

Pacific Corinthian Yacht Club

Periplus

April 2011 - Vol. XXXVI - Issue 4



OPENING DAY 2011

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



Director
John Gaddis



Director
Ron Dreher



Director
Jerry Virnig



Director
Harvey Paskowitz



Director
Steve Weiss



Fleet Captain
Al Lorenzen



Fleet Nurse
Jana Danza



Port Captain
John Praiswater



Fleet Surgeon
Alice Frausto Kearney



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 • April 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 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.



By Jim Jones
Commodore

Get the most out of your club membership! We appreciate your patronage of our dining and bar facilities but there is so much more to PCYC:

Boating: We are a yacht club and it should come as no surprise that most of our activities revolve around that theme. We have a full boating agenda with sailing races and regattas (including our famous McNish Classic), cruises to local islands and harbors (power and sail welcome) and inter-harbor electric and small boat events such as the Dinghy Dine Around and electric boat harbor cruises. Also on the water will be fishing events including our famous Mako Shark Tournament. We also sponsor boating safety and handling courses.

“We have a full boating agenda with sailing races and regattas”

Our social calendar includes recurring events such as Friday Night Ice Breakers (weekly), Birthday and Anniversaries (monthly), Ladies Who Do Lunch (quarterly) and Wine Wednesdays (monthly). We have major ceremonial events (we love to dress up and fire our canon) such as Change of Watch, Blessing of the Fleet, Bristol Boats, Opening Day, and Commodore’s Ball. Then there are our fabulous parties such as the Tapas Party, Valentine’s Day, St. Patrick’s Day, Independence Day BBQ, Halloween, Thanksgiving, Seder Dinner, Parade of Lights, Holiday Party and New Year’s Eve.

Excursions: We have excursions for club members which this year include a cruise to Mexico and in the past have included trips to plays and museums.

Jr. Fleet: This year we have reinstated the Jr. Fleet program for young people and there are many events planned for this summer. If you have children or grandchildren who live with or visit you, look for the announcements in the Periplus and in flyers sent with your billings that will announce the specific events.

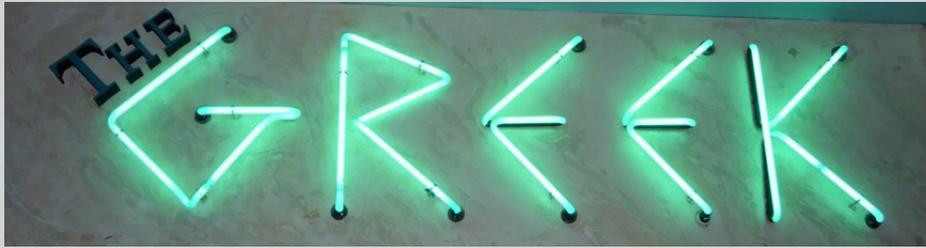
Charity: PCYC supports training in sailing and boating skills for young people through the programs of our affiliates, the Pacific Corinthian Youth Foundation and the Sea Scout “Ship” 9201 program.

The best way to plan to participate in these events and to get details about them is to visit the event calendar on our website or read the Periplus also available on our website. Just click on the event in which you have an interest. If it has a highlight, there will be an attachment explaining the event. Here is a link you can paste into your browser: <http://www.pcy.org/homepage.html>

Don’t have a computer with internet access or never heard of a browser? Not a problem. Just call the front desk at 805-985-7292. Don’t have a phone or inclination to use it? Also, no problem. With your billing each month we publish a tri-fold announcement of coming events. Oh, and if your interest in participation includes volunteering to help with any of our events, please let the front desk know. We do have a lot of fun!



LANDLUBBER'S CRUISE TO THE GREEK



The Fun & Music make the Greek a fun place



V/C Dan Citera & Commodore Jim Jones



*Adrienne Goldbaum & Art
Warschaw*



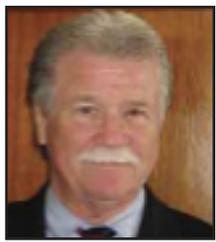
*Helayne Warschaw having fun
with belly dancer*



Jules & Doris Melillo



Ralph & Judi Roussey



By John Beck
General Manager

I know it is no surprise when I say PCYC has received notices from many of our vendors announcing price increases. Additionally I am seeing "add on" charges for delivery/fuel costs. With all the uncertainty in our economy I want to assure you we will continue to purchase only PRIME meat and FRESH fish.

How will the rising cost of food affect you when you come to club for lunch or dinner? Chef Ryan Hunter is shopping around to get the best prices on everything the club purchases, taking advantage of special products as they become available. A concerted effort is being made, in all areas, to assure any increases for food or beverage will be kept as reasonable as possible, without sacrificing quality.

FROM THE SUGGESTION BOX

"Member feedback" is important to me.

There have been 5 suggestions from the suggestion box; all suggestions have been regarding bringing back certain food items that are no longer on our current menus. Chef Ryan and I have been working on new menus. Be sure to look for the article from Ryan where he will cover more of the specifics regarding our new menus and food specials.

I can't over emphasize how important, "Member feedback" is to me. Sometimes I hear a member say, "I don't want to complain", or they will pass on their comments to another

employee, who in some cases, may not bring the matter to my attention until days later. I do not view member input as negative only as positive; we are all members of the same "team," working in harmony, to make PCYC the best it can be. In a continuing endeavor to improve quality and service there is a weekly department head meeting, every Friday at 1600 hours, where all matters of the club are discussed and problems can be resolved promptly. Hence when you are out enjoying your club and you have a suggestion/comment please don't hesitate to call me over to talk about it.

Thought for the day.....Strive for perfection in everything. Take the best that exists and make it better, if it doesn't exist, create it. Accept nothing near right or good enough

HENRY ROYCE (1863-1933)
Cofounder of Rolls-Royce

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YES! Paul is a PCYC Member!



By Jerry Goldberg
Commodore 1997

For many of our newer PCYC Members our upcoming OPENING DAY 2011 will be their first real yachting ceremony. A number of newer members, including my neighbors in Seabridge, have asked me about OPENING DAY. What's it all about? What can we do to participate? What is the appropriate yachting attire? Why is it such a big deal?

OPENING DAY 2011 presents our newer PCYC Members an opportunity to really appreciate the satisfaction of belonging to a world class yacht club. It also reminds our veteran members of the prestige they enjoy by belonging one of the finest clubs in the yachting community.

The first recognized American yacht was Cleopatra's Barge in 1816 and was certainly a yacht. She was an 83 footer, had a 23 foot beam and was used exclusively for pleasure both in the U.S. and Europe. Several yacht clubs were started in the U.S. during the 1820's and 30's but none remained in operation. In the afternoon of July 30th, 1844 nine men gathered in the main cabin of the schooner Gimcrac and formed New York Yacht Club with John C. Stevens as Commodore. The first clubhouse was established at Elysian Field. In 1868 the NYYC had grown to 22 members, moved to Clifton, Staten Island, and also established city quarters on Madison Avenue and 27th Street. In January 1901 the land for a permanent clubhouse on 5th Avenue and 44th Street was donated by

continued on page 19

Opening Day Information

PCYC Yachting Attire:

Men: Traditional navy blue blazer
(single or double-breasted)

devices worn above the left breast pocket

The Club Bullion is worn on the left breast pocket
(Bullion is available for purchase at the Club)

name tags on the right

white dress shirt with navy blue PCYC tie.

Ladies: traditional white blouse
with your navy blazer

traditional white trousers or skirts

Opening Day is a worldwide yachting tradition,
which marks the beginning of the new yachting year.
Bristol boats will be hosting "Welcome Aboard" visits.

Opening Day ceremonies
will follow on the guest dock.

Come and meet fellow Bridge Officers from
Southern California Yacht Clubs
Fun for all, fun all day





By
Marsha Landreth

KUDOS

Marciella Santana was honored by Catholic Charities for her tireless work with Partners in Services. Marciella is a member of Santa Clara Chapel.

GLOBE TROTTING

Last year Rose Helms' Christmas present from Jack Schuler was tango lessons, so this year when Jack learned that V/C Dan and Kym Citera would be traveling to Buenos Aires, the Christmas present choice for Rose became obvious - a trip to Buenos Aires to

put those tango lessons to use. Jack and Rose joined the Citeras in Buenos Aires for sight seeing and tango shoe shopping by day and went to a different milonga to tango into the wee hours every night.



Jack and Rose tango at Club Graciél Milonga.



Jack and Rose join the Citeras for lunch at the San Fernando Yacht Club in Buenos Aires

Marge Curley will soon be spending two weeks in Key West with her twin sister. S/C Jim is staying home to dog-sit.

S/C Lee Fleischer and Catherine French spent a wonderful week on the Sea of Cortez and in Bahia Magdalena on the west coast of Baja California.

The opportunity arose through Lee's connection with Lindblad National Geographic excursions to be on the 152-foot ship Sea Bird and spend time in the deserts of Baja and visiting the gray whales up close and personal. At LAX while waiting for their plane to La Paz, they ran into Dottie and Jack Skidmore who were on their way to Cabo San Lucas, small world indeed!

"In the Gulf of California (or Sea of Cortez) we viewed blue, humpback, fin and gray whales, kayaked and hiked the desert. Lee swam with California sea lions at Isla de Los Islotes and we ate a picnic dinner at a beach offshore of Loreto. In the Bahia Magdalena, we hiked across the sand dune island to the Pacific Ocean and Sand Dollar Beach. Catherine had a close encounter with one of the island's coyotes and got some amazing photos of the old fellow. We toured the bay in 19-foot Zodiacs to commune with gray whale cow calf pairs and got wonderful shots. But the bigger thrill is being close enough to touch them and observe the new born calves and moms touching each other and playing like human moms and babies do. It was a thrill of a life time for us."



Lee and Catherine at Honeymoon Beach for sunset dinner.

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PCYC JUNIOR FLEET



By Doris Melillo
ByLaws Chair

The Jr. Fleet activities program is coming back. The committee members will be offering opportunities for our younger family members to participate in sailing, fishing, and other on the water events, as well as off the water activities. Throughout the rest of the year, watch for the following:

1. Fishing from the dock
 - tie your own hooks
 - make your own pole
2. Boat racing in the pool
 - build your own boat
 - name and decorate with miniature Club burgee
3. Summer swim sessions:
 - 11:00 – 12:00 for children two (2) years and under
 - 12:00 – 3:00 for children over two (2)
 - June – 22, 29
 - July – 4th, 13, 20, 27
 - August – 3, 10, 17
4. Fourth of July parade
 - on Harbor Blvd.
 - decorate a Club float
 - dress in costume
5. Mom/Grandma's High Tea ("dress" for the occasion)
 - little ladies
 - little dumplings, divas
 - princesses, fairies
 - Fancy Nancys, American Girls
6. Dad/Grandpa's Buckaroos ("dress" for the occasion)
 - rugged rangers, super heroes
 - pirates, cowboys
 - athletes, rock stars
7. Movie Nights
 - one per month during the summer
 - bring a sleeping bag and pillow
8. Family Holiday Talent Show
 - singers, dancers, musicians
 - rehearse at home and perform before a live audience

If you are interested, or you have a family member who might be, please let us know.

Contact: Doris Melillo at: alaimodori@yahoo.com.

OPEN HOUSE

You are cordially invited to an open house at 1586 Viewpoint Dr, Westport on Saturday, April 16, 4-7pm.

This is the only custom built home in Westport featuring docking easements of 154 x 72 feet, a 5 bed 5.5 bath apprx. 4000 sq. ft. home, all on a gracious lot of 7692 sq. ft. Boat up or Drive. Refreshments served.

Please RSVP

Janet Caminite
805-896-7767
janet.caminite@sothebyshomes.com

Phil Ranger
805-797-6308
phil.ranger@sothebyshomes.com

For a Virtual Tour click the following link:
<http://www.visualtour.com/show.asp?t=2430295&pri=10003>

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BIRTHDAY & ANNIVERSARY



By Linda Allen
Chairperson

Springtime in Asia
 Birthday/Anniversary Event
 Sunday, April 10, 2011

It's time to celebrate!! In Asian style! Bring out the parasols and Asian style dress/accessories for this special Birthday/Anniversary event. Musical entertainment, surprises and prizes are in store.

You will dine on House-made chicken egg rolls, your choice of Orange Chicken or Mongolian Beef--both served with hot sesame buckwheat noodles and sautéed baby bok choy, and samplings of mochi ice cream. And, of course, there will be tea and SAKE!! Price is 21.95 ++ Adults and 18.95++ Jr. Fleet.

DON'T MISS THE PARTY BECAUSE IT'S NOT YOUR BIRTHDAY OR ANNIVERSARY. ALL MEMBERS ARE INVITED AND COUNTED ON TO MAKE THE BIRTHDAY/ANNIVERSARY PARTIES FUN AND SUCCESSFUL EVENINGS.



APRIL ANNIVERSARIES

James & Martha Baskerville	Alexis & William Browning	Joseph & Martha Cisi
Gary Cole & Kim Dolan-Cole	Thomas & Jana Danza	Peter & Donna Poulson
John & Mary Praiswater	Bruce & Rosemary Rose	Matthew & Christina Steinorth
Robert & Robina Walter		



APRIL BIRTHDAYS

Tammy Alexander	Marshall Behrman	Victor Beverson,	Gene Beville	Nelda Bregante	Gary Brierley,
Bill Chertok	Gary Cole	Judy Davis	Ron Feinstein	Lee Fleischer	Robert Fortner
Bob Frazier	Bella Galliford	Donald Harris	Tom Hawkins	Lance Holt	Don Johnson
Trish Johnson	Bill Kahn	Dee Lakin	Karen Mahr	Bodo Meschkat	Wendy Morrow
Kellie Morse	Harvey Paskowitz	Victoria Pozzi	John Praiswater	Barry Pressman	Barbara Quigan
Greg Real	Francine Reilly	Rosemary Rose	Jack Scapa	Raquel Scher	Jeffrey Speer
P.J. Szewzuk	Steve Testan	Judy Valdesuso	Linda Weisfuss	Dan Wick	Judy Wosicki
Don Yokaitis					

SAFE BOATING EXPO

6th Annual Channel Islands Harbor Safe Boating Expo May 14, 2011 9:00 a.m. to 5:00 p.m.



By Catherine French
Expo Volunteer

Come to the 6th Annual Channel Islands Harbor Safe Boating Expo on Saturday, May 14 from 9:00 AM to 4:00 PM at the Coast Guard station, 4201 S. Victoria Ave., Oxnard. The event is free.

Watch amazing live rescues—water, air, sea and fire—demonstrations. Boaters with fire extinguishers and EPIRBs will receive a free inspection and can have their marine VFH radio with a distress button MMSI registered. Bring your expired flares for free disposal by the Ventura County Bomb Squad.

Last year, the event drew more than 1,000 visitors to Channel Islands Harbor. This year the event will have even more exciting booths and boats to tour including US Coast Guard boats and the Sea Scout Ship 9201 trawler Seal.



Channel Islands Coast Guard in Action.

Local vendors will demonstrate the latest in safety products and there will be a fashion show of the latest types and styles of life jackets for safe boating experiences.

Agencies on hand will include: Ventura County Sheriff's Rescue, Ventura County Fire Dept., Channel Islands Harbor Patrol, Oxnard Fire and Police and, US Coast Guard Helicopter Rescue to demonstrate and to talk to visitors about safety.

"Visitors will love the free boat rides on both the Coast Guard boats, the 41-foot utility boat and the 87-foot cutter Blacktip," said Henry Goldman, PCYC member and member of the US Coast Guard Auxiliary and event chair. Last year over 200 people took boat rides.

"The biggest thrill is always the live helicopter assisted sea rescue demonstration that holds everyone's attention as the "victim" is rescued from the water," stated Goldman.

The annual safe boating expo stresses the wearing of properly fitted life jackets and how this simple piece of gear can save your life. In a 2009 finding, drowning was the reported cause of death in two-thirds of all boating fatalities and, 90% of all drowning victims in recreational boating accidents were not wearing a life jacket.

"Thanks to Cal. State University of Channel Islands and a grant from the Dept. of Boating, free life jackets will be handed to attendees to stress the importance of wearing life jackets. Last year we gave away 90 life jackets worth about \$2,800 retail to reinforce the motto wear it, not stow it," Goldman said.

For information call 800-704-5620 or 805-382-3007 or visit: safeboatingcampaign.net or channelislandsharbor.org.

WINE WEDNESDAY CELEBRATES 2ND ANNIVERSARY!!

by Dottie Skidmore



Dottie Skidmore gives Vikki Diaz a Perfect Attendance Award

March 2011 marked the 2 year anniversary of Wine Wednesday and the recognition of David & Vikki Diaz for “Perfect Attendance” since its inception in March 2009.

For those of you unfamiliar with this PCYC event, the first Wednesday of every month is designated “Wine Wednesday”. At PCYC that means all members are invited to bring a bottle of their favorite wine to share with their tablemates. Order dinner from regular Club menu and let the fun begin. Meet fellow wine-lovers, taste a wide variety of wines, and pay only half price corkage fee. Reservations are a must. Come & join the fun. Next event is April 6 @ 6:30 P.M.

ST. PADDY’S PARTY WRAP UP

By Catherine French, Event Chair



R/C Karen Lorenzen, Diane Landry, and Catherine French celebrate the Irish.

Over 120 members and guests were Irish on Thursday, March 17 and partied hardy in honor of St. Pat. The room was decked out in green and white, with shamrocks and leprechauns everywhere. Thanks to talented member Terry Jones who had made each little person by hand.

Jason Clay provided great entertainment, both live and recorded Irish tunes and members and guests were invited to do a duet with Jason or provide their own live entertainment as well. After dinner, we danced to rock tunes and imbibed in Irish whiskeys.

The corned beef and cabbage was a major hit with several members confessing to taking at least two helpings. The Irish lamb stew was delicious as well. Thanks so much to Chef Ryan Hunter and his staff for wonderful food, and the entire dining room staff for their great service.

Thanks to my partner in crime and co-chair for the event, Dottie Skidmore and to Diane Landry and Rear Commodore Karen Lorenzen for their support with decorating and our own Rudy Cerna for his great help before, after and during the event. And, a special thanks to my partner in life and love, S/C Lee Fleischer for dressing as a leprechaun and taking event photos with S/C Lorenzen.

Erin go braugh!

Member Focus
continued from page 8

EARTHQUAKE NEWS

The candy shelves in Sam's Club are mighty scarce after Judi Roussey bought 90 candy bars to send to her son in Christchurch. Ralph added that John is boiling water that is coming from an artesian well, dug a deep hole behind the house for an outhouse, and borrowed a generator for electricity. John's wife and daughter were working downtown at the time of the quake, somehow they were able to get home; the rest of his daughters and their respective families were also able to get to John's home on the beach. The grocery stores are still empty. Bet those candy bars were appreciated.

EIGHT BELLS

Ronald Daggett, first-born son of PCYC long-time member Marji Miller, passed away suddenly of a massive heart attack on January 25th in Florida.

Born to Marji and Marshall Daggett Dec. 23, 1956 in Delano, California, Ron grew up in Southern California. As an adult he worked with the Miller's in the publication business in Ventura, where he met his wife, Sharon. When Marji hired Sharon, she knew they were meant for each other. In 1990 they were married on the Miller's boat, the Pelagic Pelican, at their grandparents' dock in Mandalay Bay (the same property as the Miller's present home). Later they moved back to Indiana to start their own business, and after closing it, later moved to Florida.

Ron is survived by his wife Sharon, their son Shea, and his son by a former marriage, Christopher, as well as his brothers Dann and Dave Daggett, his mother Marji and step-father Myron Miller. Ron was much too young and full of life to have left it at only 54 years of age. A memorial service was held on Feb. 1st in Florida.

Jerry Gaskins lost his two-year cancer battle on February 1st. A "Celebration of Life" was held at PCYC Saturday Feb. 12th. Jerry is survived by his wife, Dina, of 46 years; his son, Jerry, Jr. (daughter-in-law, Lisa), grandson, Nathan of Camarillo; his daughter, Jana Rowland (son-in-law, Chuck), granddaughter, Tiana, and grandson, Corbin of Oxnard Channel Islands; brother, Jack Gaskins (sister-in-law, Ileana) of Lakeport, Calif.; and nephews, Mark Gaskins of Peoria, Ariz., Scott Gaskins of Basel, Switzerland, Wally Weatherford of Camarillo, James Weatherford of Milton, Wis.; brother-in-law, Tom Weatherford and family of Chula Vista, Calif.

Mary Woodcock passed away unexpectedly the morning of Feb 9th. Mary's remains have been cremated. Her ashes will be scattered at sea following a brief memorial gathering at the PCYC 9:00 on Saturday, April 9th. You will have an opportunity, if you wish, to share a story or anecdote about Mary at this gathering. In addition to her husband and family members, she will be attended by skippers, Don Yokaitis, Jim Curley, Graham Wilson, Dan Citera, Bob Fortner, and any other friends who wish to join in the boat procession to Mary's final resting place at sea. No Host Luncheon will be available in the Club after the return of the boats. PCYC members, who wish to attend, should contact the Front Desk by April 3rd.



LADIES WHO DO LUNCH



Martha Baskerville
Charirperson

Welcome to our Ladies Luncheon on the 14th of April at 11:00 a.m. We are having a beautiful Fashion Show with six lovely models from our own PCYC family.

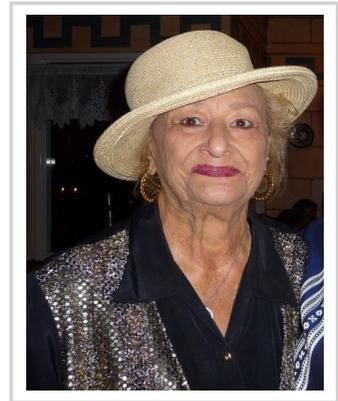
Also, we will have shopping before and after for everyone starting at 11:00 a.m and of course, we will have more of those great opportunity baskets. You know what fun it is to win one of these always-beautiful prizes, and a bargain, too – 7 tickets for \$5. It's also fun to create one of the baskets. If you would like to donate one for the cause, call me or Martha or Brenda.

Don't forget to wear a hat as we are having a hat contest – the most beautiful and the funniest will get a great prize. And, to top it off (so to speak), we are going to have some wonderful entertainment throughout the lunch and fashion show.

The menu is very special, too. See the Ladies Who Do Lunch flier in this issue.

Make your reservations early; invite other members and friends and make a table. Call Brenda at the front desk, 985-7292, to reserve your spot.

I hope you will come. I know you will enjoy it. See you there!
Hugs.... Adrienne



Adrienne Goldbaum

Mother's Day Champagne Brunch

Sunday, May 8, 2011

10:30am to 2:30pm

Bill's Bar Hours

11:30am to 3:30pm

(No regular food service or Bar Menu)

Menu:

Danish, Muffins and Croissants with Fresh Preserves
Bagels, Smoked Salmon, Cream Cheese, Onion, Tomato and Capers

Omelette Station:

Tomato, Onion, Spinach, Mushroom, Cheese, Bacon,
Sausage, Chorizo and Ham

Seafood Station:

Cold Poached Salmon, Shrimp Cocktail, Ceviche, Crab Claws and Oysters
Served with Cocktail Sauce, Drawn Butter and Mignonette



Crepe Station:

Chocolate, Nutella, Toasted Peanuts, Whipped Cream & Berries

Carving Station:

Whole Roast New York with Red Wine Sauce
Roast Pork Loin with Apricot Chutney

Hot Line:

Bacon, Sausage and Ham, Eggs Benedict, Breakfast Potatoes
Chicken with Lemon Caper Sauce, Honey Dijon Salmon

Sweets:

Assorted Pastries,
Decadent Chocolate Fountain

Beverages:

Selection of Chilled Juices, Coffee and Tea



For Reservations

(805) 985-7292



Adults: \$34.95 ++

Junior Fleet: \$ 20.95 ++

PCYF's "A Taste of 007"



Dennis Geisler Ready to Serve



Wine Chair Martha Jean Geisler



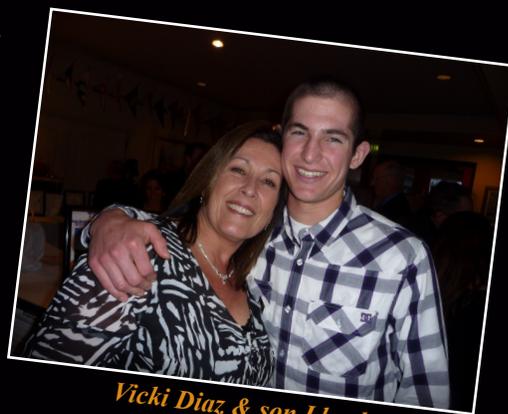
June & Graham Wilson



Sally Brownlow & Daughter April



Cindy & Mark Pap



Vicki Diaz & son Lloyd



Alice & Tom Kearney & Kym Citra



Bond Girls Alexis, Alexa & Kaitlin



Donna Gaddis & Cards

Pacific Corinthian Yacht Club



Cordially Invites You
To Attend
The
Commodore's Ball
Saturday, April 30th, 2011

Honoring
Commodore Jim Jones

Cocktails @ 6:00 P.M.
Dinner Served @ 7:00 P.M.

Appetizers:

Assorted Shellfish
Oysters, Shrimp, Crab, Poached Mussels
Served with Mignonette & Cocktail Sauce

Salad:

Argula with Crispy Prosciutto, Hazelnuts, Dates and
Shaved Parmesan With Balsamic Vinaigrette

Entrees:

Chipotle Marinated Ahi Tuna
Or
Roast Pork with Apricot, Cherry Chutney

Herb Whipped Potatoes
Sautéed Broccolini

Rolls and Butter



Dessert:

Chocolate Crème Brulee with Raspberries
Coffee Service

Champagne Toast

Reservations: 985-7292

\$ 59.00 ++ Per Person

72 Hour Cancellation Policy in Effect
Formal Attire



By Jana Danza
Fleet Nurse

Our very first Wellness Seminar of 2011 was a resounding success! We had forty people attending the class. Dr. Alice and I were blown away by your support and enthusiasm. With her contagious energy and humor, as always Dr. Alice was engaging, thorough, and knowledgeable; yet she kept it simplified for us.

As promised, here is a synopsis of her talk along with a bit more information I researched about the Eat Right 4 Your Blood Type Diet plan and lifestyle. Dr. Peter D'Adamo, a naturopathic physician and researcher states that blood types are the "evolutionary marker" that determines which foods are best for you: foods that heal or prevent disease and keep you healthy. The differences in blood types evolved as mankind migrated throughout the world and began "acclimating to environmental challenges" (Dr. D'Adamo)

Dr. Peter expanded the research begun by his father, Dr. James D'Adamo who wrote the 1980 book, *One Man's Food...is Someone Else's Poison*. This book launched the connection between blood and diet.

The blood type diet supports the theory that there is a tremendous relationship between blood type and diet beyond that you need food to live. Within a blood type is a formidable ingredient: Lectins. A reaction occurs between the blood and lectins in food which clump together when combined in the blood.

We had handouts from Michael Lam, MD, MPH (www.DrLam.com) website. This is part of what he says, "For the most part, your immune system protects you from lectins. (95%). But at least five percent of the lectins you eat are filtered into the bloodstream" causing reaction. Lectins are sugar-binding proteins. According to Wikipedia, "They play a role in biological recognition phenomena involving cells and proteins. For example, some viruses use lectins to attach themselves to the cells of the host organism during infection." So you can see how that five percent may lead to reactions.

Therefore, if the proteins in the food are incompatible with your blood type, this clumping or agglutinating can cause major health problems.

A Short Blood Group History and Info

A study of where the different blood types originated and how they mutated to meet the 'demands' of the new 'home,' revealed that diet plays an important role in how well the blood transports nutrients or poisons throughout the body.

1. Blood Group 0 – the first human blood group and most common – 50% of the population. They were hunters first and gatherers second evolving about 30,000 years ago. They have

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FLEET NURSE REPORT

*Fleet Nurse Report
continued from page 17*

high stomach acid which needs high levels of protein from dense meats (beef & lamb) to neutralize the acid. Due to being predators and very athletic, this group has a lot of muscle and requires strenuous aerobic exercise three to four times a week.

2. Blood Group A – A's don't have the digestive enzymes that O's have to digest dense meats and evolved about 20,000 years ago. Over time, game herds were exhausted and they had to migrate to other areas, from Africa to Europe and Asia. Needing to adapt, they gathered grains, vegetables, and livestock such as turkey. Over time, their O blood group mutated into what is now A and is based on the need to utilize the nutrients from the carbohydrate sources, grains, etc. A vegetarian diet is best for this group. Meditation, Tai Chi and Yoga are great for this group.

3. Blood Group B – a nomadic group, they have a digestive system which can be either alkaline or acidic. They evolved about 10,000 years ago and are about 8% of the population. They adapt well almost anywhere. Chicken should be avoided with this group. There are other foods which have a negative impact also. Exercise that challenges the mind as well as the body is best for Bs: martial arts, tennis, golf, hiking, cycling.

4. Blood Group AB – is a blending of A & B and evolved about 1,000 years ago. This group has been called an enigma and is rare, less than 5% of the population. Depending upon the environment, this blood group responds either as an A or B. They have type A's low stomach acid; yet type B's adaptation to meats. This group does best by eating smaller, frequent meals. For exercise, it's best to use a mix of strenuous exercise and calming ones. Three days of aerobic and two days of Yoga or Tai Chi or similar.

Thanks to all of you who attended and to Dr. Alice Frausto! If you have any questions, I know that Dr. Alice would be happy to answer them. And I'll answer as many as I can before I refer you to her!... Jana

<p>Bristol Boats Dinner Closing Night Friday, April 1st, 2011 at 5:30 pm</p> <p>Buffet Salads: Caesar Salad, Antipasto Salad, Roasted Vegetable Salad</p> <p>Entrees: Fresh Tilapia with Citrus Cream Roast Tri-Tip with Garlic Demi-glace Honey Dijon Chicken</p> <p>Accompaniments: Grilled Vegetables, Chef's Choice of Potatoes</p> <p>Sweets: Assorted Pastries Coffee & Tea Service</p> <p>No Host Bar</p> <p>Adults: \$21.95++ Junior Fleet: \$13.95 ++</p> <p>Bristol Boat Skippers, Spouses, and/or Significant Others receive complimentary dinner</p>	<p>Opening Day <i>"Patriotic Red, White & Blue"</i> Saturday, April 2nd, 2011</p> <p>11:30 Poolside Bar & Bar Menu</p> <p>12:30pm-3:30pm Bristol Boats</p> <p>4:00pm Opening Day Ceremony & Entertainment</p> <p>5:15pm Buffet Dinner</p> <p>Salad: <i>Field Greens with Six Toppings</i></p> <p>Entrees: <i>Chicken Breast with Lemon Caper Sauce PGYC's Yankee Pot Roast Vegetable Lasagna</i></p> <p>Accompaniments: <i>Garlic Parsley Mashed Potatoes Seasonal Fresh Vegetables</i></p> <p>Sweets: <i>Assorted Dessert Bars Coffee & Tea</i></p> <p>Adults: \$16.95++ Junior Fleet: \$11.75++</p>	<p>Opening Day Parade Breakfast Sunday, April 3rd, 2011</p> <p>Two Sided Buffet Brunch 8:30am - 11:30am Parade Starts at 9:00am</p> <p>Pastries, Sweet Butter, & Fruit Preserves</p> <p>Chilled Orange and Cranberry Juices Freshly Brewed Arabica Coffee & Columbian Decaffeinated Coffee Assorted Teas and Milk</p> <p>Sliced Seasonal Fresh Fruits and Melons</p> <p>Smoked Salmon with Shaved Red Onion, Capers, Beefsteak Tomatoes, Cream Cheese and Sliced Bagels</p> <p>Scrambled Eggs, Bacon, Sausage, Ham and Breakfast Potatoes</p> <p>French Toast with Powdered Sugar and Syrup</p> <p>Adults: \$16.95 ++ Junior Fleet \$11.50 ++</p>
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YACHT CLUB TRADITIONS

*Yacht Club Traditions
continued from page 5*

J.P.Morgan. During this period yachting was expanding. The 1881 Lloyd Register listed 21 American yacht clubs.

In the north eastern portion of the U.S. Fall and Winter meant that yachting came to a halt as the waters froze and boats had to be removed from the water and stored and sheltered from the ice and snow. This ended the current yachting year. When Spring arrived and the ice began to melt, yachtsmen refurbished and prepared their boats for the new yachting season. It became a tradition for yacht clubs to celebrate the beginning of the new yachting season with an Opening Day Ceremony. Each yacht club had its own traditions with its own way of celebrating Opening Day. As yacht clubs were established in warmer climates and boating became a year around activity, as in Southern California, the tradition of conducting an Opening Day Ceremony in the Spring continues as a yachting tradition. One of the significant differences between a yacht club and other organizations are the traditional ceremonies such as Opening Day.

This year the PCYC Opening Day is Saturday, April 2nd. Even though we are the lucky ones who are able to enjoy boating all year, we, as an internationally recognized yacht club, continue the tradition of conducting an Opening Day Ceremony.

On Opening Day PCYC will host guest Bridge Officers from most of the yacht clubs in Southern California, as well as VIP's 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. Our ceremony is fun and designed so that all of us can enjoy our great club. The dinner and dance following the ceremony is our party and the visitors are our guests. Mark your calendars now and join the fun. Part of the fun is wearing the traditional yachting attire on Opening Day. For our newer members who may not be familiar with the PCYC yachting attire the following will explain the recommended dress code.

We have two versions of our official Yacht Attire. The Winter version is worn from Labor Day until Opening Day at Marina Del Rey. The Winter version features GREY trousers or skirt and is worn with dark shoes. The Summer version is worn from beginning of Opening Day of the Marina Del Rey Harbor Clubs until Labor Day when we revert to our Winter Greys. The Summer Attire features White trousers or skirts and is worn with white shoes. Some of the Yacht club functions that traditionally require Yacht Club Attire are: Opening Days, certain Club Meetings and functions, Officer of the Day, and specified Club Events.

Traditional Blazer, Single or double breasted blazer in navy blue. On blazers all devices are worn on the left breast pocket with the Club Bullion on the pocket one inch below the top of the pocket. (PCYC bullions are available in the Gear Locker and should be worn by every member.) PCYC name tags are worn on the right hand breast of the blazer in a position horizontal to the top of the pocket on the left breast.

Traditional Shirt A white dress shirt with the navy blue PCYC club tie is worn with the traditional navy blue blazer. Ladies may select traditional white dress blouses to compliment the blazer. Ladies not wearing yacht attire and not participating in the ceremony may wear nautical ladies wear.

Traditional Trousers or Skirts For Opening Day the traditional blazer is worn with white trousers or skirts.

Shoes: White shoes are worn with white trousers or skirts.

Remember, our PCYC Opening Day is your day to celebrate being a member of a great club. Make your reservations today. April 2nd will be here before you know it.

Genie and I look forward to seeing you all at Opening Day..



RAVE REVIEWS FOR OSCAR NIGHT AT PCYC!!!

By Linda Allen, Event Chair

Oscar Night at PCYC was pure Hollywood magic. The red carpet was rolled out for the Oscar nominees and others in attendance. Members dined on a wonderful meal and decadent dessert. The dining room glittered with glamorous gowns, jewels and excitement. Oscar presentations to Birthday and Anniversary celebrants for their contributions to the year's best picture "PCYC Happenings" were interwoven with the evening's entertainment which featured songs from Hollywood movies.



And the Winner is...

The multi-talented Al Langley, host for the evening, charmed the audience with his somewhat irreverent jokes and wonderful medley of songs. An elegantly coiffed S/C Martha Jean Geisler, representative of the accounting firm Price Waterhouse, opened the "hermatically sealed" envelopes, presenting Oscars to:

<u>CATEGORY</u>	<u>WINNER</u>
Best Supporting Actress	June Wilson
Best Supporting Actor	George Jacques
Best Original Score	Marji & Myron Miller
Best Screenplay, "Cruising"	Art & Helayne Warschaw
Best Cinematography	Audrey Keller
Best Actor	Graham Wilson
Best Actress	Kym Citera
Best Producer	S/C Graham Wilson
Honorary Mention	Al Langley
Best Director	Commodore Jim Jones

Dixie Redden wowed the audience with the song Cabaret from the 1972 movie of the same name. Singing sensation Marcela Santana performed Secret Love, from the 1953 movie "Calamity Jane" and teamed up with S/C Graham Wilson to sing Moon River, from "Breakfast at Tiffany's" (1961). Graham sang beautifully (to wife June) Call Me Irresponsible, from "Papa's Delicate Condition" (1963) and The Way You Look Tonight from "Swing Time" (1936). Jack Schuler and Rose Helms complimented Graham's performances with their elegant dance moves. The talented Tom Kearney rocked the house as he played guitar and sang Mustang Sally, from "The Commitments" (1991). Tom's bombshell wife, Alice, did a great job singing chorus and involving the audience.

Kym Citera provided an eye-popping, jaw-dropping performance with her sultry rendition of Sooner or Later from the 1990 movie "Dick Tracy." Despite concerns of her fellow performers, and to the delight of the audience, Kym determinedly began her performance laying on top of the piano.

The audience cheered when surprised by a visit from Marilyn Monroe (portrayed by Doris Melillo). Many thanks to all those mentioned above and to photographer Rear Commodore Karen Lorenzen for helping to make Oscar night a huge success.



APRIL 2011



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
OFFICERS OF THE DAY April 1 Jerry & Charlene Virnig April 8 Harvey & Karen Paskowitz April 15 Jules & Doris Melillo April 22 Steven & Laurie Weiss April 29 Ralph & Judi Roussey						1 CLOSING NIGHT BRISTOL BOATS 5:30 PM ICE BREAKERS 5:30-7:00 PM Bill's Bar	2 OPENING DAY 11:30 AM CEREMONY 4:00PM Dock
3 BREAKFAST BUFFET 8:30 AM BOAT PARADE 9:00 AM	4 CLUB CLOSED	5 CLUB CLOSED	6 WINE WEDNESDAY 6:30 PM MDR	7	8 ICE BREAKERS 5:30-7:00 PM Bill's Bar	9 Memorial for Mary Woodcock 9:00 AM	
10 BIRTHDAY & ANNIVERSARY 5:00PM MDR	11 CLUB CLOSED	12 CLUB CLOSED	13	14 LADIES WHO DO LUNCH 11:00AM MDR PRIVATE PARTY 5:30 PM MDR	15 SBYC @ PCYC ICE BREAKERS 5:30-7:00 PM Bill's Bar	16 PRIVATE PARTY 6:00 PM MDR	
17 SBYC @ PCYC	18 CLUB CLOSED	19 SEDER DINNER 6:30 PM MDR CLUB CLOSED	20	21 BOARD MEETING 6:00 PM BR	22 SANTA BARBARA CRUISE ICE BREAKERS 5:30-7:00 PM Bill's Bar	23	
24 SB CRUISE	25 CLUB CLOSED	26 CLUB CLOSED	27	28	29 ICE BREAKERS 5:30-7:00 PM Bill's Bar	30 COMMODORE'S BALL 6:00 PM MDR	

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



MAY 2011



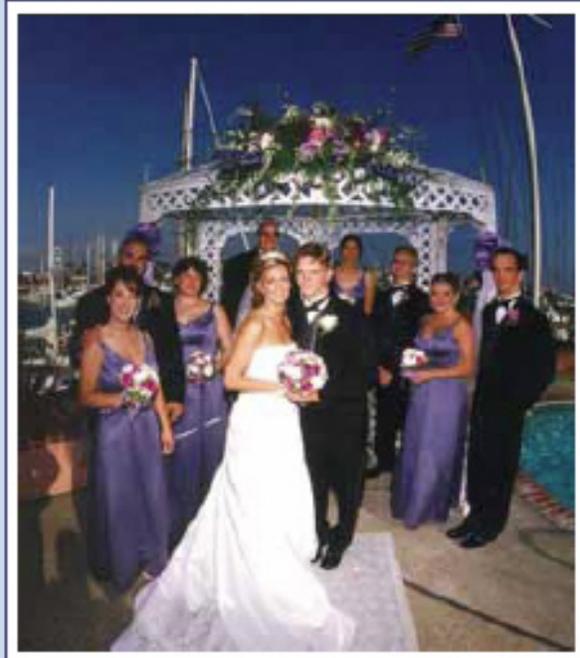
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	CLUB CLOSED	CLUB CLOSED	WINE WEDNESDAY 6:30 PM MDR	CINCO DE MAYO 6:00 PM MDR	ICE BREAKERS 5:30-7:00 PM BILL'S BAR	PACIFIC CORINTHIAN CUP #2
8	9	10	11	12	13	14
MOTHER'S DAY BRUNCH 10:30 AM MDR	CLUB CLOSED	CLUB CLOSED			ICE BREAKERS 5:30-7:00 PM BILL'S BAR	PRIVATE PARTY 11:30 AM CN PRIVATE PARTY 5:30 PM MDR
15	16	17	18	19	20	21
	CLUB CLOSED	CLUB CLOSED			QUARTERLY MEETING 5:00PM MDR ICE BREAKERS 5:30-7:00 PM BILL'S BAR	WELLNESS SEMINAR 10:00 AM BR PRIVATE PARTY 5:30 PM MDR
22	23	24	25	26	27	28
BIRTHDAY & ANNIVERSARY 5:00PM MDR	CLUB CLOSED	CLUB CLOSED		BOARD MEETING 6:00 PM BR	MEMORIAL DAY CRUISE	
29	30	31				
MD CRUISE	MEMORIAL DAY BBQ	CLUB CLOSED				

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

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