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**DUFFY POKER RUN EVENT HOSTS
GARY AND SHARON YOUNG, PG 3-4**



**GARY AND SHARON WITH
HAWAIIAN DANCER CHELSEA**



**SHORELINE YACHT CLUB CRUISE
HOSTS
SC RAY AND JAN NAGELE, PG 4-5**



**SC MIKE AND SHARON COURTWAY
TUESDAY CRUZIN' HOSTS, PG 6**



**SC MIKE AND SHARON COURTWAY
TUESDAY CRUZIN' HOSTS, PG 6**





CINDY BROZ ALLEN, COMMODORE



The weather is a little cooler but SGYC continues to sizzle with HOT Events! Tuesday Cruzin' hosted by Staff Commodore Mike and Membership Chairperson Sharon Courtway continues to be a FUN, casual gathering of SGYC members and guests. Dates are September 11 and September 25.

Twenty-six miles across the sea Santa Catalina is a-waitin' for me! Please join us **September 20-23** for the Avalon Cruise hosted by Vice Commodore Erlene and Port Captain Michael Pace. It will be an enjoyable weekend of friendship, games, dinghy parade, prizes and karaoke too!

The ANNUAL MEETING is Tuesday October 2. Please come and support our club by attending and voting for our 2019 SGYC Officers. If you have any ideas for SGYC Events for 2019 or want to volunteer as an Event Host or help next year's Event Hosts, please let VC Erlene Pace know before or at the Annual Meeting. It is a rewarding experience and greatly appreciated by the SGYC Board and Members. **Event Hosts** Joanne and Bob McCormick, Roster Chairperson, along with an enthusiastic committee are planning a NOT TO BE MISSED event on **October 6 (NEW DATE)** called **Movie Memories**. Be sure to check out the flyer coming out later this month.

SAVE THE DATE! Commodore's Ball will be held on November 10. More details coming soon!



ERLENE PACE, VICE COMMODORE



It seems like only yesterday I was welcoming summer & looking forward to some HOT & sunny days. Well, we definitely got the hot weather & now it is almost over, kids are going back to school, YAHOO! If you were in my line of work, you would understand. So, we had two new events this summer, July's "**Poker Run/Duffy Cruise**," hosted by Gary & Sharon Young. Everyone looked great in their Hawaii attire, including the entertainer & her coconuts. Excellent food & dance lessons too! Thanks to all the Boat Captain's who Duffied us all "Around the Islands". The August event, "**Shoreline Yacht Club Cruise**", hosted by Staff Commodore Ray & Secretary Jan Nagele, was brand new & a lot of fun too! Thank you to all that brought the delicious appetizers & Port Captain Michael Pace for the refreshing beverages. The food at Shoreline Yacht Club was very impressive & reasonably priced. Let's hope Ray & Jan weren't to overwhelmed with so many details to make this a great time for all & will want to do it again. Don't forget to sign up for the "Avalon Cruise"! Thanks again to the hosts, boats & members for making it all happen.



FRANCIS OKINO, REAR COMMODORE



2018 HUNTINGTON HARBOUR BOAT PARADE As you are all aware, Seagate Yacht Club enters a boat in Boat Parade every year. This year the parade will be on **December 8 & 9**. To do this, we need to decorate the boat based on the parade theme. This year's theme is "**Space Odyssey**". If you have any ideas about the theme and you also want to help with the decoration, please give me a call (714-625-2513) or email me at francisokino@att.net. Robin and Jean Clark have graciously offered their boat "FIN-TASTIC" for the parade. Notification will be sent soon, regarding the date for the first meeting for the group interested in helping with the decoration.



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



LOW BACK PAIN After a few hours of boating or fishing I have noticed that my low back starts to hurt. I don't think that it is a pinched nerve because it does not go down my legs. What's causing it? What can I do to prevent it? How do I treat it when it starts? Low back pain is a very common symptom. The muscles of your back are constantly flexing trying to keep the balance against the rocking of the boat. Sometimes you have to bend at the waist in awkward positions causing overstretching of the muscles called muscle strain and overstretching of the ligaments called ligamentous sprain. If you have any preexisting arthritis in your spine, it can be aggravated by the constant motion of the ocean. A lot of people wear flip flops or go barefooted on the boat, which is a mistake. You should wear... **For the rest of the story and more of Dr. Monroe's very informative articles go to www.sgyc.club and scroll down to "Information on Marine Medical and Safety by SC Fleet Surgeon, Mark Monroe, M.D."**

DUFFY EVENT POKER RUN

Duffy's and other boats cruised the Huntington Harbour islands gathering playing cards to create their winning hand. Happy Hour started with a special recipe complementary Mai Tai and dinner was amazing. We were entertained by the Hawaiian Dancer Chelsea from "The Heart of the Islands Entertainment Company" Sharon and Gary Young were flawless in their planning of this 2 in 1 event.



DUFFY EVENT POKER RUN cont.



SHORLINE YACHT CLUB CRUISE

Led by hosts SC Ray and Jan Nagele, the inaugural SeaGate Yacht Club cruise event weekend to Shoreline Yacht Club was a great success! SGYC Captains cruised to Long Beach Shoreline Marina, boats included Two Dogs and a Dinghy III, RO III, Love Dancer, XANAX, Eagles Wings and Yorkshire Rose.



SHORLINE YACHT CLUB CRUISE cont.



**COMMODORE CINDY BROZ ALLEN
WELCOMES NEW MEMBERS WITH THEIR BURGEE**



CARLA AND DEREK GALLUP



KAREN AND ELI DAFESH

DON'T MISS TUESDAY CRUZIN'

SEPTEMBER 11 & 25



Happy Birthday October & November

Ron Ferandelli	9/21	(correction)			
Robert Axel	10/2	Linda Shinn	10/19	Caron Mount	11/12
Cheryl Arndt	10/2	Fran Cyrus	10/21	Cathy Liddle	11/13
Deborah Fairon	10/2	Pete Cotto	10/22	Ken Noble	11/14
Evanne Connors	10/3	Derek Gallup	12/1	Steve Pisano	11/16
Jean Clark	10/4	Terry Parcell	10/22	Judie Kappes	11/17
Donna Degele	10/4	Sandi Noble	10/24	Cristi Ulrich	11/18
Marsha Hendler	10/5	Gordon Hunt	10/26	Martha E Fee	11/19
Dianne Rector	10/6	Robert McCormick	10/26	Richard Kappes	11/19
Jerry Cassidy	10/7	John Humphreys	10/31	Robin Clark	11/21
Don Gage	10/8	Rich Rector	11/1	Francis Okino	11/24
Marguerite McEntee	10/11	Scott Mueller	11/4	Tricia Pratto	11/28
James Shinn	10/14	Donna Wells	11/7	Dee Holte	11/29
Jan McKnew	10/14	Verna Smith	11/8	John Arndt	11/29
Bett Walton	10/17	Kathy Bayless	11/12	RJ Parcell	11/30
Renell Gochman	10/18	Dan Torla	11/12	Cathy Kelly	11/30

Happy Anniversary October & November

Scott & Becky Mueller	10/1	Ron & Mona Jones	10/17	Kevin & Candace Cloud	11/18
Stan & Marlene Sholar	10/4	Michael & Marguerite McEntee	10/19	John & Maryann Boryszewski	11/21
Rex & Marcia Peters	10/9	Rich & Dianne Rector	10/21	Tim & Regina O'Brien	11/22
Anthony & Michelle Salcido	10/11	Cliff & Sandy Meier	10/30	Floyd & Mira D'Angelo	11/25
Jim & Uta DeClerck	10/12	Helena Parada & Paul Brown	11/11	Gary & Arlene Dixon	11/25
Ron & Kay Nelson	10/15	Mary Shebell & Merle McCormick	11/16		

SHIP'S STORE—SGYC LOGO CLOTHING

Marilyn Schwartz

miwswartz@yahoo.com

UPCOMING EVENTS

AVALON CRUISE

THURSDAY TO SUNDAY, SEPTEMBER 20-23

ANNUAL MEETING

TUESDAY, OCTOBER 2

MOVIE MEMORIES

SATURDAY, OCTOBER 6 (NEW DATE)

**PLEASE NOTE:
THE OCTOBER DUFFY BRUNCH CRUISE TO HHYC
HAS BEEN CANCELLED**

COMMODORES BALL

SATURDAY, NOVEMBER 10

BOAT PARADE ENTRY

NOVEMBER - DECEMBER



2018 CREW



Cindy Broz Allen
Erlene Pace
Francis Okino
Jan Nagele
SC Josef Davydovits
Kelly Tidwell
Sharon Courtway
Mike Pace
Pam Dake Jackson
SC Ray Nagele
Marilyn Schwartz
Bob McCormick
Dr. Mark Monroe
SC Josef Davydovits

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

Thanks to all who have contributed to this issue.

Visit www.sgyc.club for more pictures, articles and event information.

SeaGate Yacht Club

P.O. Box 1863 Huntington Beach, CA 92649



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

