



SeaGate Yacht Club

The BURGER GEE



Meet **Dzung and Minh** Pg. 5

Huntington Harbour Raftup Pg. 6

Newport Cruise Pg. 3



Progressive Dinner Pg. 2



PROGRESSIVE DINNER



NEWPORT CRUISE RAFT-UP

This year's annual SeaGate Raftup was one month earlier than the last few years, starting on Thursday going through Sunday, August 11-14. There were a total of eleven boats. Thanks goes to Robin and Bruce Clark and others for making sure everyone anchored safely. On Friday night, we had dinner at the American Legion Yacht Club. The Italian buffet on the ALYC deck was enjoyed by all. On Saturday, we had our Raftup cocktail party, always a blast. Many thanks to all our members who made this event great. The boats rafting were Fin-Tastic (Co-hosts Robin & Jean Clark), Yorkshire Rose (Co-hosts Ray & Jan Nagele), Tagged & Released (Co-hosts Dennis & Kathy Kreil), Cape Hatt R Us (Sanabria), RO III (D'Angelo), Knot on Call (Ferns), Sea-Renity (Haas), Kathleen (Lee), DownTime (Knupp), Fish & Chicks (Courtway) and Xanax (Littlejohn). It was a fun time and we look forward to many more. SC Ray Nagele





DR. MARK MONROE, COMMODORE



Hello fellow yacht club members! The summer is almost over, but our cruising season is in full swing. Many wonderful events have already happened at the club and on the water and we have many more to come.

I would like to thank Staff Commodore Ray and Jan Nagele, Staff Commodore Dennis and Kathy Kreil, and Robin and Jean Clark for organizing such a wonderful sea/land cruise to Newport Harbor. Everyone had great fun on the

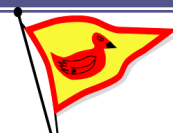
water and the dinner at the American Legion Yacht Club was super! We appreciate their warmth and hospitality.

I would like to thank Staff Commodore Mike Courtway for organizing first ever cruise and raft up to Huntington Harbour's Christiana Bay. I hope we can continue this new venue for many years to come.

I would like to thank all members and guests for attending our events. Your active participation shows your support of the yacht club and appreciation of the hard work our volunteer hosts put into planning these events.



KELLY TIDWELL, VICE COMMODORE



It has been another perfect Summer filled with great friends and parties at SeaGate Yacht Club. In July, Staff Commodore Dale Giali, Susan Westover, Diane Reeve and Jeff Ricketts hosted one of everyone's favorite annual events, the SeaGate Yacht Club Progressive Dinner. This year an Olympic Theme was chosen. Each residence not only nodded to the Olympics with decorations but with food choices. We started by celebrating the US Olympic Team at the beautiful waterfront home of Marta and Patrick O'Rourke with Cocktails and American style appetizers, Crab Cakes, Bacon Wrapped Prawns and Deviled Eggs. Our next stop was the Bonaire Clubhouse, where the decorations were "over the top" with RIO 2016 Olympic Theme. Bright colors everywhere and the most gorgeous table settings made the delicious Brazilian gourmet food even more enjoyable. Our final stop, commemorating Ancient Greece, was at the lovely home of Mira and Floyd D'Angelo where we enjoyed excellent Grecian Desserts and After Dinner Drinks on the waterfront patio completing a spectacular evening of good friends, great food, fun and laughter.

Perfect weather, again, was ordered and delivered on August 11-14 for the Newport Harbor Raftup hosted by Staff Commodore Ray & Jan Nagele; Staff Commodore Dennis & Kathy Kreil and Robin & Jean Clark. Eleven of SeaGate Yacht Club's finest Yachts tied up together making a fabulous "Party Platform" for the lucky

members and guests that made it down there. Friday evening we enjoyed an Italian Dinner on the patio of the American Legion Post 291 under a beautiful lighted American Flag overlooking the harbor. It was a wonderful evening reminding us of just how very Blessed we are to live in America and especially the Southern California Coast. As we were leaving, a live band that was heard playing in the main lodge broke out in "America The Beautiful" which was enthusiastically applauded. Saturday brought us back to our mooring in the middle of Newport Harbor to enjoy more fellowship, food and drink. We were having so much fun, that other boats wanted to tie up and join us. We had to chase them away, after all this is a private party of a very elite group.

A few months ago, Mike Courtway proposed a very unique idea to the SGYC Board of Directors. His idea was to hold an afternoon "Raftup" in Huntington Harbour's Christiana Bay, so on August 27th a half a dozen SGYC Yachts tied together. This attracted dozens of SGYC Duffys loaded with fun loving members and guests bringing food and drink of every description. Kudos to Mike and Sharon Courtway and all the others that helped out. What a GREAT afternoon at no cost to SGYC. I think the laughter could be heard for miles. SGYC is the BEST GROUP in HH. We vote for this to be an annual event.



HYPERTHERMIA

Mark Monroe, M.D.

Josef asks: With this hot summer weather, I get overheated, lightheaded, and my face turns so red it's almost purple. What's wrong and what can I do about it?

Overheating, or hyperthermia, is when your body's temperature rises above normal 98.6 degrees F which could be quite dangerous. Although it can occur at any age, those over the age of 50 or taking blood pressure, acne, or heart medicines are pre-disposed to it. Dehydration, lack of adequate water intake, can make you pre-disposed to it too. Lack of electrolytes, or salts, can cause muscle cramps in your stomach, arms, or legs. Heat exhaustion is when your body is telling you it can no longer cool itself by sweating. It can lead to heat stroke. Signs and symptoms of heat exhaustion include thirst, weakness, confusion, poor coordination, nausea, excessive sweating,

and a racing pulse.

Once the symptoms start, you have to treat immediately by getting the body core temperature down by using cooling measures, re-hydrations, and shade. Heat stroke is where the body core temperature can go as high as 104 degrees F including symptoms of convulsions, seizures, confusion, dry or red flushed skin, rapid pulse or slow weak one. If life threatening shock occurs, calling 911 or the US Coastguard on channel 16 (if you are on the water) may be necessary to evacuate the patient to the hospital.

Prevention is the key. Having a shade, broad-brimmed hat, white cotton clothing, limiting alcohol and caffeine, re-hydrating yourself with 90-100 oz. of water per day, cool wet towels around your neck, a spray water bottle to spritz yourself, staying in the breeze or a fan, etc. are good steps to prevention of overheating and/or heat stroke. Contact your family physician as he/she would be best to advise you which medications will make you pre-disposed to overheating.

New Member Highlight

by Mike Courtway, Staff Commodore 2006



Dzung & Minh Nguyen both grew up in Vietnam, but met in the Southern California in 1976. They married two years later.

We met at their beautiful waterfront home on Bonaire where they live with Cathy, Minh's mother. Cathy is 90 years old and is confined to a wheel chair. But, when we were introduced, she gave me a great big smile. This is the second time Dzung & Minh have lived in SeaGate.

The couple have three children: Joanne in Kansas City, Michele in Nashville, and Shawn in Moreno Valley. Minh is a nurse with Kaiser Hospital at Sand Canyon in Irvine. Dzung works in software development.

The couple love to travel and take cruises. One of their favorites was a three week cruise in Europe. Minh also likes to sew and crochet. But, she doesn't have much

free time, these days. Dzung enjoys jogging, swimming and playing tennis.

Dzung and Minh look forward to attending more SGYC events. Give them a warm SGYC greeting when you see them.

HUNTINGTON HARBOUR RAFTUP

Saturday the 27th found six boats gathered in Christiana Bay for a Raft-Up. Over 75 members came by Duffy and dinghy's for a fun afternoon luncheon. Hosted by Sharon and Mike Courtway with the cooperation of the captains of FINTASTIC (Jean & Robin Clark), RO III (Mira & Floyd D'Angelo), KATHLEEN (Kathy & Greg Lee), YORKSHIRE ROSE (Jan & Ray Nagele), HATT'R US (Robert Sanabria and Lucy Maks), SEA-RENTY (Tina and Jeff Haas). Members brought lots of food and drinks to share, the D'Angelo's were barbecuing Carne Asada with all the trimmings, Kathy Lee brought ribs enjoyed by many. Special thanks goes out to Tina Haas for cookies and cupcakes provided to every boat. The afternoon found old and many new members enjoying themselves. SC Mike Courtway



2016 Membership Milestones

| UPDATED YEARS | | | | | |
|------------------------------|----|--------------------------|---|--------------------------|---|
| Caron & Guy Mount | 14 | | | | |
| 5 TO 9 YEARS | | | | Dean & Nancy Knupp | 9 |
| Dale Giali & Susan Westover | 9 | Patricia Kirk | 9 | Dick & Linda Scholl | 8 |
| Elliott & Debra Wainer | 8 | Deanna Stingley | 8 | Mark & Lina Monroe | 8 |
| Pat Reed | 8 | John & Tricia Pratto | 8 | Richard & Kaye Verry | 8 |
| Angie Ferns | 8 | Cindy Allen | 8 | Gil & Chris Morris | 7 |
| Bonnie & Jeff Specht | 7 | Jackie Sands | 7 | Jay & Sherrie Ferns | 7 |
| Michael & Marguerite McEntee | 7 | Keith & Cathy Liddle | 7 | Kevin & Candace Cloud | 7 |
| David & Roni Fell | 7 | Jim & Uta DeClerck | 7 | Gary & Michelle Bartlett | 7 |
| Gary & Michelle Bartlett | 7 | Kevin & Candace Cloud | 7 | Gail Cyprus | 7 |
| Cheryl & John Arndt | 7 | Patrick & Cindy Surridge | 6 | Guy & Deborah Fairon | 6 |
| Dan & Christine Bates | 6 | Ben & Karen Rudolph | 5 | Ken & Sandi Noble | 5 |

Happy Birthday October/November

| Birthday Correction: | | | | | |
|----------------------|-------|------------------|-------|------------------|-------|
| Diane Rodriguez | 8/19 | Terry Parcell | 10/22 | Ken Noble | 11/14 |
| Cheryl Arndt | 10/2 | Richard Edwards | 10/23 | Betty J. Hickey | 11/15 |
| Robert Axel | 10/2 | Sandi Noble | 10/24 | Steve Pisano | 11/16 |
| Deborah Fairon | 10/2 | Angie Ferns | 10/25 | Judie Kappes | 11/17 |
| Jean Clark | 10/4 | Gordon Hunt | 10/26 | Cristi Ulrich | 11/18 |
| Marsha Hendler | 10/5 | Robert McCormick | 10/26 | Martha E. Fee | 11/19 |
| Dianne Rector | 10/6 | John Humphreys | 10/31 | Richard Kappes | 11/19 |
| Jerry Cassidy | 10/7 | David Laney | 11/1 | Robin Clark | 11/21 |
| Mitch Rodriguez | 10/12 | Rich Rector | 11/1 | Tony Flecklin | 11/23 |
| Marguerite McEntee | 10/11 | Scott Mueller | 11/4 | Francis Okino | 11/24 |
| Jan McKnew | 10/14 | David Fell | 11/7 | Mary Louise Lund | 11/27 |
| Shinn, James | 10/14 | Verna Smith | 11/8 | Tricia Pratto | 11/28 |
| Bett Walton | 10/17 | Kathy Bayless | 11/12 | Nancy Sandvig | 11/28 |
| Renell Gochman | 10/18 | Caron Mount | 11/12 | John Arndt | 11/29 |
| Linda Shinn | 10/19 | Dan Torla | 11/12 | Cathy Kelly | 11/30 |
| Fran Cyrus | 10/21 | Cathy Liddle | 11/13 | R.J. Parcell | 11/30 |

Happy Anniversary October/November

| | | | |
|------------------------------|-------|--------------------------------|-------|
| Stan & Marlene Sholar | 10/1 | Helena Parada & Paul Brown | 10/30 |
| Anthony & Michelle Salcido | 10/4 | Mary Shebell & Merle McCormick | 11/11 |
| Jim & Uta DeClerck | 10/11 | Kevin & Candace Cloud | 11/16 |
| Ron & Kay Nelson | 10/12 | John & Maryann Boryszewski | 11/18 |
| Ron & Mona Jones | 10/15 | Tim & Regina O'Brien | 11/21 |
| Michael & Marguerite McEntee | 10/17 | Floyd & Mira D'Angelo | 11/22 |
| Rich & Dianne Rector | 10/19 | Gary & Arlene Dixon | 11/25 |
| David Laney & Katy Reynolds | 10/21 | John & Margaret Humphreys | 11/30 |
| Cliff & Sandy Meier | 10/29 | | |

**SHIPS STORE
SGYC LOGO CLOTHING
Erlene Pace
310-433-5127**

UPCOMING EVENTS

Duffy Event (9/17/16)
CANCELLED

Duffy Cruise to HHYC Brunch
Sunday, October 2

Annual Meeting
Tuesday, October 4

Halloween Party
Saturday, October 29

Commodore's Ball
Saturday, November 12



2016 CREW



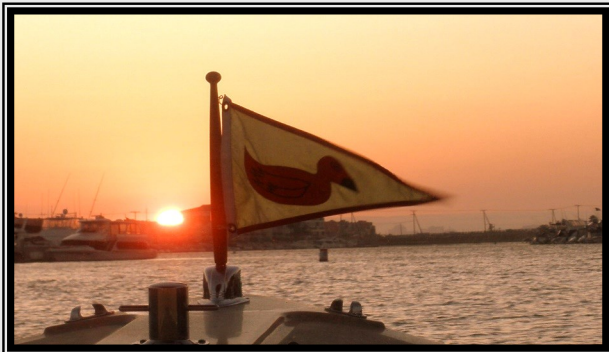
**Dr. Mark Monroe
Kelly Tidwell
Brent Friedland
Gil Morris
Cindy Allen
Jackie Sands
Aurelia Okino
Jim Hagin
Erlene Pace
Bob McCormick
SC Ray Nagele
Pam Jackson
SC Josef Davydovits**

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

Many thanks to those of you who contribute to the Burgee and to Mike Courtway for the biographies. Special recognition to Secretary Cindy Allen and Joanne McCormick. Also, to Josef Davydovits, Ray Nagele and all that have contributed photographs that 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**

