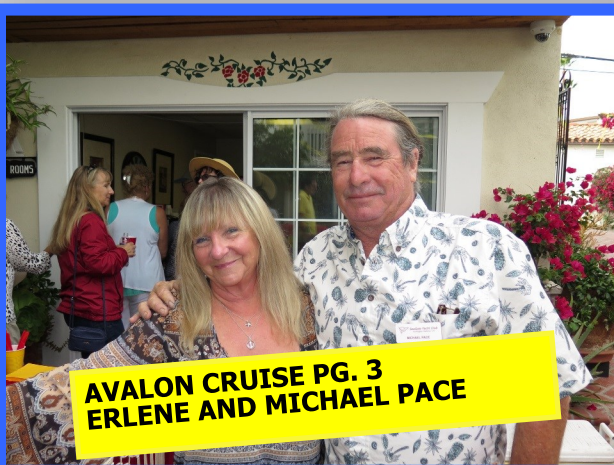




The

B
U
R
G
E
E



**AVALON CRUISE PG. 3
ERLENE AND MICHAEL PACE**



**NIGHT AT THE RACES CO-HOSTS
EUGENE AND LUCILLE MASCOLI**



**NIGHT AT THE RACES PG. 4
AURELIA AND FRANCIS OKINO**

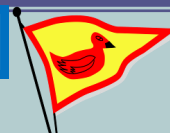


**DUFFY BRUNCH CRUISE PG. 5
JEFF AND BONNIE SPECHT**





KELLY TIDWELL, COMMODORE



Threatening weather and rough seas didn't stop SGYC Members from partying hearty at Avalon this year.

Friday night Pizza and Games in the Hotel Catalina

Courtyard Garden Suites where members posted 1970's pictures that brought back memories of girl's big hair styles and men with hair. Pet Rocks were the highlight event of the competitions. Hosts Vice Commodore Erlene Pace and husband Mike chose a spectacular location for dinner, the historic Catalina

Country Club. Filled with memorabilia of movie stars, wealthy magnates and sports legends. Dinner was outstanding served in the fabulous dining room. Then on to Karaoke at the El Galleon. SGYC has some very talented singers including a Trio of the current Flag Officers, Kelly Tidwell, Erlene Pace and Cindy Allen. Keeping with the 70's theme Dale and Susan Giali brought the house down with their performance of "Summer Nights" from the musical Grease. SGYC's annual Night At The Races, hosted by Aurelia and Francis Okino and Eugene and Lucille Mascoli, brought out the fancy "Kentucky Derby" hats and outfits for both men and women. Betting was hot and heavy and produced a few big winners (not mentioning any names, the IRS knows who they are). The third race was dedicated to SGYC and the winning horse and jockey actually wore our club colors (coincident?). A buffet fit for a king was served on the deck at sunset under perfect skies. Always a favorite SGYC event.

The ever popular SGYC Duffy Brunch Cruise hosted by SC Jeff Specht and beautiful wife Bonnie was an overwhelming success with a record number of members attending. HHYC served an incredible variety of brunch items and endless champagne.



CINDY BROZ ALLEN, VICE COMMODORE



What an honor for SeaGate Yacht Club! Our SGYC 2017 Flag Officers, on board Robin and Jean Clark's boat FIN-TASTIC for Opening Day, were on the cover of the June 2017 Harbour Light Magazine! Thank you to Dorothy and Boris Ralphs and Keith Plucker. And a special Thank you to Marilyn Schwartz who took the "cover worthy" picture!

May and June were busy months for SGYC. For those who attended the Avalon Cruise in May hosted by Rear Commodore Erlene and Michael Pace, it was a memorable 70's Blast from the Past! And we were off to the Races on June 3, hosted by Francis and Aurelia Okino and Eugene and Lucille Mascoli. Junior Staff Commodore Jeff and Bonnie Specht hosted the popular June 11 Duffy Brunch Cruise to HHYC. Also on June 13, Tuesday Cruzin started! And now that it's summer, there are a lot more fun events planned by new event hosts, assisted by the Board and seasoned event hosts. The July 8 Progressive Dinner with a luau theme is hosted by Janet Littlejohn and Ralph Lind, Bob and Barbara Blodgett, Donna Degele, and Sam Juergens and Tom Linden. And the Italian themed Duffy Cruise on August 5 is hosted by Gary and Sharon Young, Staff Commodore Mary Shebell and Merle McCormick, Staff Commodore Josef Davydovits and Martha Baumel. Be sure to support our Club and our new event hosts and sign up early, you don't want to miss out on all the fun!!



ERLENE PACE, REAR COMMODORE



Well I'm writing this on the 1st day of summer & where is this heat wave everyone's talking about? For

sure it is not

at the beaches or on the ocean. Thanks to the members who persevered the weather & made it over to Avalon in May. Friday night was at Hotel Catalina Courtyard Garden, with food provided by Antonio's Pizzeria. The 70's theme

seemed to be a big hit with the "Guess Who Pics", the photos you all submitted were awesome! Everyone really got into the "Pet Rock" contest, wow you guys really know how to ROCK!! We also celebrated 4 birthdays: Kathy Lee, Lolly McHardy, Ray Nagele & Cindy Allen. Saturday evening was at the beautiful Catalina Country Club, catered by the Santa Catalina Island Company. The 70's TV show music trivia was a blast from the past. Lots of great prizes were donated by Avalon businesses & our own Ship's Store. In fact no one left empty-handed. Our special guest that evening was the Avalon Mayor, Ann Marshall & her husband Billy Marshall. See you all at the next event.

AVALON CRUISE

70's Blast from the Past! Was the theme of this year's cruise to Avalon weekend. The trip included 37 members and 7 boats. Games , prizes and fun for all.



GUESS WHO...ANSWERS CAN BE FOUND ON WWW.SGYC.CLUB



NIGHT AT THE RACES

The Night at the Races on June 3 at the Los Alamitos Race Course was a perfect setting for sharing a fun filled evening and delicious food with friends in the SGYC. The night was even more exciting for the winners of the Hat Contest, the 50/50 and the Trivia Quiz!



DUFFY CRUISE TO HHYC BRUNCH

The Duffy Cruise to HHYC for Brunch on June 11 was very lively with 12 Duffy's and around 70 Seagate members. We enjoyed a scrumptious brunch and great conversation. SC Jeff and Bonnie Specht will host this event again Sept. 10





DR. MARK MONROE, STAFF COMMODORE



Q: On a long voyage, sailors used to get scurvy. What is it and what can I do to avoid it? I am planning to sail to Hawaii and if all goes well, then cruise westward around the world.

A: Scurvy is the lack of Vitamin C (Ascorbic Acid) which is found in fresh fruits especially citrus (i.e., oranges, lemons, grapefruits, kiwis, and apples) and vegetables such as tomatoes and potatoes. It is heat sensitive which means cooking it decreases it in foods. Scurvy occurs more often in malnutrition, elderly living alone, mental illness, fad diets (i.e., Atkins diet, canned foods only, etc.), alcoholism, mal-absorption, and kidney dialysis. Although the Egyptians recorded the symptoms as early as 1550 BCE, the British Royal Navy Surgeon, Dr. James Lind in 1753 was the first to recognize that a month of no fresh fruit was associated with the onset of symptoms. He advised issuing lemon juice to the ship crews. Within three weeks of this treatment, the symptoms resolved. The symptoms include: weakness, fatigue, curly hair, sore arms and legs, bleeding inflamed scorbutic gums, tongue, and skin. If untreated, seizures and death can occur thereafter especially in children and the elderly. Vitamin C 500 mg tablets may be purchased cheaply over the counter without a prescription. Maximum daily recommended dosage is 2,000 mg due to increased stomach acidity. Your family physician would be best to advise you about all your cruising needs prior to your embarkation.

2017 MEMBERSHIP MILESTONES 5 to 9 YEARS

Cindy Broz Allen	9	Keith & Cathy Liddle	8	Ken & Sandi Noble	6
Mark & Lina Monroe	9	James & Adrienne DeWolf	8	Ben & Karen Rudolph	6
John & Tricia Pratto	9	Gail Cyprus	8	Gordon Hunt & Barbara Hart	5
Pat Reed	9	Michael & Marguerite McEntee	8	Michael & Lolly McHardy	5
Dick & Linda Scholl	9	Gil & Chris Morris	8	Jim & Jessica Montano	5
Deanna Stingley	9	Bonnie & Jeff Specht	8	Patrick & Marta O'Rourke	5
Elliott & Debra Wainer	9	Richard & Kaye Verry	8	Rick Pope & Laura Roskelly	5
Cheryl & John Arndt	8	Dan & Christine Bates	7	Diane Reeve/Jeffrey Ricketts	5
Kevin & Candace Cloud	8	Guy & Deborah Fairon	7	Larry & Marilyn Schwartz	5
David & Roni Fell	8	Patrick & Cindy Surridge	7	Gary & Sharon Young	5

TUESDAY CRUZIN' HAS BEGUN!

It's not too late to join the fun. Meet fellow members and friends. Tuesday Cruzin' is an informal meeting of SGYC members and friends that is scheduled for the 2nd and 4th Tuesday during June, July, August and September. This is our 12th season. Bring your Duffy or dinghy. Invite friends and neighbors. Or, join other members on their boat. Meet at Pelican Isle (Peter's Landing) at 5:30 pm. They will reserve tables on the patio for us. Come join us. Enjoy Huntington Harbour weather and Watch the sun fade. No RSVP necessary.

If you need a ride, or for info, call: Staff Commodore Mike Courtway @714-745-0011.

Happy Birthday August & September

NAME	DATE	NAME	DATE	NAME	DATE
Becky Mueller	8/6	Diane Rodriguez	8/19	Peggy Allison	9/5
Marta O'Rourke	8/7	Sandra Atherton	8/20	Linda Scholl	9/9
Sandy Rudolph	8/7	Denise Jarvis	8/20	Joe Smith	9/10
Mitch Howard	8/8	Helene Rowlette	8/20	Lari Thomas	9/10
Michael McHardy	8/9	Laura Roskelly	8/21	Craig Koehler	9/12
Kathy Kreil	8/11	Sharon Fuhrman	8/22	Barbara Pazornik	9/14
Candace Cloud	8/13	Brad Goodrich	8/22	Kaye Verry	9/14
Sharon Courtway	8/13	Gary Gochman	8/28	Ray Martin	9/18
Mira D'Angelo	8/13	Guy Mount	8/28	Ronald Ferandelli	9/21
Michael McEntee	8/13	Diane Kaplan	8/30	Sharon Young	9/22
Tiffany Vlasek	8/13	Kelly Tidwell	8/30	Barbara Hart	9/25
Michael Courtway	8/15	Uta DeClerck	8/31	Patricia Kirk	9/26
Jim DeClerck	8/15	Adrienne DeWolfe	8/31	Ron Nelson	9/26
Mark Arizmendi	8/18	Gary Young	9/1	Lynne Wilhelm	9/26
Doug Fuhrman	8/18	Stan Sholar	9/2	Cindy Surridge	9/29
		Christine Bates	9/4		

Happy Anniversary August & September

COUPLE	DATE	COUPLE	DATE	COUPLE	DATE
Brad & Sheri Goodrich	8/8	Alan & Barbara Olschwang	8/22	Patrick & Marta O'Rourke	9/8
Jack & Terry Babbitt	8/12	Dale Giali & Susan Westover	8/23	Jeff & Sharon Smith	9/9
RJ & Terry Parcell	8/14	Michael & Lolly McHardy	8/23	Jim & Bett Walton	9/9
Keith & Cathy Liddle	8/15	Gil & Chris Morris	8/23	Tom & Jean Worden	9/12
Joe & Verna Smith	8/17	Francis & Aurelia Okino	8/26	Roger & Lynne Wilhelm	9/16
Rick & Lari Thomas	8/17	Tom & Jan McKnew	9/2	David & Barb Bobier	9/19
Jeff & Tina Haas	8/19	Ray & Jan Nagele	9/5	Gary & Renell Gochman	9/24

IN MEMORIAM

The SGYC Board wishes to remember two members who have recently passed away, Staff Commodore Les Kelly and member Patrick Smith will be greatly missed and fondly remembered.

SHIP'S STORE—SGYC LOGO CLOTHING

Marilyn Schwartz
miwschwartz@yahoo.com

UPCOMING EVENTS

**TUESDAY CRUZIN'
TO PELICAN ISLE IN PETER'S LANDING
2ND & 4TH TUESDAY JUNE THRU OCTOBER**

PROGRESSIVE DINNER

SATURDAY, JULY 8

DUFFY CRUISE EVENT

SATURDAY, AUGUST 5

HUNTINGTON HARBOUR RAFT-UP

SATURDAY, AUGUST 26

DUFFY CRUISE TO HHYC BRUNCH

SUNDAY, SEPTEMBER 10



2017 CREW



Kelly Tidwell
Cindy Allen
Erlene Pace
Dr. Mark Monroe
Jan Nagele
SC Josef Davydovits
Sharon Courtway
Jim Hagin
Marilyn Schwartz
Bob McCormick
SC Ray Nagele
Pam Jackson
SC Josef Davydovits

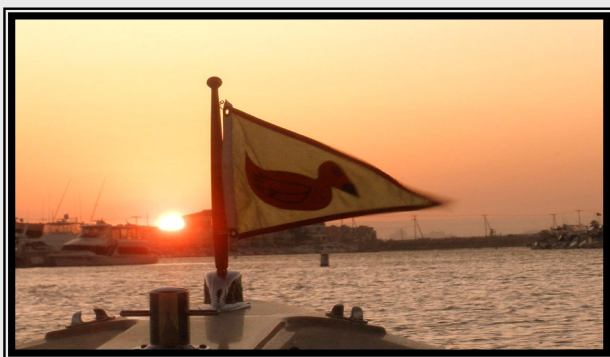
Commodore
Vice Commodore
Rear Commodore
Jr. Staff Commodore
Secretary
Treasurer
Membership
Port Captain
Ships Store
Roster
Webmaster
Communications
Historian

Thanks to all who have contributed to this issue. Special recognition to Cindy Broz Allen.

Visit www.sgyc.club for more.

SeaGate Yacht Club

P.O. Box 1863 Huntington Beach, CA 92649



**A Member
of the
Southern California
Yachting Association**

