



Pacific Corinthian Yacht Club

# Periplus

March 2019

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Thank you to the lovely ladies on the Ladies Who Do Lunch Committee for putting together another successful luncheon! (Left to right) LaVella Consiglio, Sheila Consoli, Audrey Keller, Shawna Nelson, Charlene Case, and of course, Michelle Morris-not pictured (Photos courtesy of Bonnie Mercadante)

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

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## Commodore - Jack Skidmore



What do you know about PCYF? Jerry Seinfeld once opened his act with the line “Those aren’t our kids, they’re our replacements.” At PCYC we are in a very fortunate position to make sure our “replacements” on the water continue with safety, joy and fun.

PCYC, early in its foundation, made great efforts to help young sailors and other water fans take advantage of the opportunities that PCYC provides by establishing the nonprofit Pacific Corinthian Youth Foundation (PCYF). Many of us may not be fully aware of how this assists youth to become future sailors and provides many opportunities for our local residents. Just last year PCYF provided scholarships to over 30 youths. This, in part, is through the support and donations of PCYC members and families. I suggest, for those of you who are not familiar with the many attributes and accomplishments of PCYF, that you check their website at [www.pcyfsailing.org](http://www.pcyfsailing.org).

Last month we had several great events at the Club. Congratulations to the lucky winners at our Super Bowl Party. For our wine lovers, the Tapas and Wine Tasting event was a great chance to sample wines and take some bottles home at a discounted price. The choices were many, and the food was spectacular. LWDL had a special Valentines Day luncheon, and our members enjoyed a romantic Valentine’s Day dinner.

We had our first quarterly meeting of the year last month. These meetings allow you to get up-to-date information on Club happenings. Prior to the meeting, we invited the new members of the Club to meet informally with the board over wine and cheese. This is a great way for the newest members to get to meet us and for us to get to know them. Please say hello to the new members and make them welcome to our beautiful facility.

We have many great activities happening in March, so watch for the announcements from your Front Desk. I look forward to seeing you around the Club and always welcome your input.

**PCYC “Thank God It’s Sunday” (TGIS) Races**  
**Winter Series # 2 Sunday, March 3**  
**Winter Series # 3 Sunday, March 24**  
**Skipper Meetings @ 10:00 AM in the Crow’s Nest**  
**Post Race Awards @ 4:00 PM in Bill’s Bar**  
**Questions? Comments? Concerns?**  
**Contact Fleet Captain Sail Joe Vetrano 1(805)256-5828**



# Vice Commodore - John Gaddis



## KEEPING PCYC SHIP-SHAPE

I am proud of the hard work begun by the house committee this year. Many members of the Club have volunteered their time to keep PCYC in Bristol shape. These members include S/C Karen Lorenzen, Mike and Rosemary Tobin, Casey Schneberg, George Milder, Barbara Quigan, Doris Melillo, R/C Mark Case, S/C Graham Wilson, with staff Don Meyers and Rudy Cerna,

Below is a small list of the work the committee has done in just two months:

**Repair of the Guest Entrance** - last year, American Leak Detection found a leak in the equipment room and estimated a repair of one or two leaks. The committee and the PCYC board approved repair of the leaks. Don and Rudy are confident that once the leak is repaired, the door, stucco, and ground drain can be repaired

**Repair of Windows and Canvas for Electric Boat Cutie** - the committee approved the replacement of a missing window, repair and re-stitch of window zippers to allow for full closure. The Committee and Board also approved the replacement waterproof top in PCYC colors.

During the committee's tour of the facility, we noticed the poor condition of the employee's bathroom in the kitchen. The committee directed Rudy to replace the bathroom sink and cabinet, including the repair & painting of the wall. The work has been completed, and Don relayed to me that the employees are very happy.

The committee received an email from Pam in accounting that it is imperative that the Network server be replaced as soon as possible. It could go down at anytime. The committee, with board approval, has been directed that the server and all computer CPU's (monitors as required) be replaced as soon as possible. When the network server and the computers are replaced, the committee will look to update the Club Tech software at that time.

Want to get in on the fun? Come to our next meeting on March 14 at 6:30 p.m.

## Wine Wednesday

Wednesday, March 6th

6:00 PM

Main Dining Room or Bill's Bar

Reservations

805.985.7292

## Rear Commodore - Mark Case



February was a month filled with Club events and social celebrating. There was a fun crowd at the Super Bowl party, and everyone got to enjoy happy hour food and drinks. We also had a very successful Tapas party with great wine tasting from our local wineries. Club Manager Don Meyers has been instrumental in assisting in coordinating these events with us. He and his staff have done an outstanding job. We will be having some similar events coming up this year and hope everyone enjoys them. If you have any suggestions for events for the Social Committee, please contact Charlene Case.

The Ladies Who Do lunch had many baskets donated. Thank you all for your kind donations that made this event a success. Once again, volunteers have done an outstanding job in coordinating the event.



PCYC's Tapas Party (Photos courtesy of Mark Case)

## In General - Don Meyers



Our first Tapas and Wine Tasting event of the year was a huge success with nearly 100 members and guests in attendance. Chef Raphael and his team did an amazing job with the food stations and presentation. I want to thank the Club wine vendors who graciously donated all the wines for the evening. In all 70+ different wines were tasted, and our members were able to purchase the wines at a small mark up from the Club's cost, which many did! I want to give a special thanks to Mark and Charlene Case for all their help planning the event from menu to décor, as well as the entertainment.

We also had another great turnout for Happy Hour on February 9. We were entertained by keyboardist Steve Ormond and vocals by our own Micki Spoon, who did an amazing job.

The Club unveiled a new breakfast menu Sunday, February 10, for which I received lots of positive feedback. We are now moving to the lunch menu and then updating the dinner menu as well. Another special thank you goes out to our F&B Committee, who has been very involved with creating the new menus.

Lastly, as a reminder for the safety of all of our members, the mobile heaters upstairs on the Bill's Bar Patio may not be moved underneath the Crow's Nest Patio ceiling but may be just outside adjacent. We appreciate your cooperation in keeping your Club safe!

## St. Patrick's Day

Saturday, March 16th

6:00 PM - 10:00 PM

PCYC Main Dining Room

Featuring entertainment by  
The Valley Boys (formerly Triad)

Traditional Irish Fare Buffet

Adults \$27.00 ++

Jr. Fleet \$10.95 ++

Reservations 805.985.7292



## March Birthday/Anniversary

# Happy Birthday

- 6** Lisa Ellis
- 7** Shirley Goldman
- 9** Tobi Glaser
- 11** Patty McInnes
- 11** Marianne Dunford
- 12** Mary Baldwin
- 12** Sandy Garone
- 13** Rachel McGrath
- 13** Jennifer Miller

- 14** Betsy Bowers
- 21** Parnian Kummer
- 21** Andrea Ramirez
- 23** Mary Praiswater
- 23** Carol-Ann Coates
- 28** Mady Richards
- 30** Claire Plunkett
- 31** Karla Michaels

# Happy Anniversary

- 2** Bryan & Shawna Nelson
- 5** Ted & Judy Price
- 9** James & Gloria McComb
- 10** Marissa & Shaun Cozzens
- 10** Don & Guanda Dusette
- 10** Jerry & Susan Kaufman
- 12** Bill & Casey Schneberg

- 16** James & Rita Jones
- 19** Mike & Nancy Newton
- 24** Barry Paster & Joji Barris-Paster
- 24** Gene & Tina Rink
- 27** Nick & Sandy Guglielmo
- 27** Werner & Audrey Keller

# Cheers to you

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						2
3	<i>Club Closed</i>	4 <i>Club Closed</i>	5 <i>Yoga 8:30 AM BAR</i> Bridge 3:00 PM CN Ice Breakers 5:30-7:00 PM BAR	6 <i>Book Group 12:00</i> Noon CN PCYF MTG 6:00 PM BR Bridge 7:00 PM CN	7 <i>Yoga 8:30 AM BAR</i> Bridge 3:00 PM CN Ice Breakers 5:30-7:00 PM	8 <i>Yoga 8:30 AM BAR</i> Bridge 3:00 PM CN Ice Breakers 5:30-7:00 PM
Breakfast 8:30 AM -12:30 PM MDR & BAR	TGIS Winter #2 10:00 AM CN & 4:00 PM BAR					9 <i>Wellness Seminar</i> 10:00 AM BAR Open House 1-4:00 PM
Breakfast 8:30 AM AM-12:30 PM MDR & BAR	10 <i>Club Closed</i>	11 <i>Club Closed</i>	12 <i>Yoga 8:30 AM BAR</i> Private Event 10:00 AM CN Bridge 3:00 PM	13 <i>Wigs 9:30 AM CN</i> Bridge 7:00 PM CN Membership MTG 5:00 PM CN House MTG 6:30 PM BR	14 <i>Yoga 8:30 AM BAR</i> Bridge 3:00 PM CN Ice Breakers 5:30-7:00 PM	15 <i>Yoga 8:30 AM BAR</i> Bridge 3:00 PM CN Ice Breakers 5:30-7:00 PM
Breakfast 8:30AM-12:30 PM MDR & BAR	17 <i>Club Closed</i>	18 <i>Club Closed</i>	19 <i>Yoga 8:30 AM BAR</i> Bridge 3:00 PM CN	20 <i>Marina MTG 4:30</i> PM ACCT Board MTG 6:00 PM BR Bridge 7:00 PM CN	21 <i>Yoga 8:30 AM BAR</i> Bridge 3:00 PM CN Ice Breakers 5:30-7:00 PM BAR	22 <i>Yoga 8:30 AM BAR</i> Bridge 3:00 PM CN Ice Breakers 5:30-7:00 PM BAR
Open House 1-4:00 PM	Jr. Fleet Opening Day 1-4:00 PM DOCK					23 <i>St. Patrick's Day</i> Party 6:00 PM MDR
Breakfast 8:30 AM-12:30 PM MDR & BAR	24 <i>Club Closed</i>	25 <i>Club Closed</i>	26 <i>Yoga 8:30 AM BAR</i> Bridge 3:00 PM CN Private Event 5:30 PM MDR Bylaws MTG 5:00 PM BR	27 <i>Private Event 10:00</i> AM CN Private Event 10:00 AM BR Bridge 7:00 PM CN	28 <i>Yoga 8:30 AM BAR</i> Bridge 2:00 PM CN Ice Breakers 5:30-7:00 PM BAR	29 <i>Private Event 5:00</i> PM MDR
TGIS Winter #3 10:00 AM CN & 4:00 PM BAR						30 <i>Private Event 5:00</i> PM MDR
Private Event 12:00 Noon MDR						31 <i>Breakfast</i> 8:30AM -12:30 PM MDR & BAR

# April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Club Closed</b>				
1		<b>Club Closed</b>				
2		<b>Yoga 8:30 AM BAR</b> Bridge 3:00 PM CN Wine Wednesdays 6:00 PM MDR/BAR	<b>Book Group 12:00 PM CN</b> PCYF MTG 6:00 PM BR	<b>Yoga 8:30 AM BAR</b> Bridge 3:00 PM CN Ice Breakers	<b>Yoga 8:30 AM BAR</b> Bridge 3:00 PM CN Ice Breakers	<b>Opening Day Ceremony 4:00 PM</b>
3						
4						
5						
6						
7	PCYC Bristol Boat Parade 9:00 AM Breakfast 8:30 AM-12:30 PM MDR & BAR	<b>Club Closed</b>	<b>Yoga 8:30 AM BAR</b> Bridge 3:00 PM CN Private Event 10:00 AM CN	<b>Wigs 9:30 AM BAR</b> Membership MTG 5:00 PM CN	<b>Yoga 8:30 AM BAR</b> Bridge 3:00 PM CN Ice Breakers	<b>Happy Hour 4-6:00 PM BAR</b>
8		<b>Club Closed</b>		<b>House MTG 6:30 PM BR</b> Bridge 7:00 PM	<b>House MTG 6:30 PM BR</b> Bridge 7:00 PM	<b>Private Event 6:00 PM MDR &amp; BR</b>
9						
10						
11						
12						
13						
14	Breakfast 8:30 AM-12:30 PM MDR & BAR PCYC TGIS #4 10:00 AM CN & 4:00 PM BAR	<b>Club Closed</b>	<b>Yoga 8:30 AM BAR</b> Bridge 3:00 PM CN	<b>Marina MTG 4:30 PM ACCT</b> Board MTG 6:00 PM	<b>Yoga 8:30 AM BAR</b> Bridge 3:00 PM CN Ice Breakers	<b>Yoga 8:30 AM BAR</b> Bridge 3:00 PM CN Ice Breakers
15		<b>Club Closed</b>		<b>Bridge 7:00 PM</b>	<b>Bridge 7:00 PM</b>	<b>5:30-7:00 PM BAR</b>
16						
17						
18						
19						
20						
21	Easter Brunch Time TBA MDR & BR	<b>Club Closed</b>	<b>Yoga 8:30 AM BAR</b> Bridge 3:00 PM CN	<b>Private Event 10:00 AM MDR</b> Bylaws MTG 5:00 PM BR	<b>Private Event 10:00 AM BR</b> Private Event 11:00 AM MDR	<b>Yoga 8:30 AM BAR</b> Bridge 2:00 PM CN
22		<b>Club Closed</b>				<b>Ice Breakers</b>
23						<b>5:30-7:00 PM BAR</b>
24						
25						
26						
27						
28	Breakfast 8:30-12:30 PM BAR Private Event 10:00 AM MDR	<b>Club Closed</b>	<b>Club Closed</b>	<b>Private Event 10:00 AM BR</b> PM MDR	<b>Bridge 7:00 PM CN</b>	<b>Newport to Ensenada Newport to Ensenada</b>
29		<b>Club Closed</b>				
30						

# Membership - Nancy McGinnis & Martha Baskerville



Last summer, the Membership Committee created a list of the characteristics of people it was seeking to become new members of PCYC. The list was given to the marketing firm that is helping us enhance our presence on social media. The list included attributes such as “Positive, Enthusiastic, Sociable, Interested in making new friends, Family friendly, Sense of humor.” It also emphasized, among other things, “Lover of water/all kinds of water activities, Appreciative of diversity, Willing to try new things/adventurous, Of good personal character, Respectful of Other Members, Staff and Property.”



In a few short weeks, PCYC has added new memberships of people who fill that bill! We welcome **LINDA RUDLOFF, DICK** and **EDIE BROWN, DARREL** and **KATE THOMPSON, ISMAEL LOPEZ** and **ANDREA RODRIGUEZ**, and **STEPHANIE** and **BRENDAN JANISSE** as our newest members! We hope you enjoy diving into the many fun activities and events that your Club offers!

On February 15, the Membership Committee hosted its first 2019 Meet & Greet Wine & Cheese Reception for new and newer members. This casual, short and sweet gathering gives them a chance to mingle with committee and board members, and ask questions about their Club. This year was special, not only because of the number of new members, but also because the reception “adjourned” so all attendees could join other members for the Quarterly Meeting at 6:00 in the Main Dining Room. Many stayed for an “off the menu” dinner after the meeting, where lively conversation continued!

If you see PCYC on any social media site, please be sure to “like” or “love” the post, or give it any kind of positive shout-out or comment appropriate to the site! The responses the posts receive have a direct impact, a snowball effect, on the Club’s “presence” in our community! Have a great March and remember to put Opening Day, April 6, on your calendars right now!



New members at the membership committee's Wine and Cheese Welcome Party. (Left to Right) Kathy Laidig, Craig Laidig, Brian Nelson, Shawna Nelson, membership committee member Dina Gaskins, and Linda Rudloff (Photos courtesy of Doris Melillo)

## Fleet Captain - Tom Shideler



Boaters received a special gift this past month. We received multiple distilled fresh water washdowns at no cost! If I had been just a little crazier, I could have been out there in the rain with my boat brush assisting the process. I must admit the rain does a pretty good job by itself.

At this moment, we do not have an organized Club cruise for March, but, depending on the weather and the cooperation from our large, transient ocean friends, I hope an impromptu whale watching cruise is in our near future. Ron Dreher batted 2 for 1 last season, so let's see if he can deliver again.

Please don't hesitate to let us know where you would like to go and when. It does not take an armada to have a great time.

## PCYC Ladies Rule - Pam Miller



The Ladies Who Do Lunch (LWDL) Committee plans five luncheons each year for PCYC female members and their guests. There is usually a theme; sometimes educational and sometimes just plain entertainment. In addition to drawings for gift baskets, there are often silent auction items offered as well. The substantial funds raised at the lunches are utilized to purchase many 'wish list' items for the Club. This "wish list" is generated by the General Manager and the House Committee; the LWDL Committee

gets to choose which 'wish list' item(s) they want to donate to the PCYC.

Guess which items the women have contributed in the past few years:

- Coffee mugs
- Etched-glass front doors
- Pyramid Patio Heaters (4)
- Patio Umbrellas (6)
- Lighting fixtures to flank the front doors
- Patio furniture
- Double metal gate

\$2,500 toward decorative pool tiles

IF YOU GUESSED ALL OF THE ABOVE...YOU WOULD BE RIGHT!

If you want to help plan, decorate, contribute to baskets, or have some suggestions for themes, please contact Charlene Case at [charsa99@msn.com](mailto:charsa99@msn.com) or at 805-824-3780. ***The next luncheon will be held on April 14.***



## Fleet Captain Power - Marc Morris



"Land was created to provide a place for boats to visit." A new season is upon us, and, as your newly minted Captain of the Power Fleet, I urge, invite, and implore you to join in continuing old traditions and creating new ones by making this cruising season a success. As of now, we are cruising to the "far away" port of Ventura as well as contemplating cruises to Santa Barbara and Marina Del Rey. If there is interest, themed cruises, cruises south and/or to the islands are possible. Likewise, seminars discussing topics of interest such as anchoring, mooring, navigating, etc, are being considered. Please contact me with any ideas or thoughts, but most importantly, leave the dock and join us!

## Fleet Captains Fishing - Mike & Gina Haase



Hello anglers!

Well, it's March, and fishing season is beginning. Bottom fishing is officially open. Be sure to check out the new regulations. We now can fish much deeper and in new areas. This should be an awesome fishing year. The Fred Hall show in Long Beach is March 6 through the 10. This is a great place to get some new tackle, great deals and items that are hard to find anywhere else. It's about that time to think about the PCYC Summer Slam.

If you are a new Club member or a member that would like to learn how to fish, we would be happy to have you join our fun tournament this year. The captains' meeting will be Saturday, May 11, at 4:00 pm in the Crow's Nest. The tournament will run from June 1 through September 27.

Gina and I headed south in January looking for some new fishing grounds. What we found is that our area is pretty good! It was pretty bleak down south - just a lot of penguins and seals.



(Left to Right) Penguins the Haase's encountered on their excursion (Photos courtesy of Mike and Gina Haase)

# Why Is Opening Day So Important? - Kathy Smith



For many of you newer PCYC members, our upcoming Opening Day will be your first real exposure to a yachting ceremony. What's it all about? What can we do to participate? What is the appropriate yachting attire? Why is it such a big deal?

PCYC Opening Day presents newer members with an opportunity to really appreciate the satisfaction of belonging to a world class yacht club, and it also reminds our veteran members of the prestige they enjoy by belonging to one of the finest clubs in the yachting community.

In the North Eastern portion of the U.S., Fall and Winter meant that yachting came to a halt as the waters froze. Boats had to be removed from the water, stored and sheltered from the ice and snow. When spring arrived and the ice began to melt, yachtsmen prepared their boats for the new yachting season that started with an Opening Day ceremony. As yacht clubs were established in warmer climates and boating became a year-round activity, the tradition of conducting an Opening Day ceremony in the spring continues.\*

This year, PCYC's Opening Day is Saturday, April 6. Even though we are able to enjoy boating all year, we, as an internationally recognized yacht club, continue the tradition of an Opening Day ceremony.

On Opening Day, PCYC will host bridge officers from most of the yacht clubs in Southern California, as well as VIPs from the government and yachting organizations. It is important that all of us who are members of PCYC understand that our Opening Day is first and foremost for our own members. Come see our display of Bristol Boats and enjoy drinks and snacks aboard prior to the ceremony. The ceremony is short, fun, and designed so that all of us can enjoy our great Club. The dinner and dancing following the ceremony is our party, and the visitors are our guests. All our dinners are hosted by the Club.

## ***Recommended PCYC Traditional Yachting Attire***

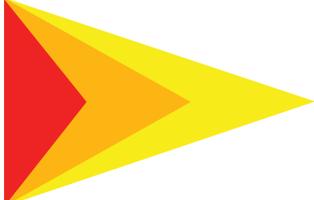
**Winter Attire** is worn from Labor Day until Opening Day and features *grey* pants or skirt with dark shoes.

**Summer Attire** is worn from Opening Day until Labor Day and features *white* pants or skirt with white shoes. Both versions are worn with a single or double-breasted navy blue blazer and a white dress shirt or blouse. On the blazers, the Club Bullion is worn on the left breast pocket, one inch below the top of the pocket (PCYC Bullions are available for purchase at the Front Desk and should be worn by every member). PCYC member badges are worn on the right breast pocket of the blazer in a position horizontal to the top of the pocket on the left. For the men, a navy blue PCYC Club tie is recommended (PCYC Club ties are available for purchase in the Gear Locker).

*Members attending, but not part of the ceremony, may wear any nautical themed attire.*

Remember, our Opening Day is your day to celebrate being a member of a great yacht club. Make your reservations today! If you are interested in participating in the planning or execution of the event, please let the Front Desk know. Commodore Jack Skidmore, the board, and Bridge look forward to seeing all of you at Opening Day!

\*Excerpted from "Yacht Club Traditions" - originally drafted by Jerry Goldberg, Commodore 1997



# Jr. Fleet Opening Day & PCYF Boat Parade - April Williams



Mark your calendars for Sunday, March 17, between 1:00 pm and 4:00 pm. That's right, it's Saint Patrick's Day!

Pacific Corinthian Youth Foundation invites our Junior Fleet to participate in an on-the-water celebration! Bring your family and join us in the first inaugural Junior Fleet Opening Day! We are so excited to pair up with PCYF for this very special event. Since 1992, the PCYF Summer Sailing Program has challenged and enabled campers to reach their individual potential in mind, body, and spirit. Our goal is to give our Junior Fleet who have completed the program an opportunity to demonstrate their abilities as well as inspire our younger future sailors in a fun, safe environment. Reservations are a must so we can pair up our Junior Fleet with PCYF sailors for a boat parade. Or, they can cruise in comfort on Cutie, the Club's electric boat!

Lunch will be served before the parade, and each child will have an opportunity to decorate their very own burgee to proudly display during the event. It will also be our third Sunday of the month's Open House, so please invite your friends and neighbors to make a reservation for a Club tour!

Stay tuned, details to follow!



(Left to Right) Event Co-chairs Michelle Ranae and April Williams (Photo courtesy of April Williams)



(Left to right) PCYF Sailors out and about on their boats in the Channel Islands Harbor during one of the summer sailing camp sessions (Photos courtesy of PCYF)

# Fleet Surgeon - Bill Sutherling



Jana Danza, RN, Fleet Nurse, introduced new member Dr. Paul Bonds, who gave a thorough review of the eye and several excellent take home messages:

**Glaucoma** – open-angle most common - gradual loss of peripheral vision in one eye, leading eventually to tunnel vision. Closed-angle glaucoma - acute, painful, red eye, emergency. Normal intraocular pressure 10-22 (mm Hg). Get checked!

**Eye Drops for Glaucoma** – tilt head back, pull down lower lid, insert drop there, gently shut eye for one minute, open blink few times, close eye, repeat. Keeps drop in eye to absorb. This tip also for Artificial Tears - gel lasts longer. Each type different to match individual ratio of water, mucus, oil.

**Cataract Surgery** – aging hardens, discolors lens. New procedure inserts refractive lens with needed correction for 20/20 instead of Lasic. Cataract risk factors – diabetes, chronic steroids, sunlight.

**Macular Degeneration** – macula center of retina visual acuity. Dry MD most common, gradual. Atrophic loss of blood supply. Wet MD acute. Prevention: sunglasses and anti-oxidant regimen with AREDS vitamins: Vitamin C 500 mg, Vitamin E 400 units, lutein 10 mg, zeaxanthin 2 mg, Zinc oxide 80 mg, Copper oxide 2 mg. Example: Ocuvite Type 2 if you have ever, ever smoked, even a little. Type 1 if you have never, never smoked (with beta carotene). Beta carotene adds 6X more risk of lung cancer in smokers. Treatment: Eye injections with Avastin (VEGF-inhibitor) to prevent new blood vessel formation (angiogenesis). Minimal discomfort. Surgery multi-stage can help vision loss.

**Detached Retina** – new floaters, light flashes, area of loss of vision in one eye (field defect – a normal field defect is restriction of vision beyond the nose in one eye).

**Misc** – high blood pressure causes mini-strokes in eye. Eye surgery for lazy eye.

Remember! You only have two eyes. Wear shades outside.

## Wellness Seminar: Successful Aging & The Brain



Saturday, March 2nd, 2019

@ 10:00 AM in Bill's Bar



Join us for an informative and fun morning wellness seminar with Fleet Surgeon Dr. Bill Sutherling in which you will learn about the brain and memory. You'll also have the chance to test what you've learned with some innovative games and activites!

**Save the date and reserve your spot now:**

1.805.985.7292 or [frontdesk@pcyc.org](mailto:frontdesk@pcyc.org)



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



## PCYC HAPPY HOUR

2ND SATURDAY OF EVERY MONTH  
4:00 PM-6:00 PM IN BILL'S BAR  
JOIN US FOR LIVE ENTERTAINMENT  
FOOD & DRINK SPECIALS



(Left to Right) Steve Ormond and our very own Micki Spoon performing at Happy Hour on February 9th (Photo courtesy of Madi Schmader)