

Pacific Corinthian Yacht Club

Periplus

June 2011 - Vol. XXXVI - Issue 6



SUMMER SABOT FUN AT PCYC



PCYC LEARN TO SAIL SUMMER CAMP

SESSION 1 JUNE 6 - 17

SESSION 2 JUNE 20 - JULY 1

SESSION 3 JULY 5 - 15

SESSION 4 JULY 18 - 29

SESSION 5 AUGUST 1 - 12

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
★



Jr. Staff Commodore
Don Yokaitis



Director/Secretary
Martha Baskerville



Director/Treasurer
Lynda Radke



Director
Jack Skidmore



Director
Linda Allen



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John Gaddis



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Steve Weiss



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Jana Danza



Port Captain
John Praiswater



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Fleet Captain Sail
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
Periplus • June 2011



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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.

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, photos, or submissions should be sent to the Editor:

John Gaddis - johnwgaddis@gmail.com

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. - 12:30 p.m. Lunch 12:00 p.m. - 2:00 p.m.

Dinner 5:00 p.m. - 8:00 p.m.



By Karen Lorenzen
Vice Commodore

The social scene is alive and well at PCYC! Our events have been loads of fun because of the careful planning and creative ideas of our chairpersons. Our ladies luncheon in April, chaired by Adrienne Goldbaum, was a huge success. The luncheon featured a vintage fashion show. The outfits were paired with music that matched the mood of each outfit. Thank you, Martha Baskerville, for being the ladies luncheon guru and finding just the right chairperson for each luncheon. At the June 9th luncheon we will be learning all about orchids. This program promises to be both fun and educational. We will even have an edible orchid on our luncheon plates. Please host a table or join one. You won't want to miss this luncheon! On August 18th, Oxnard's new Police Chief, Jeri Williams, will be our guest speaker. Chief Williams is Oxnard's first woman Chief. Mark your calendar!

Please mark your calendars for July 16th for our 1st Annual Poker Tournament.

Cinco de Mayo found us down in Mexico with a great mariachi band that entertained us during the appetizer portion of the party. Maricela Santana planned this fiesta along with Susan Peck, our social chair. We can only say, Gracias, Gracias, to Maricela and Susan. After the mariachis left, Graham Wilson took us to a Mexican Cantina Party and inspired many of us to dance the night away.

Linda Allen continues to surprise us with her inventive ideas that make our birthday and anniversaries so special. In May we visited the Hawaiian Islands and had a surprise when we were treated to a performance by a Hula Dancer. By doing different dances she took us on a tour of many tropical islands. My favorite was when she did the poi ball demonstration. Our club members came up and tried their hand at learning how to use the balls. We had the aloha spirit right at PCYC. Graham Wilson continues to be the best DJ in town. His newest lighting effect made the floor look like rippling water. Just in time for our visit to the islands! In June, Linda is planning a Western Round Up party for our pleasure. Get out your Western gear!

Don't be shocked! It's time to plug in your electric boats! Connie Young, our Fleet Captain Electric, has planned our first electric boat event of the year. We will be cruising Mandalay Bay and solving puzzles as we go. We will return to the club for dinner and dancing. Wear your boating attire and join the battery operated fleet for the first event. We will meet on the dock at 4:00 P.M. on June 11th. Captains, make your reservations and fill your boats for this "electrifying" event.

Please mark your calendars for July 16th for our 1st Annual Poker Tournament. Each of you will be receiving a flyer advertising this event in your statement. I urge you to make a reservation to attend as this promises to be a very popular event. This tournament is a fundraiser for our club and we will all benefit by making this a big success! Everyone is invited so ask your friends and associates to come. It just so happens that around the time the event

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By Catherine French

Unbroken stretches of open ocean with distant shores to discover or adventure in a foreign land or just to relax—boaters love to go to sea. Sometimes exploring our own back yard, other times venturing into the unknown thousands of miles away. For centuries, humans have responded to the call of the beckoning sea and we have answered, never to be the same again.

These accounts are from our own PCYC cruisers who have 'answered the call' and their resulting experiences. Alaska to the north and California's Channel Islands to the south seem to be popular destinations. Some have ventured half way around the world, others just off shore. There is nothing on earth like the camaraderie of boaters sharing their stories.

South of the Border to the Great White North

Names: Ron and Carol Peterson (mid 60s) Years Boating: 50

Boat and Model: Kodiak, a 2008 Grand Banks Aleutian 65.



Ron Peterson at the helm on the flybridge.

Most Memorable Cruise – After taking delivery of our new boat in 2008, we left on November 6 and cruised all over Mexico including Manzanillo, Puerto Vallarta, Cabo San Lucas, and La Paz.

Around Christmas we went north, visiting several ports on our way to Newport Beach, CA in April 2009, where we re-provisioned and picked up crew heading for Alaska in May.

I've made this trip six times, but this time was harder.

We encountered winds of 45-kts. with 20-foot seas and blue water over a 30-foot high boat! It took 10 days, to reach the Port of Sidney on Vancouver Island.

In BC we visited Nanaimo, Princess Louisa Inlet, Lund, Campbell River, First Nation Villages, and Prince Rupert then crossed Dixon Entrance to Alaska. We visited Ketchikan, Wrangell, Petersburg, Juneau, Hoonah, Glacier Bay and Cape Spencer. Then south to the Straights of Juan de Fuca to Port Angeles, and arrived home to Channel Islands Harbor on October 3, 2009.

Moment to forget: Meeting crew schedules—everyone has other lives to lead, so the skipper has to balance what is safe weather-wise for the boat and crew vs. meeting schedules, airlines, holidays, etc.

Lessons learned: You can't over plan; and, you need to be flexible with your plan due to weather changes on open ocean crossings. Always know the capabilities of boat and crew! Use a professional weather router when possible, satellite weather and AIS are very important on trips like this, along with normal electronics.

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By John Beck
General Manager

WOW.....The suggestion box was empty this month, could it be the weather?

What started out as a one time event, in preparation for the Commodore's Ball, Jack Schuler and Rose Helms gave several dance lessons to those who felt it would be helpful if they took a "brush up" course before the Ball. As it turned out, everyone had such a great time Jack and Rose have volunteered to have continued dance lessons, under the stars, outside Bill's Bar Friday evenings. It's great fun, very casual, lots of laughs and giggles, free, and starts around 7:15 p.m.

The weather man was smiling on us for our Easter Brunch and Children's Egg Hunt. The sky was clear, the temperature was moderate with only a gentle breeze. The Easter Rabbit was ferried to our dock by Captain Ron Dreher and Natalie Dobkowski aboard Islander. A good time was had by all and a total of 196 people turned out for brunch.

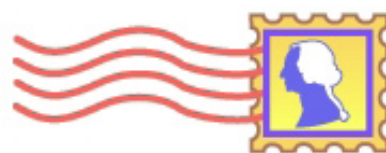
Thought for the day.....

There are dreams of love, life, and adventure in all of us. But we are also sadly filled with reasons why we shouldn't try. These reasons seem to protect us, but in truth they imprison us. They hold life at a distance. Life will be over sooner than we think. If we have bikes to ride and people to love, now is the time.

Elizabeth Kubler-Ross - Psychiatrist and writer.

Best always, John Beck

Letter's From the EDITOR



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



VIEW FROM THE BRIDGE

*View From the Bridge
continued from page 4*

starts the Mako Shark Tournament participants will be arriving at the PCYC dock to get their sharks weighed in. Do you know any card sharks that want to be weighed? The shark tournament will be a fun addition to the evening.

Thank you for supporting the Gear Locker. Audrey Keller and Vikki Diaz, have selected new logo gear that is proving to be very popular. For the gals, there is a lot of glitz and glamour and for the guys some very sharp looking selections that are turning heads. Yes guys, we are watching! There will be a logo party on August 13th, celebrating the club's anniversary, where you are going to get a chance to wear all your logo "stuff" and win prizes in various categories. Be on the lookout for the party details.

The Southern California Yacht Club Association will be hosting a Rear Commodores' Leadership Brunch in June at the Del Rey Yacht Club. It will be a day of fellowship and fun and a great opportunity to network with other Rear Commodores facing the same challenges. It will be great getting to know my fellow Rear Commodores in a more relaxed atmosphere than when we are rushing from one Opening Day to another.

Please read the tri-fold insert in your statements for dates and times of all upcoming events. Also, please continue to go to pcyc.org and click on the photo section to view all the photos taken at our events. You can download photos for your personal use. Thank you for your support!

Come join the fun.



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By
Marsha Landreth

CONGRATULATIONS

Christina Steinorth has signed a five book deal with Hunter House Publishers, Inc. Her first book, *Cue Cards for Life* will be published Spring 2012. She will be going on a 35 city book tour across the United States after her book comes out. Congratulations, Christina!

Jack & Dottie Skidmore welcomed their new granddaughter, Juliet Elise Skidmore, on March 3, 2011. Son, Brian and his wife, Stephanie, are first-time parents. This is Jack & Dottie's fourth grandchild.

S/C Capt. Lee Fleischer and Catherine French recently attended their son Zach's wedding to the lovely Carrie. The couple was married amid 80 close friends and family members at the Temecula Creek Inn and Golf Course on a gloriously sunny day in April.

Lee got to play golf two days in a row with Zach and his best man and ushers before the ceremony took place. "We had so much fun getting to know their friends. What wonderful people Carrie and Zach have in their lives and how beautiful the wedding," said Catherine.

Daughter Rachel was one of the bridesmaids and Lee's mother Dorothy and his sister Gail flew out from Cape Cod for the 4 days in Temecula. Everyone enjoyed the rehearsal dinner at the beautiful property of the new in-laws' house in Fallbrook, the day of preparation for the wedding and Sunday brunch with the new Mr. and Mrs. Zachary Fleischer.

Jacob (Jake) McQuillan, son of member Paul McQuillan graduated from the US Coast Guard Academy on May 18 in New London, CT. He has earned a Bachelor of Science in Naval Architecture and Marine Engineering and a commission as Ensign, USCG.



*Hueneme High School Mock
Trial Students*

KUDOS

Jack Schuler recently participated as one of the readers of the Iliad in a marathon reading of the entire Iliad sponsored by the Homeric Literature Society at the Getty Villa.

S/C Graham & June Wilson hosted the Hueneme High School mock trial team on Bella Vita. One of the students remarked that this was the best school activity of his twelve school years!

GLOBE TROTTING

Ellen Walsh returned home May 3 after taking her father, Mike Palmer, back to Chongqing China, where he was born 80 years ago. He also lived in Shanghai for 5 years, as his father was the head of Standard Oil in the Far East in the 1920s and 30s (where Standard Oil was supplying Kerosene for lamps and heating). Ellen's Mother also spent several early years living in China, as her father also worked for Standard Oil during the 1930s.

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TALL SHIPS RETURN TO CHANNEL ISLANDS HARBOR

OXNARD, Calif.—Tall ships will converge on Channel Islands Harbor Jun. 24-26. A total of six tall ships will weigh anchor at the harbor as part of the American Sail Training Association's Tall Ships Challenge race series. These majestic ships will be open for visitors to explore –Jun. 24-26.



Tall Ships in Channel Islands Harbor

While at the Channel Islands Harbor, people of all ages can climb aboard the decks and relive the ships' colorful history through docent stories. Battle re-enactment sails, a pirate camp, Civil War encampment, tours and educational programs are also part of the festivities. Visitors can also enjoy live entertainment as well as arts & crafts and food and beverage from the many vendors.

Some ships visitors can explore include the Californian, the Official Tall Ship Ambassador for the state of California. Built in 1984, it is a replica of the speedy 1847 Revenue Cutter, the C.W. Lawrence. The ship is 145 feet long, 101 feet tall and with all nine sails flying, carries 7,000 square feet of sail.

The Spirit of Dana Point is a traditionally built replica of a 1770s privateer employed during the American Revolution. The ship is classified as a 118-foot topsail schooner, with a sparred length of 118 feet and 5,000 square feet of sail.

Cash ticket sales will be available at the festival. Credit card purchases will be available online at www.tallshipschannelislands.com and through Ticketmaster. For more information on the Tall Ships Challenge call the Channel Islands Harbor Visitor Information Line at 805-985-4852 or visit their Web site.



The Spirit of Dana Point.

Channel Islands Harbor serves as a center of recreation, boating, shopping and watersports activities. The harbor is home to three yacht clubs and nine full-service marinas that provide berths for 2,150 boats. It also hosts the Ventura County Maritime Museum. Located at Fisherman's Wharf, the museum is a cultural center dedicated to the interpretation of maritime history through interactive exhibits and educational outreach. For more information on the Channel Islands Harbor, visit the Web site at www.channelislandsharbor.org or call 805-985-4852.



BIRTHDAY & ANNIVERSARY



By Linda Allen
Chairperson

PCYC ROUND-UP BIRTHDAY/ANNIVERSARY WEDNESDAY, JUNE 22, 2011

Yee Haw! A good old Western Round-Up. Get out those cowboy hats and western duds and get ready for a root'n toot'n good time.

Begin the evening at 6:00 pm by sidling up to the bar at your favorite PCYC saloon in the main dining room. If you have hankerings for some backwoods country vittles, the PCYC chuck-wagon won't let you down; dinner is at 6:45 pm. (menu to be posted soon). Better get to practic'e'n those Western dance steps, including the two-step and line dancing.

As a security precaution, the Sheriff and his posse will be on hand to keep the gunfights to a minimum.

See you there,
Linda Allen



JUNE ANNIVERSARIES

Raymond & Genevieve Ahlich	Jerry & Pat Baggett	Allen & Edith Ball	Joseph & Teresa Barton
Marshall & Shar Behrman	Thomas & Patricia Carmody	Bill & Patti Chertok	Tim & Mary Cox
John & Donna Gaddis,	Mike & Gina Haase	John & Madeline Hahn	Joseph & Ruthann Jensen
John & Patty Koerner	Albert & Gerri Langley	Normond & Jo Ann Linder	Phil & Donna McGuire
Tom & Ruth Millington	Gerald & Deborah Northcutt	Nancy & Al Osborne	Jerry & Mary Lou Powers
Alec & Gail Pringle	John & Judy Reedy	Bruce & Zona Strathearn	James & Teri Ward
William Weber & Cheryl Casey Ross-Weber			



JUNE BIRTHDAYS

Pat Baggett	Betty Beck	Glenn Beck	Michael Bishop	Steve Booth	Anita Broderick
Patricia Carmody	Thomas Carmody	Juanita Casteel	Patti Chertok	Joseph Cisi	David Connell
Tim Cox	Warren Dern	Cassie Downs	Kenneth Edwards	Abraham Eykjian	John Gaddis
Mike Green	Kathy Henry	Holly Hicks	Debbie Holcombe	Thomas Holden	James Jones
Thomas Kearney	Cynthia Keller	Werner Keller	Gerri Langley	Heidi Lawler,	Harold Lee
Normond Linder	Al Lorenzen	Roxanne Maley	Tom Millington	Stephen Morse	Gerald Northcutt
Jeanette Pensinger	Ron Peterson	Lee Phillips	Brad Plunkett	Larry Puryear	Jack Sandell
Janet Sandell	Maricela Santana	Casey Schneberg	Jack Schuler	Robert Scott	Connie Sedacca
Jan Sosothikul	Bruce Strathearn	Klaus Sunder	Ernie Telford	Barbara Tumbleson	Audrey Voss
James Ward	Laurie Weiss	Michael Weiss	Linda White	June Wilson	

*Get Your Cruise On
continued from page 5*

Cruising the Med - Croatia to the Dalmatian Islands

Names: Jack (54) Schuler with sons Andy (21), and Timothy (11)

Chartered Boat: Beneteau 50, Moorings Bareboat Charter

Most Memorable Cruise: In 2006 a group of sailing friends formed a three-boat flotilla for a bareboat charter setting off from Split, Croatia. After chartering and provisioning boats at the Kremik Marina, we set out for the Dalmatian islands off Croatia's coast and visited Milna, Barac Island, Stari Grad, Hvar Island, the Pakleni Islands off Hvar, Vis Island and got as far as Korcula, the birthplace of Marco Polo before heading back to Kremik.

Highlight of the Cruise: Each island had its own personality, spanning from rustic to urban. We stopped for provisions at one very low-key locale where the store was in an elderly man's garage, and his English was minimal. When the garage door was open, you could shop. Otherwise, you waited. The fresh produce was home grown; he also sold homemade wine, olive oil, bread, and various other delights. And the cheese? Sheep cheese from his own sheep to be exact. He even showed me a picture of them!



Jack Schular at the helm in Croatia

Moment to Forget: Docking in the Mediterranean is typically done by pointing the stern into the quay with a pick up line on the bow. Everyone's boat gets positioned toward a line of bows of other boats, packed tightly like sardines. This was the docking procedure used at Korcula.

At first look, there seemed to be no way we would fit. Then, the local dock master started yelling at us in an incomprehensible language and directing us to stern in to what appeared to be an impossible spot. Just before our stern was impaled by the bow pulpit of another boat, local boys sitting on the boats in front of us started fending off the boats, which would be our neighbors.

Once squeezed in, the locals tie up the dock lines (boaters are not allowed to readjust them). This left our stern three feet off the quay to accommodate the surge, so each boat gets equipped with a six foot long, one-by-twelve plank. One end of the plank is placed on the stern and the other to the quay so you can get on and off your boat by walking the plank!

With the marina full, we were directed to a spot on the outside of the quay which opened to the sea. Before we could place our plank, we were hit by a large surge caused by a boat coming in too fast. The plank from our neighboring boat dropped from his deck to his swim step and then became a battering ram between the side of the quay and his transom. Seeing this, we decided to anchor out and dinghy ashore instead.

Lesson Learned: The skipper is ultimately responsible for the safety of the passengers and boat. Any unsafe directions by others must be declined even if this results in being yelled at in an incomprehensible foreign language.



*Member Focus
continued from page 8*

Since Ellen had heard and read many stories throughout her life about her parents' and grandparents' adventurous years there, she always had a great desire to see the sites of the stories. Her Dad's family was also rescued by the US NAVY Yangtze River Patrol, in the same type of rescue that was shown in the classic Steve McQueen movie, "The Sand Pebbles".

They arrived in Shanghai on Saturday before Easter, and were in China for about 2 weeks. As luck would have it, they were able to meet up with club members Graham and Bella Galliford in Shanghai, and spent Easter Sunday with them, where Bella and Graham were able to give Ellen an insider's quick tour of the city, since they spend so much time there for their business.

Amazingly, Ellen and her Dad were able to find her father's long abandoned and decaying birthplace home (that he left as an infant) isolated atop a 1000' mountain, by having their personal tour guide get assistance from one of the elders still living in town, who remembered "where the Americans lived in the 30s", and they managed to hike up the mountain to see it!

Aside from them catching a "Chinese Flu" bug near the end of the trip, it was a wonderful and memorable trip for both of them.



*Dorris & Rick Riccardone at
Bryce Mountain*

Rick & Dolores Riccardone recently took an 11 day road trip to southern Utah to visit the national parks. They did lots of hiking in Zion, Bryce and Monument Valley with spectacular scenery in the parks and in an out of the way northern route from Bryce to Monument Valley. The weather was great but they ran into all extremes- from 90 degrees in Las Vegas and St George to 15 in Bryce. The trek out of Monument Valley resulted in 100 miles of sandstorm, and they spent time 4-wheeling in the backcountry with former PCYC members Jeff and Mary Quin during an all-day snowstorm while visiting their new vacation home in Sedona, Az.

Tom & Jana Danza visited Disneyland in April with their oldest son Michael, his wife Julie, and their four boys, Grayson, Lincoln, Justice & Archer. "We had so much fun spending a couple of days with the boys....despite the fact that Nana got motion sick from the rides. Such a wimp!"

EIGHT BELLS

On April 9th, Mary Woodcock's ashes were scattered at sea after a brief celebration of her life. Mary was a strong advocate for PCYC and served the club for many years in many ways. A short memorial service was held at the guest dock before her ashes were taken to sea. Special thanks are due to the skippers and their mates for their generous support of this event: S/C Graham and June Wilson (BELLA VITA), S/C Jim and Marge Curley (GAELFORCE), V/C Dan and Kym Citera (LIBERTAD), Bob Fortner and Kathy Raduenz (PIECE OF MINE), and Ron and Gayle Feinstein (DOUBLE EAGLE).



By Jana Danza
Fleet Nurse

Your Moods and Your Health Presented May, 21 by Dr. Sharon Norling

“From basic lab work to sophisticated imaging, today we have a wide range of tests that determine the underlying cause of symptoms or illnesses. The power of these tests in obtaining information and saving lives has encouraged the hope of a “magic bullet”. However, this model has, to a large extent failed to produce the same success with diseases that are multi-factorial and chronic in nature.

If you are suffering from fatigue, insomnia, anxiety, depression, headaches, migraines, brain fog, GERD, irritable bowel symptoms with diarrhea or constipation, joint pain, muscle stiffness or pain, fibromyalgia, sinusitis, allergies, a neurological disorder, high cholesterol, high blood pressure, chemical sensitivities, lack of motivation, or cancer or any other chronic disease, you need specialized testing. Finding the underlying cause of the symptom or illness is the key to relief and better health. Specialized testing finds the underlying cause. Illness starts because of a cause. Illness continues because the cause continues, and illness can only be resolved when the cause is resolved.

Treating the individual based on their individual blood chemistry and genetic profile is crucial to treating chronic illness.

The answers to your health problems can only be found by putting together the pieces of the puzzle. When the deficiencies are resolved, toxins are removed and neurotransmitters, hormones and fatty acids are balanced, you will be on the journey to optimal health. If you don't look, how do you really know what is wrong?

Mood disorders not only affect you but your family, friends and co-workers. Your brain is broken. You know it. You feel it. You live it. If you have a physical disease, it may be obvious. You may not be able to hide it. On the other hand, mental illness, “psychiatric disease”, and memory loss are often suffered silently. With the onslaught of so much stress and so many chemical and other environmental challenges, it is no wonder that our body systems are challenged and our brain function is not what it should be.

You don't need to suffer from anxiety, depression, insomnia, joint pain, carbohydrate cravings, lack of focus or lack of motivation. You don't need to experience the side effects of pharmaceutical mood disorder drugs. Mood disorders are created by, exacerbated by or maintained by a neurotransmitter imbalance. It is important to test the neurotransmitters before treatment. Testing the individual's bio-chemistry provides information for the physician and the patient to customize his or her treatment. Treating the average is overrated. Inflammation is the underlying cause of most chronic diseases. Inflammation is the cause of heart disease, cancer, diabetes, IBS, and pain, to name a few. Inflammation of the brain is

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HAWAIIAN LUAU MAY BIRTHDAY/ ANNIVERSARY!



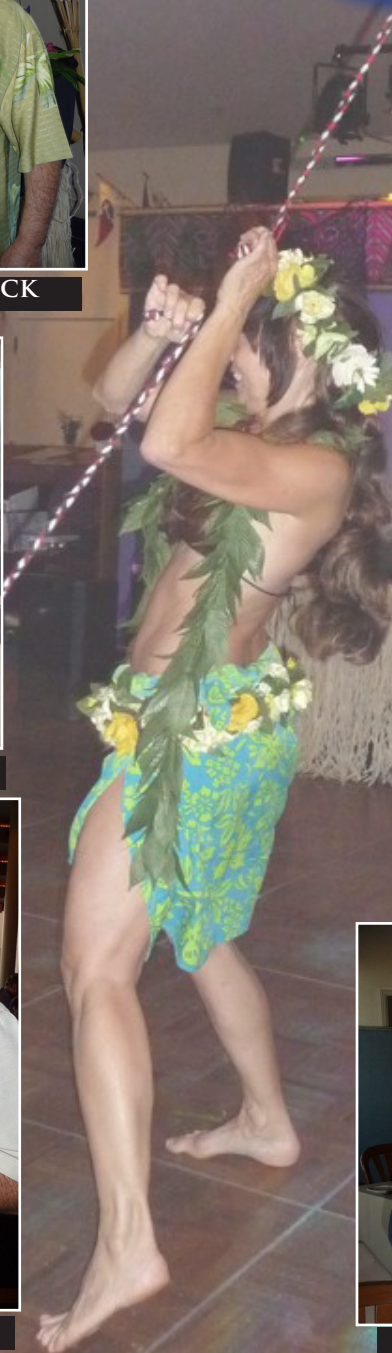
S/C SAM & SUSAN PECK



CINDY & MARK PAP



DORIS & JULES MELILLO



RITA & COMMODORE JIM JONES WITH GRAND DAUGHTER LAWNA



LINDA & TERRY ALLEN



MIKE & ROSEMARY TOBIN



FLEET NURSE REPORT

*Fleet Nurse Report
continued from page 13*

a central theme for almost all psychiatric and neurologic conditions. Gluten, food allergens, infections, toxins, sugar, stress and mold create inflammation. Remove inflammation, heal your body.

“Are the foods you are eating making you sick?” Do you have headaches, sinusitis, nasal stuffiness, heartburn, indigestion, irritable bowel syndrome (IBS), muscle aches and stiffness, joint pain, anxiety, depression, difficulty sleeping, fatigue, skin itching, inability to focus, palpitations, or mental confusion? You may have an IgG hidden food allergy. Unfortunately, over time the food allergies create inflammation from this repeated exposure and we develop multiple chronic symptoms. One blood test can check 90 different foods.

Toxins are found in the air we breathe, the water we drink and the food we eat. Our personal skin care products and environment are loaded with toxins. Toxins not only cause chronic illness but are the cause of most neurological disorders. Testing can determine if you have toxins and if those toxins are stuck to your DNA and shutting down important genes. Be tested, avoid toxins, remove any you may have stuck to your DNA, eat organically, and use the least toxic skin care products!

You deserve to have energy, strength, restful sleep, motivation, joy, laughter, happiness, clear thinking, calm, healthy digestion, balanced hormones and be pain free. Choose to be in optimal health, your life depends on it!”



HAWAIIAN LUAU UPDATE



*By Linda Allen
Chairperson*

Hawaiian Luau a Huge Success!!
May Birthday/Anniversary

Wait until you see the pictures! From the decorations to the food and entertainment the scene was set for a wonderfully fun evening. Members and their guests dined on either pulled-pork, mahi-mahi, or prime rib--some even enjoyed a mai-tai along with their meal.

A true hit of the evening was the talented hula dancer, Sandy Burris. She was adorable and charmed the audience with her dancing and clever way of involving the audience.

Thanks to Graham Wilson for the special lighting and for playing wonderful Hawaiian music during cocktails and dining and fun dance music at the end of the evening (you know--where mostly women are dancing and their spouses are waiting patiently near the exit). Many thanks also to R/C Karen Lorenzen for help with decorating and taking photos.

See you at the Club,
Linda Allen

Electric Boat Event

By Connie Young, Fleet Captain Electric

Cruise Mandalay Electric Boat Event

Saturday, June 11, 2011



Ready for some summer fun? Don't miss out on this year's first electric boat event. YOU DON'T NEED A BOAT TO PARTICIPATE-- just make your reservation and you will be placed on another member's boat. This is a great opportunity for new members to have a good time while getting acquainted.

You will be given instructions for a game on the water. During the game, you will not be stopping at anyone's dock or getting out of your boat; this will be a relaxing voyage. You will be given a map for items to look for while cruising Mandalay. Prizes, surprises, dinner, music and dancing will greet you back at the Club.

Meet on the PCYC Guest Dock at 4:00 PM and Cruise the Channels.

Entertainment: In House Music
Trivia Games

Menu
Cruise Ship Buffet

Bay Shrimp Cocktail
Salad Bar

Pulled Pork Sandwiches with all the Trimmings
Baked Beans
Corn on the Cob

Dessert
Chocolate Mouse Parfaits
No Host Bar

Adults \$ 16.95 ++ Junior Fleet \$ 11.95 ++

Reservations Call 805.985.7292



By Captain Dave

WEATHER

While most everybody I see around the waterfront expresses their dislike for the constant cold winds, they are typical for spring. Even some of the seasoned boaters seem bothered more than usual. Boaters need to be patient and wait for the weather rather than push to boat in heavy weather. If you have to set up days to go because of family plans or you have guests wanting to go boating with you, advise them to plan from August to January to avoid rough seas offshore. This also true for entertaining guests in the beach and harbor areas.

FISHING

Fishing has been slow with few reports from local private boat owners with mostly small craft warnings each weekend. Until the Northwesterly winds subside fishing will remain slow. The party boats running from the local sport fishing landings, have been doing well on the rockfish. These hearty souls are generally fishing on heavy boats and will push into heavy weather to catch fish and stay in business.

What I find interesting is the quality of rockfish being caught in places where the rockfish were fished so much these reefs were like deserts. The efforts to reverse some of the declining reef fish populations has proven positive. There presently is also the inshore reef fish and other shallow water fish species that are on the brink of being at the same level as the deeper reef fish.

I was out recently just 1 mile from Channel Islands Harbor trying to establish the viability of using lobster hoop traps to catch Rock Crabs locally when I noticed the few small rock piles and reefs were being fished with commercial live fish traps. This kind of pressure within 500 feet of shore will not survive. Hopefully regulators will turn their efforts to save what is left and rebuild for the future.

What I did find that crabbing is very positive. We went out at 9am less than a mile from the entrance of Channel Islands Harbor and put down 4 hoop traps baited with sardines. We waited and pulled in 20 minutes later catching 5 crabs. We reset the traps two more times and caught 19 very nice market (2-3 pound) rock crabs. This was enough crab to serve 10 adults crab for dinner. Not bad catch for time spent about 3 hours dock to dock. We set our traps in 25 to 40 feet of water.

Pismo Clamming was better in April than I have seen in 5 years. I went three times and averaged 7 clams per trip. This is another two to three hour beach activity you may want to try with friends and family. If you would like to more about clamming contact me with any questions.

YACHTS

Fuel prices remain in the voice of all boaters. While yacht sales in general have been brisk I believe the long term effects on boating will be severe. While high end boaters can absorb the increase cost of boating the general, boating population will have much less boating and possibly leaving the recreation entirely.

Calm Seas.... Captain Dave



AROUND THE CLUB

Attention All Boaters and Land lovers
From Your Cruise Director: Art Warschaw

Announcing: Viva Lost Vegas
August 6, 2011 Deadline to sign up and make payment is June 15 first come first serve.
Limited space.

Board: 6:15pm Depart: 6:30 pm Return: 9:30pm



Embark on an evening train ride with an excellent dinner, hearty laughs and some less than-serious sleuthing. Enjoy a first class 3 course dinner, served while actors commit mirth and murder. Jump right in and help solve the murder, or simply sit back, be waited on, and entertained on board the only Murder Mystery Dinner Train in Southern California.

An exciting Murder Mystery set in the Vegas days of the infamous Rat Pack. This will give you a chance to meet the Vegas type celebrities we all know and love while trying to determine who is responsible for the murder. Martini's anyone? You must be aware that what happen on the train stays on the train!"

Price \$85 Per Person includes 3 course dinner
All aboard for fun!

.....
Celebrate Father's Day at PCYC
Sunday, June 19, 2011

Club Opens at 8:30 a.m. to 12:30 PM for Breakfast off the menu



SPECIAL JUNIOR FLEET PROGRAM:
Kids take Dad to the Movies
Matinee Showing of "Despicable Me" in Board Room @ 3:00 P.M.
Bring your popcorn and watch the movie together

**AFTER THE MOVIE, LEAVE THE GRILLING TO US, DAD,
AND JOIN US FOR FATHER'S DAY BBQ SERVED FROM 5:30
PM TO 8:00 PM**

Adults \$12.95 ++ Junior Fleet \$8.95 ++ Under Five years of Age \$1.95 ++

Reservations: 805.985.7292

*Please note No Dinner Menu Served in the Main Dining Room



Char & Jerry Virnig



The Music Man S/C Graham Wilson



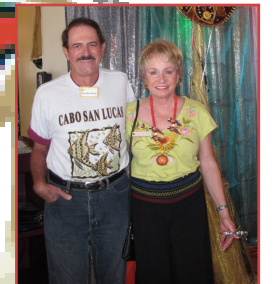
Catherine French & S/C Lee Fleischer



Maricela Santana, Susan Peck, Betsy Jackson, Graham Willson, Elaine Bradish, June Wilson



Maggie & Doug Russell



Dolores & Rick Riccardone



S/C Jim & Marge Curley



Al & R/C Karen Lorenzen

"PCYC Round Up" Birthday & Anniversary

Wednesday, June 22, 2011

Cocktails 6:00 PM
Dinner 6:30 PM

Menu

Appetizers to Start
Chipotle Tostada

Your choice of ONE

- *Baby Back Ribs*
- *Lime Chili Snapper*
- *Prime Rib Au Jus*

Vegetables

Chili Pepper Corn Ragout
Roasted Sweet Potatoes

Dessert

Oaxacan Chocolate Cake

\$23.95 ++ Prime Rib

\$21.95 Adults

\$18.95 ++ Jr. Fleet



JUNE 2011



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OFFICERS OF THE DAY 3th Jules & Doris Melillo 10th. John & Mary Praiswater 17th. Flo Beck & Audrey Ezcurra 24th. Bill & Gudrun Byron			1 CLUB CLOSED	2 WINE WEDNESDAY 6:30 PM MDR PRIVATE PARTY 11:30AM MDR	3 GRAND SLAM TACO KICKOFF ICE BREAKERS 5:30-7:00 PM BILL'S BAR	4 GRAND SLAM
5 GRAND SLAM AWARDS DINNER	6 PCYF LEARN TO SAIL CAMP 9:00AM CLUB CLOSED	7 CLUB CLOSED	8	9 LADIES WHO DO LUNCH 11:00AM MDR	10 ICE BREAKERS 5:30-7:00 PM BILL'S BAR	11 ELECTRIC BOAT CRUISE GUST DOCK 4:00PM
12 OPEN HOUSE 1:00 - 4:00 PM	13 CLUB CLOSED	14 CLUB CLOSED	15 PRIVATE PARTY 6:00 PM CN	16 BOARD MEETING 6:00 PM BR	17 FATHER'S DAY CRUISE	18
19 FD CRUISE	20	21	22 JR. FLEET SWIM @ POOL BIRTHDAY & ANNIVERSARY 6:00PM MDR	23	24 ICE BREAKERS 5:30-7:00 PM BILL'S BAR	25
26 OPEN HOUSE 1:00 - 4:00 PM	27 CLUB CLOSED	28 CLUB CLOSED	29 JR. FLEET SWIM @ POOL	30 JR. FLEET SWIM @ POOL		

MDR = MAIN DINING ROOM BR = SMALL DINING ROOM P = POOL AREA CN = CROW'S NEST PP = PRIVATE PARTY

JULY 2011



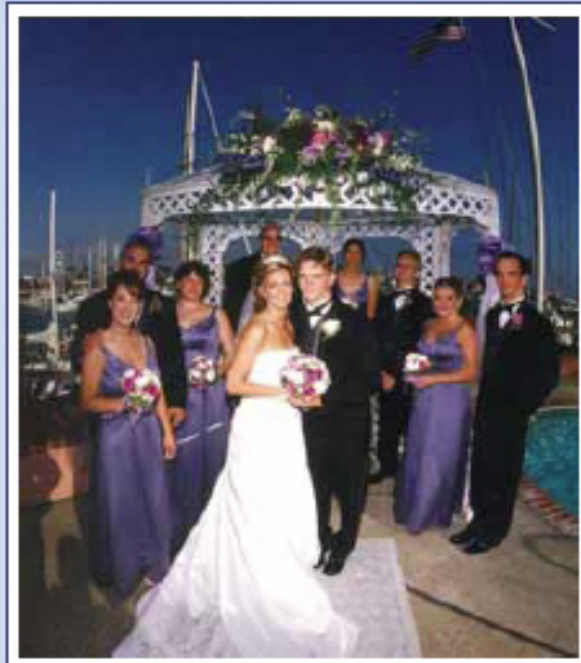
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 KING HARBOR CRUISE	2
					ICE BREAKERS 5:30-7:00 PM BILL'S BAR	
3 KING HARBOR CRUISE	4 CLUB OPEN 4TH OF JULY BBQ	5 CLUB CLOSED	6 CLUB CLOSED	7	8 ICE BREAKERS 5:30-7:00 PM BILL'S BAR	9 SANTA BARBARA POWER SQUAD- RON DINNER WELLNESS SEMINAR 10:00 AM BR
10 OPEN HOUSE 1:00 - 4:00 PM PRIVATE PARTY 2:00 PM	11 CLUB CLOSED	12 CLUB CLOSED	13 JR. FLEET SWIM @ POOL WINE WEDNESDAY 6:30 PM MDR	14 PRIVATE PARTY 5:00 PM BR	15 MAKO SHARK TOURNAMENT	16 GRAND SLAM POKER TOURNAMENT 5:00 PM MDR
17 MAKO TOURN	18 CLUB CLOSED	19 CLUB CLOSED	20	21 BOARD MEETING 6:00 PM BR	22 ICE BREAKERS 5:30-7:00 PM BILL'S BAR	23 PC CUP RACE
24 OPEN HOUSE 1:00 - 4:00 PM	25	26	27	28	29 MCNISH CLASSIC TACO BAR KICK- OFF PARTY 5:30-7:00 PM BILL'S BAR	30
CATALINA CRUISE JULY 22 TO AUG 1						
31 MCNISH CLASSIC BREAKFAST	CLUB CLOSED	CLUB CLOSED	JR. FLEET SWIM @ POOL			MCNISH CLASSIC RACE

MDR = MAIN DINING ROOM BR = SMALL DINING ROOM P = POOL AREA CN = CROW'S NEST PP = PRIVATE PARTY

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Wedding Isle

White Sails and Blue Seas

Our wedding specialists are waiting to assist you in making your arrangements, from the Rehearsal Dinner to a private yacht arrival. The Pacific Corinthian Yacht Club, a private, members-only waterfront venue will welcome you and your guests. Memories begin as you enter the engraved glass doors leading to our Main Dining Room reminiscent of a grand salon aboard a luxury cruise liner. Sunrise or sunset, choose to take your vows inside or choose a private poolside setting. Our Executive Chef, Mixologist and Full-Service Staff will accommodate your every wish! Fresh, local ingredients highlight our gourmet menus for multi-course meals, food stations or a themed buffet, each paired with your choice of beverages. We can design your day from beginning to end and the only surprise will be the affordable price.



Contact:

**John Beck or Reception
to schedule your
consultation.**

9 a.m. until 9:00 p.m.
Wednesday through Sunday

Pacific Corinthian Yacht Club
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(805) 985-7292

General Information available on our
website: www.PCYC.org

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