

**SeaGate**

**Yacht Club**

The  
BURGEE

**WEBMASTER**

WELCOME OUR NEW SGYC MEMBER  
AND NEWEST SGYC WEBMASTER  
AUSTIN DIX



IN THIS SGYC FIRST EVER EMAIL BURGEE  
WELCOME MORE OF OUR NEW SGYC  
MEMBERS AND ENJOY THE FUN  
"SHELTER IN PLACE" COLLAGES  
BY AURELIA OKINO

July 2020  
Published  
Bi-Monthly

# WELCOME OUR NEW SGYC MEMBERS



**LINDA AND LYLE THEILE**



**MARK & MELISSA JONES**



**MONA MARCOS & RICHARD BIGUM**

# WELCOME OUR NEW SGYC MEMBERS



**NANETTE AND RICK ZUMWALT**



**CLAUDIA HERRERA**



**RICHARD BOATRIGHT & TANYA SCHEER**



## ***FRANCIS OKINO, COMMODORE***



We want to thank Staff Commodore Ray Nagele for his time as the SGYC Webmaster. Ray has been a diligent Webmaster and even continued to work at it while we searched for a replacement. We want to thank Ray for going above and beyond to continue until Austin Dix can comfortably take over.

Needless to say, the restrictions imposed to prevent the spread of Covid-19, have so far negatively affected all the Seagate Yacht Club events scheduled to date. The Duffy Cruise Brunch at HHYC scheduled for July 12 and the Fishing Tournament and Fish Fry scheduled for July 25 have also been cancelled. We are hoping that the Opening Day, rescheduled for August 15 will occur as planned, though the HOA is not allowing any indoor crowd events at the club house now, until further notice. However, we are excited to announce the one event that will happen. The Progressive Dinner, which will now be replaced by Seagate Yacht Club Labor Day Festival, will be held on September 5, 2020. The event will be held outside at the Windspun Playground in the Seagate Community. We will have the appetizers, main course and dessert served from food service trucks. Yes, there will be music too by a DJ. The event hosts have worked very hard to put on this event and we have already obtained approval from the Seagate HOA. Details of the event will be available later. We still hope that the events scheduled for later during the year will go on as planned. Stay tuned!



## ***DONNA WELLS, VICE COMMODORE***



Today I am writing to you as a person who influences the lives of others. I spend my days training leasing teams. One of my classes is based on vocal tones, body language and how your voice will influence others. I remind my teams what we say is vitally important. How we say it, is unquestionably the most important component within the conversation. Soothing vocal tones send a comforting message. As I remind my teams regularly, your voice could be the first voice someone hears today. Isolation day after day becomes intolerable. Everyone longs for a friendly hello or a warm smile. You need to take the initiative and say hello when passing a friend or a stranger. You could be making someone's day and who doesn't love a warm hello?



**DR. MARK MONROE, M.D.  
FLEET SURGEON**



### **UPDATE ON COVID-19 July 2020**

About one third of my patients that come to see me have been complaining of the chronic anxiety associated with this COVID-19 Pandemic. Some have developed tension headaches, stress stomachs, weight gain, and even nervous rashes. Some female patients have also complained of painful irregular menstrual periods.

To explain all the above, let's look at the biological stress response system: HPA (Hypothalamus Pituitary Adrenal) axis. It activates the "fight or flight response" in order to survive in acute stress situations. When it is activated chronically for months, it can cause deleterious effects and symptoms as above. Normally, the brain senses a threat and sends an electrical message to the hypothalamus which sends it to the pituitary gland at the base of the brain. This gland sends a chemical messenger called ACTH (AdrenoCorticoTropic Hormone) to the adrenal glands located on top of the kidneys to secrete hormones: Cortisol and Adrenalin. Chronic stress sends this into overdrive for a prolonged period of time. Cortisol raises sugar levels and Adrenalin raises heart rate and sends more oxygen to muscles to fight or flight. Cortisol is also anti-inflammatory and interacts with the body's immune system. Prolonged release of Cortisol can lead to Insulin resistance causing high sugar levels such as in Type 2 Diabetes Mellitus and weight gain especially with sedentary lifestyle as in the current COVID-19 Pandemic. Cortisol receptors in the skin also become resistant to its anti-inflammatory effects and may inflame the skin, stomach, and arteries, leading to itchy rashes, stress gastritis, painful irregular menses, and tension/vascular/migraine headaches. Stress and adrenalin also cause insomnia which disrupts the internal clock called Circadian Rhythm similar to Jet Lag. Lack of REM (Rapid Eye Movement, the most detoxifying period of sleep) leads to daytime fatigue, daytime hunger, sedentary lifestyle, and feelings of depression and loneliness especially in social isolation.

Moderate amount of exercise, such as walking around the block daily for 30 minutes, stop watching the news on TV or your cell phone, talking to friends and family, even virtual visits can all help to reduce your stress level.

There are numerous sources available to those who need help in these stressful times. Many physicians and therapist provide telemedicine to help you cope. You can also contact [www.betterhelp.com](http://www.betterhelp.com) for additional counseling.

Your family doctor would be the best person to advise you if you need any additional information to survive these challenging times.

# ***SHELTER IN PLACE***



**2020  
SEAGATE  
YACHT CLUB**



**OFFICERS  
AND  
APPOINTED BOARD**

**Still operating during Social Distancing Order**



**JACKIE**



**BOB**



**PAM**



**CRAIG**



**JOHN AND MARGARET**



**LAURA AND GINGER**



**RAY**



**SUSAN**



**DALE**



**DR. MONROE**

# ***SHELTER IN PLACE***



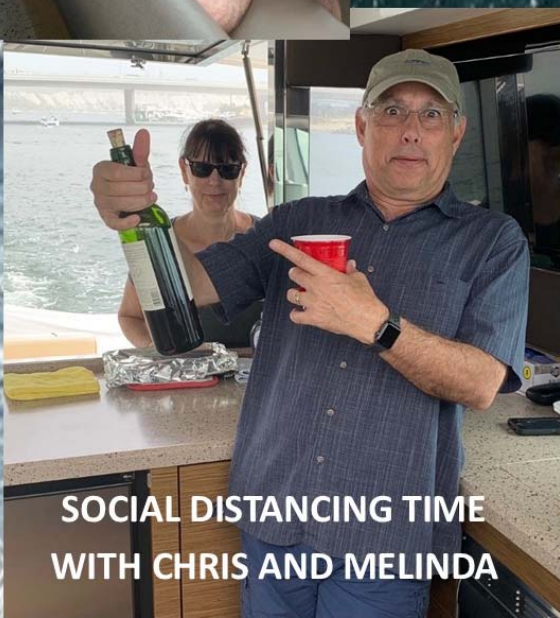
**Ralph and Robert braving long lines at Costco to buy TP for friends!!**



# ***SHELTER IN PLACE***



NANCY AND DEAN AT SEA WITH  
BEST FRIENDS CHRIS, MELINDA, AND BRIAN



SOCIAL DISTANCING TIME  
WITH CHRIS AND MELINDA





# ***SHELTER IN PLACE***

Staff Commadore Tom and Jan McKnew



# ***SHELTER IN PLACE***



GINGER, STEVE, LAURA, RICK, SOCIAL DISTANCE DINNER TIME

# ***SHELTER IN PLACE***

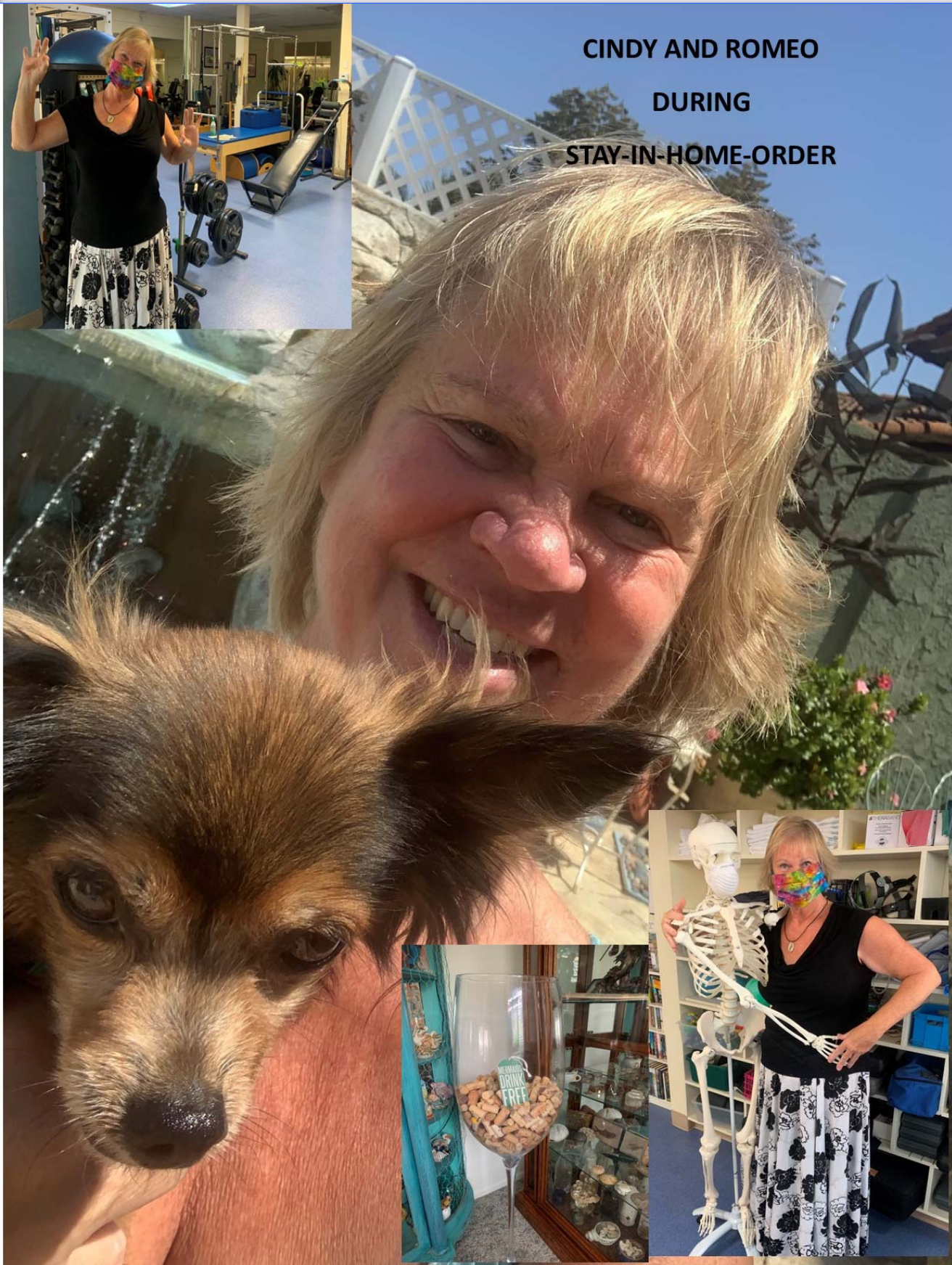


RAY AND JAN



# ***SHELTER IN PLACE***

**CINDY AND ROMEO  
DURING  
STAY-IN-HOME-ORDER**



# ***SHELTER IN PLACE***



**CLIFF & SANDY MEIER DURING STAY-IN-HOME- ORDER**



## *Happy Birthday August & September*

|                         |             |                         |             |                          |             |
|-------------------------|-------------|-------------------------|-------------|--------------------------|-------------|
| <b>Becky Mueller</b>    | <b>8/6</b>  | <b>Mark Arizmendi</b>   | <b>8/18</b> | <b>Criag Koehler</b>     | <b>9/12</b> |
| <b>Marta O'Rourke</b>   | <b>8/7</b>  | <b>Helene Rowlette</b>  | <b>8/20</b> | <b>Barbara Pazornik</b>  | <b>9/14</b> |
| <b>Michael McHardy</b>  | <b>8/9</b>  | <b>Laura Roskelly</b>   | <b>8/21</b> | <b>Karen Dafesh</b>      | <b>9/14</b> |
| <b>Ronald Schilling</b> | <b>8/11</b> | <b>Gary Gochman</b>     | <b>8/28</b> | <b>Kaye Verry</b>        | <b>9/14</b> |
| <b>Kathy Kreil</b>      | <b>8/11</b> | <b>Guy Mount</b>        | <b>8/28</b> | <b>Ray Martin</b>        | <b>9/18</b> |
| <b>Michael McEntee</b>  | <b>8/13</b> | <b>Diane Kaplan</b>     | <b>8/30</b> | <b>Ronald Ferandelli</b> | <b>9/21</b> |
| <b>Candace Cloud</b>    | <b>8/13</b> | <b>Kelly Tidwell</b>    | <b>8/30</b> | <b>Sharon Young</b>      | <b>9/22</b> |
| <b>Sharon Courtway</b>  | <b>8/13</b> | <b>Uta DeClerck</b>     | <b>8/31</b> | <b>Barbara Hart</b>      | <b>9/25</b> |
| <b>Mira D'Angelo</b>    | <b>8/13</b> | <b>Adrienne DeWolfe</b> | <b>8/31</b> | <b>Patricia Kirk</b>     | <b>9/26</b> |
| <b>Tiffany Vlasek</b>   | <b>8/13</b> | <b>Gary Young</b>       | <b>9/1</b>  | <b>Ron Nelson</b>        | <b>9/26</b> |
| <b>Michael Courtway</b> | <b>8/15</b> | <b>Mona Marcos</b>      | <b>9/3</b>  | <b>Lynne Wilhelm</b>     | <b>9/26</b> |
| <b>Jim DeClerck</b>     | <b>8/15</b> | <b>Linda Scholl</b>     | <b>9/9</b>  | <b>Cindy Surridge</b>    | <b>9/29</b> |
|                         |             | <b>Lari Thomas</b>      | <b>9/10</b> |                          |             |

## *Happy Anniversary August & September*

|  |             |   |             |                                     |             |
|--|-------------|---|-------------|-------------------------------------|-------------|
| <b>Richard Bigum &amp; Mona Marcos</b>       | <b>8/1</b>  | <b>Francis &amp; Aurelia Okino</b>      | <b>8/26</b> | <b>Patrick &amp; Marta O'Rourke</b> | <b>9/8</b>  |
| <b>Rick &amp; Lari Thomas</b>                | <b>8/17</b> | <b>Del &amp; Chris Brault</b>           | <b>8/27</b> | <b>Jeff &amp; Sharon Smith</b>      | <b>9/9</b>  |
| <b>Alan &amp; Barbara Olschwang</b>          | <b>8/22</b> | <b>Carla &amp; Derek Gallup</b>         | <b>8/28</b> | <b>Jim &amp; Bett Walton</b>        | <b>9/9</b>  |
| <b>Dale Giali &amp; Susan Westover Giali</b> | <b>8/23</b> | <b>Tom &amp; Jan McKnew</b>             | <b>9/2</b>  | <b>Tom &amp; Jean Worden</b>        | <b>9/9</b>  |
| <b>Michael &amp; Lolly McHardy</b>           | <b>8/23</b> | <b>Anne Marie &amp; Thomas Pichotta</b> | <b>9/4</b>  | <b>Roger &amp; Lynne Wilhelm</b>    | <b>9/16</b> |
| <b>Gil &amp; Chris Morris</b>                | <b>8/23</b> | <b>Ray &amp; Jan Nagele</b>             | <b>9/5</b>  | <b>Craig &amp; Kristi Whitacre</b>  | <b>9/21</b> |
|  |             |   |             | <b>Gary &amp; Renell Gochman</b>    | <b>9/24</b> |

**SHIP'S STORE  
SGYC LOGO CLOTHING  
LAURA ROSKELLY &  
GINGER HEGLER**

**UPCOMING EVENTS**

**SHELTER IN PLACE  
APRIL 6 -TBD**

**TUESDAY CRUZIN'  
2ND/4TH TUES. JUNE—SEPT.**

**OPENING DAY  
AUGUST 15**

**SGYC LABOR DAY FESTIVAL  
SEPTEMBER 5**

**NEWPORT BEACH RAFTUP  
SEPTEMBER 10-12**

**ANNUAL MEETING  
OCTOBER 6**



**2020 CREW**



|                      |               |                     |
|----------------------|---------------|---------------------|
| Donna Wells          | Francis Okino | Commodore           |
| OPEN                 |               | Vice Commodore      |
| SC Cindy Broz Allen  |               | Rear Commodore      |
| Jackie Sands         |               | Secretary           |
| Erlene Pace          |               | Treasurer           |
| SC John &            |               | Jr. Staff Commodore |
| Margaret Humphreys   |               | Membership          |
| Craig Whitacre       |               | Port Captain        |
| Pam Dake Jackson     |               | Communications      |
| Austin Dix           |               | Webmaster           |
| Laura Roskelly       |               | Ships Store         |
| Ginger Hegler        |               | Ships Store         |
| HC Bob McCormick     |               | Roster              |
| Dr. Mark Monroe      |               | Fleet Surgeon       |
| SC Dale &            |               |                     |
| Susan Westover Giali |               | Judge Advocates     |

Thanks to all who have contributed to this issue. A special thanks to Aurelia Okino for the great collages, SC Cindy Broz Allen and HC Bob and Joanne McCormick for their help and guidance. Go to [www.sgyc.club](http://www.sgyc.club), To see all of the event pictures, more of Dr. Mark Monroe's interesting and helpful articles, upcoming events and lots more.

**SeaGate Yacht Club**

P.O. Box 1863 Huntington Beach, CA 92649



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

