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2015 OPENING DAY



GIL MORRIS, COMMODORE



I want to thank all of the captains participating in the Opening Day boat parade and all members who attended the parade, ceremony and dinner for Opening Day. This was a special day for Chris and I. We were honored that we had so many members attend. With Opening Day behind us, and all of us are looking forward for a busy and happy boating season. We all enjoy this place here in Huntington Harbour where we are truly fortunate to live near our "playground." It is a special place to live that comes with lots of benefits for boaters and others alike.

It's great having the support of the Huntington Harbour Coast Guard Auxiliary Flotilla 6-2. They have partnered with SGYC to promote boating safety in our Harbour. Their Mission Statement: Recreational Boating Safety - To improve the knowledge, skills, and operating environment of the recreational boater. -- To assist the US Coast Guard and States in a multitude of operational and administrative activities including many new as well as traditional roles.

I recently read an article that excited me with another solution to the drought in California other than rain. I did some research and read that a \$1 billion desalination plant that will turn seawater to drinking water is on track to open later this year to serve residents of San Diego County. Once running, the plant will be the largest of its kind in the Western Hemisphere. It will lessen the local water authority's dependence on water imported from other regions — but at a starting price that is twice the rate the authority now pays for drinking water. With the Carlsbad project almost complete, Poseidon is already planning to build another desalination plant in Huntington Beach. In fact, a total of 13 to 15 desalination plants have been proposed from Los Angeles to San Francisco, according to Lisa Lien-Mager, communications director for the Association of California Water Agencies.

I look forward to seeing you in Avalon. It is truly a magical place that seems so far away but can be seen easily on a clear day. It's truly one of our "do-not-miss event—May 15-16." Looks like a great start to the summer. Check the Event schedule and join us as often as you can.

Smooth Sailing.



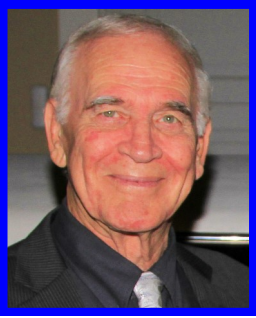
DR. MARK MONROE, VICE COMMODORE



Greetings and gratitude to all the SGYC members and guests who attended the 2015 SGYC Opening Day and Boat Parade on Saturday, April 25th. It is just the beginning of the fun and comradeship that this yacht club has in store for the new boating season. Sign up for all the fun events early as we are a full membership yacht club and you do not want to be inactive. The annual Avalon Cruise is quickly around the corner on the weekend of May 15, 16, 17.

The Annual CPR/AED/First Aid Class will be held on Saturday, June 13th from 8AM to Noon at HHYC next to the fire station at Warner and PCH. The cost is \$25pp to benefit the Huntington Beach Sailing Foundation Junior Summer Sailing Program, a 501C3 and therefore tax deductible. Sign up with me early as I can have only 12 students per instructor.

I hope that you enjoy my monthly Marine Medicine Articles. Please let me know if there are any Marine Medicine Subjects that you may wish me to address in future articles.



KELLY TIDWELL, REAR COMMODORE



Now that our Opening Day festivities are past (and they were fun happenings), it's back to business.

I would like to hear any ideas from ANY and ALL of the SGYC members concerning suggestions about the acoustics in our beautiful clubhouse. As some of you are aware the Home Owners Association has granted the present Officers and Staff of SGYC, permission to research a solution to cure the sound issues in the clubhouse; as Rear Commodore I have been assigned to work on this issue.

I have been speaking with a gentleman from SONY CORP. and he will put together some ideas after visiting the clubhouse which we hope can happen in the next 2 weeks; the cost at present is nothing. I am not promising anything but our only costs, maybe some "labor".

See you next month; A Voice from the Rear, Kelly Tidwell

How to Survive A HEART ATTACK

written by Vice Commodore Dr. Mark Monroe



Q: Would taking a CPR class help?

A: First, call 911 because ambulances get priority treatment and enter the E.R. by the back door without waiting. Heart attacks are the scariest because they are the leading cause of death in the United States. Heart attack, also called a myocardial infarction, is the death of a part of the heart muscle due to a sudden loss of blood supply. Cholesterol can plug up the coronary artery up to 99%, but it is the blood clot that is the final killer when it completely blocks the artery. The blockage deprives the heart muscle from oxygen. It kills the heart muscle. This lack of oxygen produces symptoms such as shortness of breath, mid to left squeezing pressure chest pain, which may radiate up to the neck, jaw, left shoulder, left arm, and/or upper back, heartburn, and sweating. Death of the heart muscle may also cause an electrical arrhythmia, or irregular heart beat. Regular beating of the heart is essential to efficient pumping of the blood. Certain arrhythmias, such as ventricular fibrillation, make the heart only quiver and not pump oxygenated blood to the brain. Permanent brain damage or death can occur, unless oxygen blood flow to the brain is restored within 5 minutes. Early heart attack deaths can be avoided if a bystander starts CPR within 5 minutes of the onset of the heart attack. CPR involves applying continuous external chest compressions to make the heart pump and allows airflow except in drowning or choking victims. When paramedics arrive, medications and/or electrical shock (cardioversion) can be administered to restore normal heart rhythm. An AED (Automated Electrical Defibrillator) automatically analyzes the rhythm and then gives the appropriate electrical shock. Survivability depends on getting the patient to a Chest Pain Center within that first golden hour from the onset of the heart attack symptoms. This allows the physician to possibly save precious heart muscle by either injecting enzymes to eat up the clot or an angiogram to find the obstruction of the coronary artery and open it with angioplasty (dilation by a balloon catheter and/or stent wire mesh tubing placement). Immediate treatment out in the field includes Aspirin as a blood thinner. 150 mg chewable Aspirin can be placed under the tongue or along the gum as soon as the symptoms start (unless the patient is known to be allergic to Aspirin). 81mg of Aspirin should be taken daily as a prevention of the blood clot. If the victim has Nitroglycerin, a blood vessel dilator, with him, it should be taken sublingually immediately to lessen the chest pain and repeat in 5 minutes pending the arrival of the ambulance. Getting annual physicals by your family physician is absolutely the best way to catch heart disease early before it gets to the point of being an emergency.

From the Editors - Bonnie & Jeff Specht

Everyone loves to see their photo in the Burgee. It is highly recommended to SMILE so we can get the best of you. We always need good photos. If you have a special photo taken at an event please email it to us. (xspecht1@gmail.com)



2015 OPENING DAY



Erlene & Mike Pace



Kathleen & Greg Lee



Kim Weddon



Our Commodores



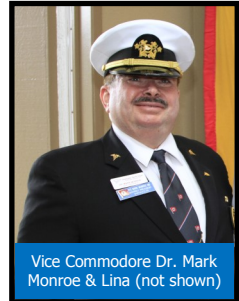
Rear Commodore Kelly Tidwell & Fran Cryus



Jr. Staff Commodore Josef Davydovits & Kim Event Hosts



Commodore Gil Morris & Chris



Vice Commodore Dr. Mark Monroe & Lina (not shown)



What started out as a drizzly grey day ended up as a sunny great beginning to our yachting season! We had 17 boats of assorted sizes, the Harbor Patrol was kind enough to lead our Parade water cannon & all, our officer's boat was Robin & Jean Clark's the "Fintastic". A huge thank you to all our Captains, we appreciate you! Everyone performed the salute as they went by the flag officers. Everyone then made their way to the clubhouse for a drink prior to the opening day ceremonies. We had a new way of starting the ceremony this year and had all the Staff Commodores wait inside and be introduced by couple and come in by year oldest to newest. We also presented a bouquet to our Commodore's wife Chris as a thank you for her care and help during their year. This year we had the U.S. Coast Guard to do our colors, and Staff Commodore Tom McKnew offered our invocation. Thank you to Kelly Tidwell for leading the Star Spangled Banner. We had our wonderful cannon fire this year provided by Mike Pace, one of our newest members. We were honored with the following guests in attendance: Kimberley Harrison Commodore of HHYC; John Schmidt Vice Commodore of HHYC; Hans Witten and Anne, Jr. Staff Commodore ALYC; Steve Sarco, IOBG; Bill Kopenski, Flotilla Commander of the USCG Auxiliary; Sergeant Hollenbeck, Orange County Sheriff (a special plaque was presented to SGYC celebrating their 40th year presence in the Harbour).



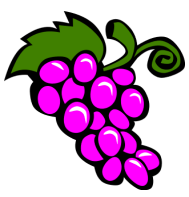
As tradition dictates Mark Monroe inducted Josef Davydovits as the newest member of IOBG. Gil Morris honored our newest members with their burgees: Michael & Erlene Pace, Kim Weddon & Greg & Kathleen Lee.



We would like to thank our hosts Jr. Staff Commodore Josef & Kim Davydovits for all of their help with the planning of the boat parade, organizing rides, ceremony, & dinner. Thank you to the Allen's for making sure all boats were stocked as well as the bar! A BIG thank you to the Knupps for hanging the flags & Les Kelly and Cindy Allen for all the wonderful pictures. Thank you to Ray Nagele for leading us in the pledge of allegiance & posting all pictures on the web. A special thank you to all on the board who helped set up/clean up we could not do it without you!... And now the official 2015 boating season is open. Looking forward to seeing you all on the water...!







TOGA PARTY



Shelia Osborn & Diane Reeve
Hosts



Linda & Jim Shinn - New Members



Bob & Shelia Osborn - Hosts

The Tides of March Toga Dock Party was held on the Windspun Docks on March 15, 2015. In keeping with the date "Beware! The Ides Of March," the dock was decorated with columns (Piers) of sheer fabric wrapped with Ivy to look like we were back in the days of Roman and Greek Gods and Goddesses and most of our 69 members came dressed in their finest! A costume contest awarded Robert Sanabria and Lucy Maks, Dick Tye and Sheri Goodrich as best dressed! A group of 10 came as the Sheets all with a different name such as Holy Sheet, Bull Sheet, Chicken Sheet, Jack Sheet! You get the very creative theme! Couples came through the Grande Entry and posed for the camera in the marbled column photo booth!

Delicious Greek and Mediterranean food was catered by The Golden Olive and shared dishes were brought by all the guests. Cleopatra's Cosmos, Neptune's Nectar and Orange Julius Caesar flowed and kept everyone hydrated and cooled on the hot summer like 90 degree afternoon!

Roman Greco Trivia games had everyone pulling their Mythology knowledge out of their memory banks!

Fun, friendship and frivolity was had by all! After all who doesn't have a fun time dressing up in bed sheets?

Festivities & Good Cheer Were Enjoyed By All



Jones	Ron	5/3	Allen	Cindy	5/25	Haas	Fina	6/7
Lee	Kathy	5/5	Webster	Linda	5/25	McKnew	Tom	6/8
Chapin	Bill	5/10	Smith	Jeff	5/30	Pace	Erlene	6/8
Herbold	Lesley	5/11	Osborn	Sheila	5/31	Ward	Barbara	6/8
McHardy	Lolly	5/13	Woods	James	5/31	Duydovits	Josef	6/10
Cloud	Kevin	5/14	Monroe	Mark	6/1	Parada	Helena	6/12
Nagele	Ray	5/18	Huffman	Dennis	6/3	Lipman	Marty	6/13
O'Brien	Tim	5/19	Rolle	Gene	6/3	Fetterman	Allie	6/19
Pratto	John	5/19	Stelle	Carole	6/3	Salcido	Michelle	6/23
Stingley	Deanna	5/23	Jagner	Ronald	6/5	Jenkes	Vaughn	6/27
Cyprus	Gail	5/24	Worden	Tom	6/5	Ward	Tom	6/29

Dick & Linda Scholl	5/4	Bonnie & Jeff Specht	6/1
Ray & Ellen Martin	5/11	Rho & Ping Chao	6/6
David & Bea' Swanson	5/13	James & Linda Shinn	6/6
Gary & Michelle Bartlett	5/17	Mark & Lina Monroe	6/11
Erlene and Michael Page	5/23	Tom & Barbara Ward	6/14
Richard & Kaye Verry	5/24	James & Adrienne DeWolfe	6/15
Vance & Tiffany Vlasek	5/24	Eugene & Lucille Mascoti	6/15
Pat & Vaughn Jenkes	5/28	Jerry & Linda Cassidy	6/17
Cheryl & John Arndt	5/29	Bob and Linda Axel	6/20
Guy & Deborah Fairon	5/29	Dwayne & Mary Lund	6/24
David & Roni Fell	5/29	Happy Anniversary	

New Members Brent Friedland & Linda Webster - written by Mike Courtway

I met Linda Webster and Brent Friedland on their beautiful yacht, "In Command". It is a 1947 aft-cabin Chris Craft Commander with a fly bridge. Linda recently finished a cancer fighting chemo therapy session and lost her hair as a result of it. It is still short, but growing back.

Linda was born and raised in Salisbury, England, outside of London. She moved to the states in 2001. She owns a Jazzercise studio in Culver City, where she teaches aerobics.

Brent is a native southern Californian. He grew up in Los Angeles and Long Beach. He is a certified real estate appraiser and he is also a licensed real estate agent with Costal Alliance in Long Beach. He has two sisters in the SoCal area. Linda has one sister in England. Linda and Brent met online over 4 years ago.

They discovered they were living just blocks from each other in Marina del Rey. Their boat is distinctive and has been a work in progress. Brent found it in 2011 on Lake Tahoma in Texas. At one time, it had been owned by Ross Perot, a Texas millionaire who once ran for president. To have it shipped to California, the upper portion had to be disassembled. It took two large trucks to get it out here, and then it had to be re-assembled. It was a long process and the boat is finally nearing completion. It reflects it's original white hull with a yellow accent stripe. Linda and Brent are looking forward to becoming more involved with SGYC.

Please help welcome them to SGYC.



Tuesday Cruzin'

was designed in 2006 for busy members of SeaGate Yacht Club! It's an informal yachting event during our warm summer months and it's an excuse to get out on the water. It allows our members to get caught up with their friends and share their experiences. It's also a good time to plan their next adventure, boating event or SGYC event. Members are encouraged to bring neighbors and friends. Tuesday Cruzin' takes place on the 2nd and 4th Tuesday during the months of June, July,



August and September. We meet at Pelican Isle around 6 p.m. and the outdoor seating area is usually reserved for us. Dock space is limited and members fill up their Duffys and small boats with friends. Occasionally, schedule permitting, members have driven, walked and biked to this event.

June is just around the corner. So, mark your calendar and try to attend this event. NO RSVP's are required. See you there!

**SHIPS STORE
SGYC LOGO CLOTHING
DEBORAH FAIRON
949-287-4353**

UPCOMING EVENTS

**Avalon Cruise
May 15 - 17**

**Night at the Races
Saturday, June 6**

**Commodore's Cruise
June 12 - 15**

**Duffy Cruise to HHYC Brunch
Sunday, June 14**



2015 CREW



**Gil Morris
Dr. Mark Monroe
Kelly Tidwell
Josef Davydovits
Cindy Allen
Jackie Sands
Aurelia Okino
Rob Allen
Deborah Fairon
Bob McCormick
Ray Nagele
Bonnie & Jeff Specht**

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

Many thanks to those of you who contribute to the Burgee and to Mike Courtway for the biographies. Special recognition to Secretary Cindy Allen, Staff Commodore Les Kelly & all that contribute photography. Their photographs bring our website and Burgee to life!

SeaGate Yacht Club

P.O. Box 1863 Huntington Beach, CA 92649



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

