



# CONNECTIONS

January 2008

www.pryc.us

**PORT ROYAL YACHT CLUB** Redondo Beach, CA

A Friendly, Casual, Fun-loving Group Devoted to Social and Boating Activities

**Port Royal  
Yacht Club**  
555 N. Harbor Drive  
Redondo Beach  
CA 90277  
310-372-3960

**PRYC OFFICERS**  
Commodore  
Pat Paxson

Vice Commodore  
Shawn Milligan

Rear Commodore  
Kevin Herink

Secretary  
Shelia Anderson

Fleet Captain  
Carl Chiverton

Junior Staff Commodore  
Penny Towne Vowles

Quartermaster  
Amy Irwin

**PRYC DIRECTORS**  
Mike Williams  
Pat Wyatt  
Jack Laisure  
Dena Bowers

Judge Advocate  
Amy Myers

Treasurer  
Chris Dalziel

Race Captain  
Bruce Stafford

Newsletter Editor  
Amy Myers

Website Manager  
Cathy Mueller

Historian  
Lou Toth



## COMMODORE'S COMMENTS

First off I want to say Happy New Year to all our members. We're planning a fun-packed 2008, bringing back some popular events and introducing some new ones. I especially want to welcome our new members. You'll enjoy good times as the friendly atmosphere here. PRYC folks are always warm and welcoming.

**PRYC members are the most fun loving crew on the west coast/. So just relax and feel at home.**

One of my goals this year to keep all our members active in the club. If you have any ideas for an activity or a party, suggestions for club improvement, or would like to help out with one of the scheduled events, contact me or one of the other officers.

**I would like to see everyone participate in whatever way you feel comfortable.**

Along with the ever popular wine tastings, Super Bowl Sunday Chili Cookoff, and Cinco de Mayo parties, we're bringing back the 7-7-7 Lounge and Supper Club Evening. New activities include a Toga Party, a Trivia Party and Outdoor Movie Nights (thanks to Rear Commodore Shawn and his fabulous vintage movie collection and projector). Board Member Jack Laisure will be hosting "Why Knot" ,a fun and educational evening to learn or brush up your knotting skills.

We'll be cruising to the Isthmus this year as well as our two trips up to Marina del Rey. Also, we're not the new kids on the block in the SCYA anymore.

**We have been asked to sponsor a yacht club, I'll keep you posted.**

Don't forget to bring your appetites to the club. Some of our members are fabulous chefs . You'll enjoy their talents at the organized events or at the spur of the moment. If you have a favorite dish we'd love to sample it. Get your vocal chords warmed up, we're bringing out the Karaoke machine. Nothing like a few glasses of wine after a fine day on the water to bring out one's inner "American Idol" persona.

I'm looking forward to hearing your comments and seeing you at the club.  
*Life is good! .....Commodore Pat*

**[patpaxson@aol.com](mailto:patpaxson@aol.com)**

# Get To Know Your Officers & Crew

*I was hoping to have a complete profile on each of the new officers and members so you'd all get to know a little about each other.... I haven't gotten all the replies, so I'll add some more next issue. Please send me your comments, anything you'd like other club members to know and I'll be sure to include it in the newsletter.... Thanks ed*

[amyjmyers@gmail.com](mailto:amyjmyers@gmail.com)

## **Commodore Pat Paxson**

Member for 4 years, owns Knotty Girl. I guess you could say I was almost born on the water. My mother went into labor on my Dad's boat. My next boating experience was in 1973 when two friends from high school wanted to ski in Timber Creek. I learned how to handle the boat, ski and pull two guys at once. I was hooked! I never thought I'd live in CA- now I'd never go back to bad weather. Knotty Girl is my first sailboat. Thanks to Jack Laisure, I learned how to sail her. When I'm not here, I live in San Pedro and I'm still working at Mattel.

## **Director Dena Bowers**

Member for 2 years. My boat is the Artful Dodger and I've had her for 3 years now. I got into sailing when I started hanging around with Captain Woody. We decided to fix up his boat and sail around for awhile. I fell in love with sailing and bought my own boat. Now I live aboard with my 10 year old white lab, Bella. You've probably seen her walking around the marina with Gordon. When I'm not sailing, I'm flying- as a flight attendant.

## **Director Mike Williams**

Girl from Nantucket is a Boston Whaler Revenge 22. My wife Jennifer and I belong to the club with our daughters Payton and TBD. I enjoyed sailing and living aboard my 34" Columbia, but switched from "sail to steam" with the move to the Boston Whaler. Along with boating, I enjoy motorcycles, RV'ing and spending time with family and friends.

## **Director Pat Wyatt**

Owns the Ruthie; member for 2 years. I have one beautiful daughter, Ruthie, 26. I've owned my 26 foot power boat for two years. I'm a lousy Captain, but I'm determined to learn how to drive this boat by myself this summer. I am a school teacher in the high desert, so needless to say, I love staying on my boat on the weekends. I'm in absolute heaven when the fog is thick, the fog-horn is sounding, the buoys are clanging, lying in bed with just a small light on, the window right above my bed is open, drinking a glass of wine, and reading an Agatha Christie Murder Mystery! I'm actually the type that is scared of my own shadow, but for some reason I feel like I'm out on the high seas when I'm on my boat at night. I think I could easily live on a boat if it were bigger.

## **Amy Myers: Judge Advocate, Newsletter ed**

Crew member Knotty Girl; member for 4 years. I worked on a windjammer and a charter boat in the Caribbean for 3 years (as a stewardess). Although I never received a law degree, I've watched a lot of Judge Judy. My dog Skippy is a model with the Photoshop Agency in San Pedro. I was a toy designer at Mattel and run an art studio and gallery for folks with mental illness. That qualifies me to do just about anything. I don't know how to sail

## **Sheila Anderson: Secretary**

Cruise Director on Knotty Girl. Club member for 6 months, Sailing on Jazz Cruises for 5 years. Another Mattel alumni- I worked there 23 years, I'm a novice in small boat yachting but I'm an expert in the arts of fine wine and entertaining. My Motto is IT IS HARD WORK HAVING FUN!!

## In Memory Of...

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### **Ruth van Ettinger**

Ruth van Ettinger passed away on December 11, 2007. She made friends easily and enriched the lives of all who knew her. Her career as a teacher for the blind and severely disabled children brought hope and encouragement to many families.

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### **Dr. Gerry Morton**

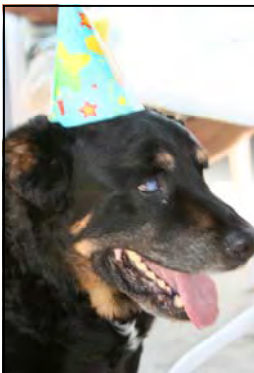
Dr. Gerard (Gerry) T. Morton, Jr., 79, died on December 10th at the Centinela Hospital in Inglewood, CA. He was born in Pensacola, Florida into a naval family. He was at Pearl Harbor when it was bombed by the Japanese on December 7, 1941. He spent his early years as a lifeguard in the Hawaiian Islands and Pacific Beach, California .

He graduated from Gulf Coast Military Academy and UCLA with a degree in theater arts. He joined the U.S. Air Force and became a jet fighter pilot. He made survival training films in Nevada. He was an aerial photographer for North American Aviation. As Director of Corporate Communications for TRW, he was heavily involved in the early days of the space program. He earned master's and doctoral degrees in business administration before forming two companies, Morton & Associates, an International Consulting Services firm, and The Libra Group Consulting Services. He was owner and manager of Gerry Morton's International Turtle Club in Manhattan Beach, where he lived for many years. In retirement he was master of the sailing vessel "Libertine" out of Manhattan Beach. He was a member and past Chief of the Vikings, a charitable organization, and a member of the Society of Experimental Test Pilots where he was honored as a "Friend of the Society." He was known by many as "Mr. Positive" and left a wake of happiness wherever he went.

Dr. Morton is survived by his sons, Gerard T. Morton, III and Sean Morton and daughter, Colleen Anderson; a brother, Captain Donald A. Morton, USN (Ret.); and grandchildren, Andrew and Thomas.

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### **PATRON**



We lost a wonderful canine friend this year. Patron, the Rotweiller, who belonged to Curt and Barb Rommersbach was well known and loved around the club and the marina. Patron was always good natured and had a great disposition. His big smile was infectious- you couldn't *NOT* smile whenever you saw his wiggly body (he had no tail to wag) and his huge happy head. He was a loyal crew member on Curt and Barb's boat- he loved the water. Sometimes he'd hang out with Gordon in the office or with Misty, Curt and Barb's other dog. I know how much Curt and Barb loved their good friend, and how dedicated they were to his care as his health was failing. He was 11 years old when he passed away. We're so sorry for their loss. We will all miss him.

# Eaten Alive: the newest spa treatment

By Lucy Adkins, *The Guardian UK*

Exfoliation is a key part of any skin beautifying treatment. But forget salt scrubs, rubs and foot files. Why not try something far more efficient: the toothless mouths of hundreds of tiny, voraciously feeding fish? "Doctor fish" - so named for their ability to produce healthy, glowing results from even the most crusty or diseased epidermis - are the key ingredient in a spa and skin treatment becoming increasingly popular across Japan, China, Turkey and Europe. The idea is that you immerse your feet, hands or, if you are brave enough, your entire body in a warm pool that swarms with hundreds of hungry minnow-sized feeders. The fish zoom in on your most crusty, flaky or scabby skin and chomp away at it to reveal the fresh layer beneath. According to the spas and their enthusiasts, you emerge refreshed, healthy, buffed and glowing.



Doctor fish are a species called *garra rufa* and originate in pools near two small Turkish towns, Kangal and Sivas. They have long been known for their ability to treat the symptoms of skin conditions such as psoriasis. The Kangal spa, the biggest of the two, has been a healing destination for more than 100 years and since 1988 has been a treatment centre for psoriasis sufferers from all over the world. Affecting around 2% of people in the UK, psoriasis is a recurrent skin

In Kangal, the water's high temperature makes it difficult for any nutrients to survive; the doctor fish are therefore ravenous. Handily, they also have a penchant for dead, diseased or scabby skin. With their gummy mouths they strike and lick the psoriatic plaques, eating away the scaly skin that has been softened by the warm spa pool. Their nibbles can cause minor bleeding, which the selenium-rich water and high-altitude Turkish sunlight then heals.

Therese Dillon, who suffered from severe psoriasis for years and had tried everything to treat it, came across the Sivas spa while on holiday in Turkey. "The first time I got in was very scary - hundreds of the fish came towards me. My legs and back were very bad, and they were all over them. I got straight out. Eventually, I realised the fish were lovely - not at all aggressive." After just four days, "the effects were fantastic - my skin was clean". The results lasted four



months. Dillon was so convinced by the fish that she spent the next six years, with her Turkish husband, setting up a clinic - Skin Therapy Ireland - to treat psoriasis, dermatitis and eczema. It opened at the end of last year and is the sixth doctor fish skin clinic in Europe (the others are in Germany, Austria and Croatia).

The exfoliating efficiency - and novelty value - of doctor fish makes them hot property in the leisure market too. In Japan enterprising spa owners have realised that as an exfoliation gimmick for healthy skin, this one has legs (or fins). They have begun to import buckets of doctor fish from entrepreneurial breeders and are promoting them as nature's best pedicure.

# PRYC 2008 CALENDAR

February 3  
*February 13*  
 February 16  
 February 24

Change of Watch/Super Bowl & Chili Cook off  
*Board of Directors Meeting*  
 Whale Watch/Valentine's Day Brunch  
 IOBG Wine Tasting

*March 12*  
 March 15  
 March 29

*Board of Directors Meeting*  
 St. Patrick's Day Party  
 Clean Up for Opening Day

April 9  
 April 13

*Board of Directors Meeting*  
 Opening Day

May 3  
*May 14*  
 May 17  
 May 30 – June 1

Cinco de Mayo Party  
*Board of Directors Meeting*  
 PRYC Wine Tasting  
 Isthmus Cruise w/LSFYC

June 7  
*June 11*  
 June 14  
 June 20 - 22

First Weekend of Officer of the Day Duty  
*Board of Directors Meeting*  
 Plastic Classic Race  
 Cruise to Cal YC

July 4  
*July 9*

Independence Day Bring Your Own BBQ  
*Board of Directors Meeting*

August TBD  
 August 8  
*August 13*  
 August 16

Cabrillo YC Cruise  
 Olympics Party  
*Board of Directors Meeting*  
 End of Summer Bash/ Fundraiser/Home Port Regatta

*September 10*  
 September 13  
 September 19 - 21

*Board of Directors Meeting*  
 Last Weekend of Officer of the Day Duty  
 Isthmus Cruise

October 8  
 October 11  
 October 25

*Board of Directors Meeting*  
 PRYC Wine Tasting  
 Toga Party

November 1  
 November 12  
 November 15 – 16

Halloween Party  
*Board of Directors Meeting*  
 Marina del Rey Predicted Log Race & Pot Luck

December 6  
 December 13  
 December 24  
 December 31

Tree Trimming Christmas Party & General Meeting  
 King Harbor Boat Parade & PRYC Party  
 Christmas Eve Party  
 New Year's Eve Party

# SUPER BOWL XLII PARTY & CHILE COOKOFF



## 2008 Officer Installation

February 3rd at 1:30

Prizes for Chile Cookoff Winners!

## PORT ROYAL YACHT CLUB

**UPCOMING  
EVENTS**

## SCYA Women's Sailing 19TH ANNUAL CONVENTION

SATURDAY, FEBRUARY 2, 2008

8:30AM - 9:30PM

Del Rey Yacht Club - Marina del Rey

If you would like to attend the 2008 Women's Sailing Convention, you'll need to obtain the Announcement & Registration Brochure on/or after December 20th, 2007 online at [www.scya.org](http://www.scya.org); OR call Gail Hine at 951-677-8121; or e-mail: [Hine@scya.org](mailto:Hine@scya.org) to have a printed version mailed directly to you.

This early announcement is to advise you of the date and NEW LOCATION - **Del Rey Yacht Club** - so that you can request/secure the Registration forms ASAP. There will not be a mass mailing of the brochure. We are limited to 220 people this year, so you'll want to register early to get the workshops you want. We are offering 25+ workshops, an outstanding group of instructors, speaker and fabulous raffle gifts!

Don't miss out...put this card next to your calendar/computer so that you can get your Convention Brochure quickly. It's Holiday Season, with lot's going on, so don't forget....

*Gail Hine*

**SCYA Women's Sailing  
19TH ANNUAL CONVENTION**

**Sponsors:** BoatUS, HARKEN, EZZY, Catalina Yachts, Forespar, Boatwoman's Locker, Inc., Sailing Pro Shop, APPAREL, SAILTIME, WEST MARINE, QUANTUM, PARADISE CAY PUBLICATIONS, and many others.