



From Harbour Light Magazine June 2021



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**SeaGate Yacht Club**  
**By Jr. Staff Commodore Erlene Pace**

SeaGate Yacht Club celebrated their long awaited 44 th and 45th Opening Day on April 24th 2021. Thanks to the Event Hosts, Jr. Staff Commodore Erlene Pace and Michael Pace, who coordinated the event from Lake Havasu City, Arizona.

The Boat Parade was organized by SGYC’s 2020 and 2021 Commodore Francis Okino. Special thanks to our parade escort the OC Sheriff’s Harbor Patrol boat. Power, sail, and electric boats were welcomed.

Our participating boats, all decked out with flags and burgees were:

FIN-TASTIC-Robin and Jean Clark; YORKSHIRE ROSE-Ray and Jan Nagele; ROMIDA-Mark and Lina Monroe; SEA CLOUD-Kevin and Candace Cloud; AT LAST-Dean and Nancy Knupp; LUCKY CHANGE II -Richard and Judie Kappes; RO III-Floyd and Mira D’Angelo; ENCORE II-Elliot and Debra Wainer; LOVE DANCER-Josef Davydovits and Felicia Emad; FULL DECK-Ron and Lisa Ratkelis; OHM RUN-Vaughn and Pat Jenkes; DUFFY’S TAVERN-Roger and Lynne Wilhelm, JACK & DIANE-Jack and Diane Wiegand; GREAT LIFE-Sam Juergens and Tom Linden.

cont.

Members and guests were greeted at the Bonaire Clubhouse after the Boat Parade by Joanne McCormick and Margaret Humphreys. Refreshments to get the party started were provided by Port Captain Craig Whitacre and Kristi Whitacre.

The Opening Day Ceremony was held outside by the yardarm with 100 attendees. Jr. Staff Commodore Erlene Pace introduced the Staff Commodores and partners in attendance. The Naval Sea Cadets of Seal Beach Presented and Secured the Colors. Honorary Commodore Bob McCormick led us in the Pledge of Allegiance, then Susan Westover-Giali and Staff Commodore (SC) Dale Giali sang the National Anthem. Cathy Kelly gave a heartfelt Invocation.

SC John Humphreys rang the Eight Bells for those members who had passed in the last two years. Members of the Armed Forces, including the Space Force, were also honored. Erlene Pace introduced SGYC's 2020 and 2021 Commodore Francis Okino, who hoisted the Commodore's flag. Francis then took over as Master of Ceremonies and introduced the Flag Officers: Jr. Staff Commodore Erlene Pace, Treasurer Jackie Sands and Secretary Staff Commodore Cindy Broz Allen. SC Ray Nagele assisted in hoisting each flag, which was hoisted smoothly without a snag, and ended with loud cannon fire by Michael Pace.

Francis also introduced our 2021 appointed Board: Communications Pam Jackson; Port Captain Craig Whitacre; Fleet Surgeon SC Dr. Mark Monroe; Judge Advocate SC Dale Giali and Sue Westover-Giali; Membership SC John and Margaret Humphreys; Ship's Store Laura Roskelly and Ginger Hegler; Roster SC Cindy Broz Allen and Bob McCormick and Webmaster Austin Dix.

Commodore Francis Okino then presented Burgees to the new members, Richard Boatwright and Tanya Scheer, Lyle and Linda Theile, William Greene and Patricia Kirk, and Jack and Diane Wiegand.

IOBG Treasurer District 10 and Staff Commodore Josef Davydovits performed the Induction of Jr. Staff Commodore Erlene Pace and Commodore Francis Okino to the International Order of the Blue Gavel.

SC John Humphreys declared the ice had melted, the harbor was free of debris and ready for boating of all manner then hoisted the Club Burgee.

Photography was provided by Aurelia Okino and Catering by "The Twins Taqueria" of Victorville. Many thanks to the members who helped decorate and cleanup the Clubhouse.



*FRANCIS OKINO, COMMODORE*



It is hard to believe that we are already halfway through 2021 and things are getting back to normal quickly.

The Vice and Rear Commodores have assumed their different positions and they are quickly establishing themselves in their new roles. All scheduled events are on track and Night at The Races which was postponed because of COVID restrictions, will now be held on September 11, 2021.

Other upcoming events in July, August and September are: Duffy Cruise to HHYC on July 11, Summer Festival on August 21 and Newport Beach Raft Up on September 16-18. Your attendance at these events is greatly appreciated.

I have also received information that the theme for this year's Huntington Harbour Boat Parade is: "American Dream, Rock the Harbour". The Rear Commodores have been made aware of the theme.

I will comment on the October, November and December events in the next Burgee.



*MONA MARCUS, VICE COMMODORE*



Hello fellow SGYC members. Thank you SGYC Board for electing me to be your Vice Commodore. I'm Mona Marcos and I live in Seagate with my husband Rick Bigum.

As your Vice Commodore, I'm planning to create some fun and excitement around the events that I'm responsible for hoping to attract some new members to the club and have a "buzz" around SGYC so everyone knows we are a fun group to be with. So please help me to do that by sending me ideas and suggestions that you come up with.

Since I know that I'm in charge of New Year's Eve, I have started already to think and plan to make that a rememberable event.

And for now I'm hosting a "Summer Festival" in August that should have something fun for everyone!!!

Live music and dancing, magician, caricature, food, drinks, games, art and cosmetics!! And if you have a classic car, get ready to show it off!!

More details to come in the next Burgee newsletter.

I'm very happy to have finally met some of you at the Picnic that Jackie Sands and Laura Roskelly worked so hard to prepare for us. If you didn't attend it, you certainly missed a fun event.

We started with a nice selection of beer and wine, then had fun playing Corn Hole and Jenga, socialized and made new friends, and even danced a little at the end. The Box lunch was just delicious and was prepared for us by Laura's niece who's a professional caterer. Laura had worked hard to put together a backdrop so we can take our pictures for a fun souvenir. It was short but sweet. If more of you join us next time, we'll definitely have a better chance for a longer and bigger fun event. We need to support the event hosts who work so hard to make sure all of us members have the best time and the most fun.



## REAR COMMODORES



Melinda Johnson-Pasqua and Tiffany Tokar-Vlasek

Thank you to everyone that sent words of encouragement and welcome to Tiffany and me. And thank you to Commodore Francis and Commodorable Aurelia for doing an amazing job these last two years. You are rock stars!

Why two rear commodores you might ask? Tiffany and I both have full-time jobs, so to give the position all of the time that it requires we will be sharing the responsibilities. We both are looking forward to a great year with SGYC.

Tuesday Cruzin' is in full swing! Please join us on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday, through September, 5:00 to 7:00 at Pelican Isle.

Also, mark your calendar for the Duffy Cruise to HHYC on Sunday, July 11<sup>th</sup>.



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



## DEHYDRATION

By  
Mark N. Monroe, M.D.

Dehydration is defined as loss of body fluid caused by illness, sweating, vomiting, diarrhea, or inadequate fluid intake. There are 3 types of dehydration: mild, moderate and severe. Mild symptoms include feeling thirsty, tired, headache, dry mouth, lips, and eyes. Moderate symptoms include dark yellow, concentrated, and strong-smelling urine in small quantity and less than 4 times per day frequency. Severe symptoms include feeling dizzy, lightheaded, or even fainting especially while changing positions such sitting or standing up quickly. Mild to moderate dehydration can be treated at home by increasing fluid intake and observation. Severe cases of dehydration need to be monitored in the hospital setting with IV hydration. Untreated severe dehydration can cause seizures, permanent brain damage, and even death. The skin becomes dry, the lips become dry and cracked, the eyes are sunken, and the state of mind becomes confused. The treatment includes oral fluids such as Gatorade for adults and Pedialyte for children. These not only restore the fluid balance, but also the electrolytes (i.e., salts). The normal amount of fluid consumption per day is 64oz on a cool, non-sweaty, non-vomiting, non-diarrhea day because of insensible water loss while breathing. Approximately 96oz of fluid intake per day is recommended when you are active, exercising, sweating, hot, vomiting, or have diarrhea. Never drink more than 128oz of fluids per day as that will dilute out your electrolytes which are needed for your muscles to function. Diuretics such as coffee, tea, chocolate, and caffeinated drinks make you more dehydrated and should not be counted as your fluid intake. Your family doctor will be the best one to advise you as to how much fluids you will need daily.

# Picnic on Windspun

HOSTS LAURA ROSKELLY & JACKIE SANDS



# Picnic on Windspun

Hosted by Jackie Sands and Laura Roskelly





# Picnic on Windspun

Hosted by Jackie Sands and Laura Roskelly



# Picnic on Windspun

Hosted by Jackie Sands and Laura Roskelly



# Picnic on Windspun

Hosted by Jackie Sands and Laura Roskelly



# CRUISE TO AVALON

Hosted by SC John Humphreys and SC Dennis Kreil

Seagate Yacht Club marked their first post-pandemic cruise out with a trip to Avalon on 16th thru 18th June hosted by Staff Commodores Dennis Kreil and John Humphreys. The trip going over was fairly choppy with lots of white caps generated by a southerly wind, and it was very foggy with Catalina only visible the last few miles. When we arrived at Avalon it was bright and sunny and the bay was relatively calm, but the Harbour Patrol was still assisting boats with the sand lines. Five boats made the trip over and several other folks took the Catalina Flyer. Considering this was the first day that restrictions were lifted in Catalina it was surprisingly busy for mid-week with a lot of day trippers. On the first day we had all you can eat pizza at Antonios on the waterfront with a wonderful panoramic view of Avalon Bay just before a beautiful sunset. The following day after breakfast and some shopping we had a friendly competition at mini golf gardens. In the evening we had a marvelous Mexican dinner at Mi Casitas with incredible margaritas, followed by presentation of boat plaques to our skippers, and prizes for the best mini golfers and consolation gifts for those who need a little more practice ! We also had a raffle for a few prizes donated by our ship's store. On our return trip it was very clear with smooth seas and very little wind, so we made it back in record time.



**Seagate Yacht Club Cruise to Avalon**  
Wednesday June 16<sup>th</sup> thru Friday June 18<sup>th</sup>  
Your Hosts Staff Commodores Dennis Kreil and John Humphreys



Weds 5:30 pm - All you can eat Pizza at Antonios on the waterfront, includes soft drink coffee Beer and wine at Happy Hour prices  
Fun and Games with decorate your dinghy for parade and Mini-Golf competition with prizes



Thurs 6 pm - Mexican dinner at Mi Casitas, with presentation of prizes, no Host bar

Cost is \$80 members and \$90 non-members.  
Please send reply slip with check to: John Humphreys, 3435 Windspan Drive, Huntington Beach, CA 92649 DEADLINE: 7th June 2021 Indicate if paying by PayPal

Number of Members \_\_\_\_\_ Non-Members \_\_\_\_\_  
Names \_\_\_\_\_  
Boat Name \_\_\_\_\_ Skipper \_\_\_\_\_ Length \_\_\_\_\_ CF# \_\_\_\_\_  
REMINER: Moorings are on a FIRST COME basis, but the Harbormaster will try to keep Seagate together



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# 2nd TUESDAY CRUZIN' TO PELICAN ISLE

## Hosted by Mike and Sharon Courtway

Tuesday night June 22<sup>nd</sup> found Seagate Yacht Club back at Pelican Isle for Tuesday Cruzin'. It was attended by 40 members, some new members and lots of old members including at least five Staff Commodores. It was good to see The Commodore Francis Okino as well as the New Vice Commodore Mona Marcos and Rear Commodores Tiffany Tokar-Vlasek and Melinda Johnson-Pasqua greeting everyone and talking about new events for 2021. This event is every 2<sup>nd</sup> & 4<sup>th</sup> Tuesday now until Sept.



# 2nd TUESDAY CRUZIN' TO PELICAN ISLE

Hosted by Mike and Sharon Courtney



## *Happy Birthday July, August & September*

<b>Michael Dix</b>	<b>7/2</b>	<b>Merle McCormick</b>	<b>7/28</b>	<b>Uta DeClerck</b>	<b>8/31</b>
<b>Susan Westover Giali</b>	<b>7/3</b>	<b>Barbara Olschwang</b>	<b>7/31</b>	<b>Adrienne DeWolfe</b>	<b>8/31</b>
<b>Linden, Tom</b>	<b>7/10</b>	<b>Becky Mueller</b>	<b>8/6</b>	<b>Gary Young</b>	<b>9/1</b>
<b>John Boryszewski</b>	<b>7/10</b>	<b>Michael McHardy</b>	<b>8/9</b>	<b>Mona Marcos</b>	<b>9/3</b>
<b>Floyd D'Angelo</b>	<b>7/11</b>	<b>Ronald Schilling</b>	<b>8/11</b>	<b>Linda Scholl</b>	<b>9/9</b>
<b>Boris Ralphs</b>	<b>7/14</b>	<b>Kathy Kreil</b>	<b>8/11</b>	<b>Lari Thomas</b>	<b>9/10</b>
<b>David Swanson</b>	<b>7/15</b>	<b>Michael McEntee</b>	<b>8/13</b>	<b>Criag Koehler</b>	<b>9/12</b>
<b>Cherly Rogers</b>	<b>7/16</b>	<b>Candace Cloud</b>	<b>8/13</b>	<b>Barbara Pazornik</b>	<b>9/14</b>
<b>Aurelia Okino</b>	<b>7/16</b>	<b>Sharon Courtway</b>	<b>8/13</b>	<b>Karen Defesh</b>	<b>9/14</b>
<b>Christina Ventor</b>	<b>7/16</b>	<b>Mira D'Angelo</b>	<b>8/13</b>	<b>Kaye Verry</b>	<b>9/14</b>
<b>Mark Jones</b>	<b>7/17</b>	<b>TiffanyTokar-Vlasek</b>	<b>8/13</b>	<b>Ray Martin</b>	<b>9/18</b>
<b>Susan Lipman</b>	<b>7/17</b>	<b>Michael Courtway</b>	<b>8/15</b>	<b>Ronald Ferandelli</b>	<b>9/21</b>
<b>Kay Nelson</b>	<b>7/17</b>	<b>Jim DeClerck</b>	<b>8/15</b>	<b>Sharon Young</b>	<b>9/22</b>
<b>Gil Morris</b>	<b>7/18</b>	<b>Doug Fuhrman</b>	<b>8/18</b>	<b>Hart, Barbara</b>	<b>9/25</b>
<b>Diane Ryan</b>	<b>7/19</b>	<b>Mark Arizmendi</b>	<b>8/18</b>	<b>Patricia Kirk</b>	<b>9/26</b>
<b>Jeanie Woods</b>	<b>7/24</b>	<b>Helene Rowlette</b>	<b>8/20</b>	<b>Ron Nelson</b>	<b>9/26</b>
<b>Rick Pope</b>	<b>7/26</b>	<b>Laura Roskelly</b>	<b>8/21</b>	<b>Lynne Wilhelm</b>	<b>9/26</b>
<b>Linda Axel</b>	<b>7/27</b>	<b>Gary Gochman</b>	<b>8/28</b>	<b>Cindy Surridge</b>	<b>9/29</b>
<b>Pat Jenkes</b>	<b>7/28</b>	<b>Guy Mount</b>	<b>8/28</b>	<b>Debbie Cervantes</b>	<b>9/30</b>
<b>Cleve Sproule</b>	<b>7/28</b>	<b>Diane Kaplan</b>	<b>8/30</b>		

## *Happy Anniversary July, August & September*

<b>Larry &amp; Marilyn Schwartz</b>	<b>7/3</b>	<b>Dale Giali &amp; Susan Westover Giali</b>	<b>8/23</b>
<b>Ed &amp; Georgette Davis</b>	<b>7/4</b>	<b>Michael &amp; Lolly McHardy</b>	<b>8/23</b>
<b>Gary &amp; Sharon Young</b>	<b>7/4</b>	<b>Gil &amp; Chris Morris</b>	<b>8/23</b>
<b>Gregory &amp; Kathleen Lee</b>	<b>7/7</b>	<b>Francis &amp; Aurelia Okino</b>	<b>8/26</b>
<b>Suan &amp; Morton La Pittus</b>	<b>7/7</b>	<b>Del &amp; Chris Brault</b>	<b>8/27</b>
<b>Dean &amp; Nancy Knupp</b>	<b>7/19</b>	<b>Carla &amp; Derek Gallup</b>	<b>8/28</b>
<b>Ken &amp; Sandi Noble</b>	<b>7/20</b>	<b>Tom &amp; Jan McKnew</b>	<b>9/2</b>
<b>Richard &amp; Judie Kappes</b>	<b>7/21</b>	<b>Ray &amp; Jan Nagele</b>	<b>9/5</b>
<b>Lyle &amp; Linda Theile</b>	<b>7/25</b>	<b>Jeff &amp; Sharon Smith</b>	<b>9/9</b>
<b>Michael &amp; Sharon Courtway</b>	<b>7/29</b>	<b>Jim &amp; Bett Walton</b>	<b>9/9</b>
<b>Richard Bigum &amp; Mona Marcos</b>	<b>8/1</b>	<b>Tom &amp; Jean Worden</b>	<b>9/9</b>
<b>RJ &amp; Terry Parcell</b>	<b>8/14</b>	<b>Roger &amp; Lynne Wilhelm</b>	<b>9/16</b>
<b>Rick &amp; Lari Thomas</b>	<b>8/17</b>	<b>Craig &amp; Kristi Whitacre</b>	<b>9/21</b>
<b>Alan &amp; Barbara Olschwang</b>	<b>8/22</b>	<b>Gary &amp; Renell Gochman</b>	<b>9/24</b>

**SHIP STORE  
SGYC LOGO CLOTHING**

The store will be open  
at the  
**AUGUST 21ST EVENT**  
and the  
**OCTOBER ANNUAL MEETING!**

**LAURA ROSKELLY  
&  
GINGER HEGLER**

**UPCOMING EVENTS**

**TUESDAY CRUZIN'  
2ND AND 4TH TUESDAY JUNE - SEPT.**

**DUFFY CRUISE TO HHYC EVENT  
SUNDAY JULY 11**

**SUMMER FESTIVAL  
SATURDAY AUGUST 21ST**

**NIGHT AT THE RACES  
SEPT 11**

**NEWPORT BEACH RAFTUP  
SEPT 16-18**

**ANNUAL MEETING  
TUESDAY OCTOBER 5**

**DOCK PARTY  
SATURDAY OCTOBER 23**

**COMMODORE'S BALL  
SATURDAY NOVEMBER 13**

**BOAT PARADE  
SATURDAY & SUNDAY DECEMBER 11 & 12**

**NEW YEAR'S EVE  
FRIDAY DECEMBER 31**

Francis Okino Commodore  
Mona Marcos Vice Commodore  
Melinda Johnson-Pasqua  
Rear Commodore  
Tiffany Tokar-Vlasek  
Rear Commodore

SC Cindy Broz Allen Secretary  
Jackie Sands Treasurer  
Erlene Pace Jr. Staff Commodore  
SC John and Margaret Humphreys

Membership  
Craig Whitacre Port Captain  
Pam Dake Jackson Communications  
Laura Roskelly Ship's Store  
Ginger Hegler Ships Store  
SC Cindy Broz Allen 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 pictures

SC Cindy Broz Allen and Margaret Humphreys 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**

