bar	26
27 CLUB CLOSED	28 CLUB CLOSED	29 CLUB CLOSED	30	31		

## Have the Luck of the Irish - Attend the St. Patrick's Day Party



Saturday, March 17, 2011  
 Cocktails 6:00 PM • Dinner 6:30 PM  
 Entertainment 7:00 PM – 11:00 PM  
 Dance to Music by DJ Paul Robin



*Don your green and join the fun! See menu in Club emails.  
 Reserve your table now, this party sells out fast!  
 Call 805.985.7292*

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Contact:

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