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DUFFY CRUISE HOSTS: STAFF COMMODORE JOSEF DAVYDOVITS & FELICIA EMAD



HUNTINGTON HARBOUR SUNDAY BRUNCH



TUESDAY CRUZIN' HOSTS: MIKE & SHARON COURTWAY



BURGEE EXCHANGE: LONDON BRIDGE YC, LAKE HAVASU AZ. SGYC CDRE. ERLENE PACE & LBYC CDRE. KAREN GURLEY-DAVIS



SHINDIG HOSTS: MIKE & SHARON COURTWAY, JOANNE & BOB McCORMICK, PAT AND VAUGHN JENKES



BURGEE PRESENTED TO NEW MEMBERS CRAIG AND KRISTI WHITACRE BY VICE COMMODORE FRANCIS OKINO



ERLENE PACE, COMMODORE



Even though summer is winding down, we still have plenty of great events planned. This year the Catalina Island event is in Two Harbors, September 15th -17th, hosted by me & hubby Michael Pace. Dinner at the Harbor Reef Sunday evening & a BBQ on the beach Monday. Members started signing up early, so it looks to be very successful. If you haven't made it to Tuesday Cruzin' hosted by Staff Commodore Mike Courtway & Membership Chair Sharon Courtway, you still have two more chances, Sept. 10th & 24th. October has 2 events: October 1, "Annual Meeting" hosted by Vice Commodore Francis Okino. Ballots will be emailed to you soon. Please support the club by attending (free food & beverages) & voting for our 2020 Officers. Put your thinking caps on, to help plan &/or host an event next year. Then, welcome to the jungle, Dock Party, October 19th, hosted by Sharon Courtway & Susan Westover Giali. Watch your email & our website for more details. Sea you on the Island of Romance, Romance!



FRANCIS OKINO, VICE COMMODORE



Shindig at the Clubhouse was a good get-together for the folks who made it, and they all had a good time. The appetizers were great and because they were placed on different tables, it made it easier for people to meet each other. Our hardworking Ship's Store ladies, Laura Roskelly and Ginger Hegler reported that they met their goal for merchandise sale---Bravo! Yes, the highlight of the evening was marked by two events: The Burgee presentation to our newest members, Craig and Kristi Whitacre and the Birthday singing for Laura Roskelly as she blew out the birthday candle lights. Our greatest appreciation goes to the people who made this happen, the event hosts: Bob and Joanne McCormick, Sharon and Mike Courtway, Pat and Vaughn Jenkes.



DONNA WELLS, REAR COMMODORE



Have YOU been to Tuesday Cruzin'? It is so much fun! Lots of great laughs and friends sharing time together. As the Summer draws to a close, so shall Tuesday Cruzin'. So, for your last Summer Hurrah! Join us! The next fun boating event is Two Harbors! An exciting adventure at Catalina Island. If you have requested a boating event--it's all coming up with Two Harbors! See you soon!



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



COLLES' Fracture On June 15, 2019 I fell down at home breaking my left wrist. Many people have asked me what is the COLLES' Wrist Fracture. It is a type of fracture of distal forearm right before the wrist when your hand is bent backwards trying to stop your fall. If the hand is bent downward during the break, it is called a Smith Fracture. There are 8 bones in the wrist and 2 bones in the forearm (the radius and the ulnar). The radius is on the side of the thumb and is usually the one that gets broken. Symptoms include severe pain, swelling, deformity, and bruising. Complications can include damage to the median nerve of the wrist causing Carpal Tunnel Syndrome. IT usually occurs in women greater than men and adults more than children. Osteoporosis is another risk factor for it. About 15% of population will have COLLES' fracture at some point in their lifetime. The diagnosis is made by 2 x-rays of the wrist: one from the top and one from the side. The x-rays should be repeated at 1, 2, and 6-8-week intervals after the initial fracture to verify proper anatomical alignment and healing. Immediate treatment with a splint, ace wrap, ice, elevation, and pain management is imperative. R.I.C.E. (Rest, Ice, Compression, Elevation) includes using a sling, ice for decreasing swelling (i.e. less swelling means less pain), compression with ace bandage, and elevation above your heart level... For the rest of this & more of SC Dr. Mark Monroe's articles see SGYC.Club.

DUFFY CRUISE TO HHYC BRUNCH



DUFFY CRUISE TO HHYC BRUNCH CONT.



TUESDAY CRUZIN'



TUESDAY CRUZIN CONT.



SHINDIG AT THE CLUBHOUSE



SHINDIG AT THE CLUBHOUSE CONT.



Happy Birthday October & November

Robert Axel	10/2	Lisa Ratkelis	10/21	Ken Noble	11/14
Cheryl Arndt	10/2	Terry Parcell	10/22	Steve Pisano	11/16
Deborah Fairon	10/2	Derek Gallup	10/22	Judie Kappes	11/17
Jean Clark	10/4	Sandi Noble	10/24	Robert Oklejwicz	11/17
Donna Degele	10/4	Gordon Hunt	10/26	Cristi Ulrich	11/18
Marsha Hendler	10/5	Robert McCormick	10/26	Richard Kappes	11/19
Dianne Rector	10/6	John Humphreys	10/31	Robin Clark	11/21
Jerry Cassidy	10/7	Evanne Connors	10/31	Bob Schlesinger	11/22
Marguerite McEntee	10/11	Rich Rector	11/1	Francis Okino	11/24
James Shinn	10/14	Scott Mueller	11/4	Patricia Oklejwicz	11/24
Jan McKnew	10/14	Donna Wells	11/7	Tricia Pratto	11/28
Bett Walton	10/17	Kathy Bayless	11/12	Sam Juergens	11/28
Renell Gochman	10/18	Dan Torla	11/12	John Arndt	11/29
Linda Shinn	10/19	Caron Mount	11/12	RJ Parcell	11/30
Fran Cyrus	10/21	Cathy Liddle	11/13	Cathy Kelly	11/30

Happy Anniversary October & November

Scott & Becky Mueller	10/01	Michael & Marguerite McEntee	10/19	Mary Shebell & Merle McCormick	11/16
Stan & Marlene Sholar	10/04	Rich & Dianne Rector	10/21	Kevin & Candace Cloud	11/18
Anthony & Michelle Salcido	10/11	Jim & Jessica Montano	10/25	John & Maryann Boryszewski	11/21
Jim & Uta DeClerck	10/12	Cliff & Sandy Meier	10/30	Tim & Regina O'Brien	11/22
Ron & Kay Nelson	10/15	Helena Parada & Paul Brown	11/11	Floyd & Mira D'Angelo	11/25
Ron & Mona Jones	10/17	Robert & Patricia Oklejwicz	11/11	Gary & Arlene Dixon	11/25

SHIP'S STORE—SGYC LOGO CLOTHING

Store will be open at the
Annual Meeting 10/1
Laura (714) 404-1887 or
Ginger (310) 626-5765

UPCOMING EVENTS

TWO HARBORS CRUISE
SEPTEMBER 15-17

TUESDAY CRUZIN'
SEPTEMBER 10 AND 24

ANNUAL MEETING
TUESDAY, OCTOBER 1

DOCK PARTY
SATURDAY, OCTOBER 19

COMMODORE'S BALL
SATURDAY, NOVEMBER 16



2019 CREW



Erlene Pace	Commodore
Francis Okino	Vice Commodore
Donna Wells	Rear Commodore
Jan Nagele	Secretary
SC Josef Davydovits	Treasurer
Cindy Broz Allen	Jr. Staff Commodore
Sharon Courtway	Membership
Mike Pace	Port Captain
Pam Dake Jackson	Communications
SC Ray Nagele	Webmaster
Laura Roskelly	Ships Store
Ginger Hegler	Ships Store
Bob McCormick	Roster
Dr. Mark Monroe	Fleet Surgeon

*Thanks to all who have contributed to this issue.
A special thanks to Cindy Broz Allen.*

*Visit www.sgyc.club, Scroll down the first page for
a link to past Burgee newsletters.
Also, click the "EVENTS" link and then a past event
for many more pictures of all the events.*

SeaGate Yacht Club

P.O. Box 1863 Huntington Beach, CA 92649



A Member
of the
Southern California
Yachting Association

