

# HARBOUR LIGHT

The Original Magazine for the people of Huntington Harbour

Volume XLIX Our 49th Year in the Harbour No. 6

## 57th Grand Marshal

## Cruise of Lights®

December 17-23



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# HARBOUR LIGHT

For and about the PEOPLE of  
Huntington Harbour, since 1970

Published by Boris & Dorothy Ralphs

Volume XLIX Number 6  
December 2019

## In this issue:

FINS .....	5
Huntington Harbour Yacht Club .....	6
Sea Belles of the HHYC .....	7
Huntington Harbour Junior Etiquette .....	8
La Familia .....	9
Seagate Yacht Club .....	10
Cathy Thomas Cooks .....	12
Huntington Harbour Art Association .....	12
Anglers of Huntington Harbour .....	13
Trinidad Ladies Club .....	14
Huntington Harbour Philharmonic Juniors .....	15
Huntington Harbour Philharmonic Committee .....	16
HHPC Sandpipers .....	17
HHPC Islanders .....	17
HHPC Admiralty .....	18
HHPC Marina/Windjammer .....	19
HHPC Trinidad Island .....	20
Assistance League Huntington Beach .....	21
Sea Isle Garden Club .....	22
Huntington Harbour Republican Women .....	24
Flying Dutchman Guild .....	25
Take Care of Yourself .....	26
Wanderlust Ski Club .....	27
Huntington Harbour Garden Club .....	27

## On the Cover

Grand Marshal Larry Gottlieb & Sheri Schuster Gottlieb set the scene for the 57th annual Cruise of Lights.® The Cruise of Lights has been called “the most spectacular holiday light show on water.” Photo taken by Patty Reilly

**HARBOUR LIGHT Magazine** is published on the even months. Advertising rates on request. Subscriptions: \$15.00 per year. Address: Boris Ralphs, 16458 Bolsa Chica Street Box #507, Huntington Beach, CA 92649. Phone us at (310) 874-2033 or e-mail to [harbourlightmagazine@gmail.com](mailto:harbourlightmagazine@gmail.com).

# FINS

by Barbara Devlin & Pearl Holmes

“Food and Flavors of Morocco” was the theme of FINS October Daytime Gourmet luncheon at the home of Mary Johnston with Betty McCarthy as co-chairman. The luncheon started with an appetizer of Mary’s Layered Shrimp Spread made by Barbara Devlin which was really liked very much by the members and Herbed Coated Goat Cheese and Crackers prepared by Marian Galanis. It was followed by our luncheon which began with a delicious Parsnip Soup with Leeks and Parsley prepared Betty McCarthy followed by the Main Entrée of Rack of Lamb with Moroccan Spices and risotto prepared by Mary Johnston, Honey Glazed Moroccan Carrots made by Loretta Maiorana and French Baguettes a la Shell Grossman. Dessert was a wonderful Blender Almond Torte prepared by Pearl Holmes.

### Mary’s Layered Shrimp Spread

8 ounces cream cheese and 4 Tb drained crushed pineapple, ½ cup apricot preserves, 2 tablespoons seafood cocktail sauce (TJ’s), 4 ounces frozen, cooked shrimp (TJ’s), ¼ cup shredded

coconut, 2 medium green onions, assorted crackers

1. On 10 to 12 inch serving plate spread cream cheese (mix the crushed pineapple with the softened cream cheese) to within 1 inch of edge of plate. Mix preserves and cocktail sauce. Spread over cream cheese.

2. Top evenly with shrimp. Sprinkle with green onions and coconut. Serve with crackers.

A small group of FINS enjoyed a delightful evening at Rancho del Rey in October at a benefit for the H.B. Optimist Club. After enjoying an excellent Italian dinner catered by a local restaurant they sat back to listen to Larry Fresch’s 3 piece group called the Fresch Experience.

Larry sings and also plays a really fine sounding saxophone accompanied by a piano player and an electric console player. As we listened some of us sang along when Larry played the oldies and a few others enjoyed dancing. A fun evening was enjoyed by FINS members, Pearl Holmes, Mary Johnston, Pat Carr and Maggie Flavia.

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**Feb. 2020 issue is Jan. 6th**

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# Huntington Harbour Yacht Club

by Rudy Lopez Jr, Vice Commodore



*HHYC members that participated in the "Commodore's Land Cruise" to Ensenada.*

Let me start with a quick introduction. I am Rudy Lopez Jr, the new Vice Commodore at HHYC. One of my responsibilities is community outreach so I will be providing these articles for the next year.

Fall activities at our Club included four organized local cruises, the annual Commodore's Cruise, participation in national Predicted Log Racing competitions, and several major parties at our facility. Over Labor Day weekend a large group traveled to the Catalina Isthmus, and returned home on Monday to join many other members for our traditional Duffy harbor cruise and BBQ at the Club. Next came a week-long cruise to San Diego Yacht Club with stops in Oceanside on the way down and back. Then we spent a weekend at Dana Point Yacht Club, and we wrapped up the season at Bahia Corinthian Yacht Club in Newport October 25-27. Dave Johnston, our Fleet Captain, did a great job in overseeing a total of ten club cruises this year.

A large group traveled by land and sea to gather in Ensenada, Mexico from September 27-October 2 for the Commodores' Cruise. This annual event was a way for the membership to thank the out-going commodore Paul DeGraw for his four-year contribution as a member of the HHYC Flag. A variety of local tours and evening gatherings at the Hotel made for a very festive week.

The club continued its leadership role in Predicted Log Racing. Club members Bill McCormick and Tom Collins both

traveled to the Chicago YC in early August for the National Invitational competition where they placed third. Then in mid-October HHYC hosted the Southern California Predicted Log Regatta in which three of our club teams competed. Our own Tom Collins took first place and Bill McCormick was third. To borrow some words from Bill, these events provide "another way to use your boat and enjoy the camaraderie of fellow yachtsmen with an element of competition".

We held our General Membership meeting on Sunday, October 13 that included status reports by each of our Flag officers and our Treasurer. The formal Change of Watch for our new Flag Officers and Board members was held the following Wednesday. The Commodores Ball to celebrate our 2019-2020 leadership team will be held November 16.

Recently we held an Octoberfest party and then had a festive Dia De Los Muertos celebration. In addition to these special activities we continued our monthly Birthday Party celebrations, fishing expeditions by club members who are experts in knowing where the "fish are biting", monthly Men's Lunch Cruises to local restaurants with docks, and the return of Sea Belles events that go "dark" during the busy summer months. We continue to be open to club members seven evenings a week for food and libations, and the public is invited to join us Sundays 10am-1pm for a casual brunch where you can enjoy harbor views from our patio.

Events on the HHYC horizon include the Commodore's Ball, participation in the Harbor's annual Christmas Boat Parade, providing on-site support for the Cruise of Lights boat tours sponsored by the Orange County Philharmonic Society, and a major New Year's Eve Party for club members.

Interested in joining the fun? See our Website at [www.HHYC.org](http://www.HHYC.org) and our Facebook page at [www.Facebook.com/HHYachtClub](http://www.Facebook.com/HHYachtClub) for information and photos of our activities. Also remember our facility is available for rentals for such events as weddings, birthdays, holiday parties, etc. Call Shirley Wallace at 562 592-2186 for information on joining or to discuss rental options. She is available for club tours Tuesday through Friday.

*Wishing you all Happy Holidays from the HHYC!*



*Rudy Lopez Jr, Vice Commodore.*

# Sea Belles of the HHYC

by Ship's Hailer Lara Anderson



*A flock of Sea Belles at the ribbon cutting for the new awning over the back patio.*

It's been a wonderful year to be a Sea Belle at the Huntington Harbour Yacht Club! Our Captain Ellie Winterfeld and the board have done an amazing job of organizing so many fun reasons for us to enjoy each other's company and support HHYC. Thanks to our fundraisers, we were able to purchase an awning for the waterside patio to provide shaded outdoor seating.

First Mate Linda Nibel graciously hosted "Caribbean Nights" at her home. Our "Oktoberfest and Bingo" night was a great success with bingo hosts Ann and Dave Crowley calling out numbers like professionals! In December we will have our Christmas Luncheon and Board Installation at HHYC.

Our fabulous Cruise Director Jo Andrews booked outstanding speakers throughout the year for our monthly luncheons. We were pleased to hear from Huntington Beach Mayor Pro Tempore Lyn Semeta and Public Information Officer Julie Toledo at our November meeting.

Holiday shopping last minute and need a gift for someone on your "Nauti" list? Stop by the Ship's Store and pick up the perfect gift or HHYC branded clothing. Thanks to Maureen London's expertise we have a nice selection of things to choose from.

We will dearly miss our 2009 Sea Belles Captain, Mim Strickler, who held several

positions over her many years on the Sea Belles board and standing committees. She was a special, unique lady (to say the least!) with her trademark white glasses and a bugle in her purse. We were so fortunate to have her in our group and will keep her in our hearts.

If you're making a resolution in the New Year to "get out more", "have more fun" or "make new friends" stop by the club or go to [HHYC.org](http://HHYC.org) for more information about becoming a member and joining the Sea Belles. We'd love to welcome you onboard!



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# Huntington Harbour Junior Etiquette Program

by Susan Lipman



Board Members - Doria Mercial, Richard Mercial, Sara Gutierrez, Frank Gutierrez, Mary Busche and Bonnie Mercial.



At the PopUp fundraiser - Doria Mercial, Sara Gutierrez, Leanne Pheasant, Joan Palmer, Francine Rosu, Mary Busche.

On October 26th, the HHJEP had a PopUp fundraiser sponsored by Mrs. Southern California Cities in Costa Mesa, raising money for scholarships to our Etiquette program. All guests were asked to wear red to acknowledge our pledge to putting an end to bullying, which is part of the "Red Ribbon" program. The event was well attended and the ladies had lots of fun getting make-overs and learning how simple changes can make a big difference.

The HHJEP Board has been working diligently reviewing our current curriculum to make sure it addresses the needs of all children. Included in this specialized program are concepts of decorum, common courtesies, respect for oneself and others, tolerance, compassion and social graces which are woven into the fabric of the classes. Activities include proper introductions and communication, "netiquette," dining etiquette, personal grooming, fitness, ballroom and social dancing and more.

Classes are held at the Huntington Harbour Mall beginning February 22nd through March 28th. Ages 4-7 meet from 2:00-3:15; ages 8 to 12 and 13 to 15 meet from 3:30-5:00. Registration closes January 20th, so please contact Headmistress Doria Mercial at Doria@HHJEP.org, or (949) 200-0549.

Our website is [www.HHJEP.org](http://www.HHJEP.org). Scholarship applications for this program must be received by December 31, 2019. HHJEP, a 501c(3), appreciates donations and is always looking for volunteers.

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# La Familia

by Karen Branoff



*La Familia members had a private tour of Orangewood Children's Home.*

La Familia has been tirelessly led by our President and icon, Mim Strickler. Mim recently passed away on a cruise that she had organized. Mim was 92 years old and sharp as a tack. Can you hear her bugle in the clouds playing to us? She is with Strik now. It is with heavy hearts that we will continue her good work to support the Orangewood Children's Home.

Mim recently organized a tour of Orangewood for the La Familia group. It was a great day.

In the last month we have provided many outings and supplies for the residents of Orangewood including a Thanksgiving breakfast for the entire home at Denny's, Tanaka Farms Pumpkin Patch field trip and funding for the Christmas Tree Wonderland coming up in December.

Most recently, because of generous donations from Michael and Terri Feterik and Don and Ellen Goodwin, and perseverance of Tim Branoff working with the designer and the City of Orange, a shade cover is in the process of being installed over the playground so that the kids can use it on a warm day.

We are currently planning our largest fundraiser of the year, Christmas Tree Wonderland, to be held, December 3rd. Come join us for a fun filled day of silent auction, door prizes, fashion show. Come prepared to enjoy the afternoon with a great luncheon, fashion show, silent auction and bidding on many beautifully decorated Christmas trees. In March we will celebrate Saint Patrick's Day. This is one of our most fun events of the year.



*Mim Strickler, you will be missed.*

Bill Wheeler has been President of La Casa Board for many years. He will be stepping down next year. His work is much appreciated. Tim Branoff will be our new president. Thank you to Bill and Tim.

Mary Busché is stepping down from her position writing this column after "100 years". Thank you Mary for your cheerful diligence. I will be submitting the article to the Harbour Lights for now.

On a daily basis, Orangewood staff members help our youth with their physical, emotional, and "relational" health. Often, struggles in these areas become hurdles for our youth to achieve their other goals on the path to self-sufficiency, such as securing and maintaining housing or employment, learning and retaining life skills, and pursuing an education.

If you would like to join our lively group please contact Barbara Blodgett by phone at (714) 612-2390.

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# Seagate Yacht Club

by Pam Jackson



Commodore Erlene and Port Captain Mike Pace.



Sue Westover and Staff Commodore Dale Giali and Sharon and Staff Commodore Mike Courtway.

As 2019 closes we, like every year, will have an SGYC entry in this year's boat parade. Rear Commodore Donna Wells and members are working tirelessly to ready our vessel.

26 members and 8 boats cruised to Two Harbors in September for a fun filled weekend hosted by Commodore Erlene and Port Captain Michael Pace. The 8 boats that participated were: ROBERTA M - Michael & Erlene Pace, YORKSHIRE ROSE - Ray & Jan Nagele, LOVE DANCER - Josef Davydovits

& Felicia Emad, ENCORE II - Elliott & Debra Wainer, KATHLEEN - Greg & Kathy Lee, LUCKY CHANGE II - Richard Kappes- RO III - Floyd & Mira D'Angelo and SEA CLOUD - Kevin & Candace Cloud.

Sunday - Dinner at the Harbor Reef, raffle for merchandise donated by Ship's Store & Grand Prize gift certificate from Pelican Isle, won by Sharon Young. Also, boat plaques were passed out to the 8 boat captains. Monday - Food, Drinks & Games, at Harbor Sands Palapa's. It was

fun chillin' with the group for the day!

On October 1, we held our annual meeting hosted by Vice Commodore Francis and Aurelia Okino. Membership enjoyed dinner of assorted pizzas and salad. We voted for the 2020 Officers and 2020 appointed chairpersons were announced.

Results: Commodore Francis Okino, Vice Commodore Donna Wells, Rear Commodore Anne Marie Pichotta, Treasurer Jackie Sands, and Secretary Staff Commodore Cindy Broz Allen.

Appointed chairs will be Membership Aurelia Okino (Temp), Port Captain Craig Whitacre, Communications & Webmaster Pam Jackson, Ship Store Laura Roskelly & Ginger Hegler, Roster Hon. Commodore Bob McCormick, Judge Advocate Staff Commodore Dale Giali and Susan Westover and Fleet Surgeon Staff Commodore Dr. Mark Monroe.

It's no surprise, hosts SC Mike and Sharon Courtway with SC Dale Giali and Susan Westover have pulled off one of the best dock parties again this year. And the weather was beautiful. It was the perfect day to relax and unwind with friends and fellow members. The theme was Surfin' Safari and the dress was, of course, "beach" casual. 57 members, 6 guests and 4 boats participated. Everyone made their way along Bimini dock lined with tables of great food prepared by the attending members. Susan Westover made her signature "Sue's Famous Jungle Juice" which was enjoyed by all.

The boats participating were: KATHLEEN - Greg & Kathy Lee, RO III - Floyd & Mira D'Angelo, LA FORTUNA II, Clement Aime, SEA YA, Cleve Sproule & Mark Arizmendi.

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## HAPPY HOLIDAYS

We wish you and your family happiness, health, and success in 2020.

Thank you again for another fabulous year!

Best wishes for the New Year,

**XOXO Cristi Ulrich & The Smith Group**

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# French 75, a Delicious Holiday Drink

by Cathy Thomas

Whether you are hosting at home or contributing to a holiday gathering elsewhere, the holidays represent goodwill and generosity. Time spent with friends and family at this time of year can be the makings of many treasured memories.

At home I love to serve French 75 cocktails at this time of year, using a recipe from Food Network star and cookbook author Ina Garten. These delicious concoctions showcase Champagne or your favorite sparkling wine. The bubbly teams with a delicious icy-blend of Cognac, simple syrup and fresh lemon juice.

I like to use the “batch and serve” method of preparation. Before guests arrive, I make the mix of Cognac, simple syrup and lemon juice. I double the recipe and divide it between two cocktail shakers. When the thirsty company arrives, I add ice to the shakers and shake the heck out of them. The mix is strained into Champagne flutes, filling them 2/3 full. Top off with bubbly and voila!

According to Wikipedia, this drink is also called a 75 Cocktail, or in France, a Soixante Quinze (Seventy Five). The drink dates to World War I, and an early

form was created in 1915 at the New York Bar in Paris. Cheers!

## French 75 (Yield: 4)

1/2 cup (4 ounces) VS or VSOP Cognac, 1/2 cup (4 ounces) simple syrup, see cook’s notes, 1/3 cup (3 ounces) freshly squeezed lemon juice (2 lemons), 2 cups ice cubes, 1 (750 ml) bottle good chilled Champagne, 4 long strips of lemon zest

Cook’s notes: For simple syrup combine 1 cup water and 1 cup granulated sugar in a small saucepan. Bring to a boil and cook until sugar dissolves. Cool. Can be stored in the refrigerator well-sealed.

Pour Cognac, simple syrup and lemon juice into a cocktail shaker and add ice. Shake for at least 30 seconds (it’s longer than you think). Pour mixture into 4 Champagne flutes to fill each glass about two-thirds full. Fill glasses with Champagne, garnish each with a lemon strip and serve ice cold.

*Cathy Thomas, an award-winning food writer, lives in Huntington Beach. Read more about her culinary escapades and sign up for her e-newsletter for food lovers at [CathyThomasCooks.com](http://CathyThomasCooks.com).*



# Huntington Harbour Art Association

by Jackie Dvorman



*Excursion to Watercolor West exhibit: Karon Walstad, Barbara Simone, Pam Smart, Dorothy Boyer, Pearl Holmes, Carrol Wolf, Kay Sullivan, Gail Poltorak, Rhea Black, Diane Moos, Jacqueline Dvorman.*

What fun we had that Sunday in October when the Art Association, for the first time, had its own booth in the Huntington Surf Arts Festival which used the grounds surrounding the library across the street from the Art Center. We also had a place in the lot next to the Art Center to have a spot to demonstrate, and help make, delightful yarn pom poms with young people. The Art League members displayed fine jewelry, hand dyed scarfs, felted bags and other crafted

goods on that sunny Sunday.

The Fall Luncheon for the Art League was held at Mimi’s in Long Beach, and Betty Viers, a fine watercolorist from our group has a special skill in painting portraits. Betty led us through the process of bringing people to life using a process of layering colors. It was especially fascinating to see her portrait of Barbara Steele, one of the members of our group, and learn that even the whitest of hair can come to life’ using skillfully, a careful

blend of every other color in the painting.

Two of our members, Carrol Wolf and Betty Viers, have been honored to be accepted in the prestigious Watercolor West International Juried Exhibit shown in Brea. We drove to Brea to see the exhibit and share pride in their entries and share a Sunday brunch with them.

The Annual Fiber Arts Show was held in November, too late to make the deadline for this article, but months of planning went into the lovely show, especially the Scholarship Quilt, designed and created by Linda Sackin. The luck winner of this lovely quilt, along with the winners of the divisions on Fiber Arts will be shown in the next issue.

But...the art association is, more than meetings and excursions! We invite you to join us for meetings of Needles and Friends when we get together in member’s homes to share needlework projects and learn new techniques for this craft. We also have a stimulating group, Painting Pals and Beading Buddies, who meet in the Seagate Clubhouse to share their painting projects. Call Betty Viers at (714) 848-8203 for more information.

# Anglers of Huntington Harbour

by Kathy Bayless



Anglers October TGIF hosts Michael and Terri Feterik.



Anglers September TGIF hosts Rich and Jan Hornstein.

## September TGIF

On Friday evening September 27th 48 Anglers of Huntington Harbour and guests gathered at the Humboldt Island home of Rich and Jan Hornstein for the Anglers September TGIF and Garden Party. Each of the Anglers brought one of their favorite appetizers or desserts to be enjoyed by all as they socialized in the Horstein's spacious garden area and recalled some of the great Angler 2019 events like the Kid's Fishing Trip, the Member Fishing Tournament, the Duffy Cruise and the Evening on the Bay. Attendees enjoyed an abundance of savory appetizers and delicious desserts. Members in attendance celebrating September birthdays included Carmen Morrow and Donna Belitz.

## October TGIF and Halloween Party

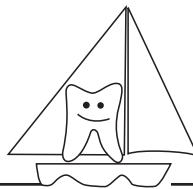
Friday evening October 25th about 40 Anglers of Huntington Harbour and guests met at the Coral Cay waterfront home of Michael and Terri Feterik for the group's October TGIF and Halloween Party. Anglers brought a favorite appetizer or dessert for all to enjoy as they socialized on the Feterik's waterfront patio and discussed upcoming events like the November Election of Anglers of Huntington Harbour 2020 officers. The home was decorated with Spooktacular Halloween décor and many of the attendees were dressed in creative costumes. Attendees celebrating October birthdays included Bob Campbell, Tony Zazzu and Jim Rood.

## Upcoming Events

In 2019 the Anglers of Huntington Harbour celebrated their 55th year in the Harbour and have enjoyed many exciting social, fishing and philanthropic activities. Upcoming events include the annual "Installation, Awards and Appreciation" banquet to be held on Saturday evening,

January 18, 2020, at the Sea Cliff Country Club.

If you live in the Harbour and want to be considered for one of the Anglers open membership positions and attend one of our events, please call membership chair Paula Hetzler at (714) 969-2570 for more information.



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# Trinidad Ladies Club

by Marilyn Schwartz

Happy Holidays to all of you from the Trinidad Island Ladies Club (TLC).

We have had a few meetings since the last Harbour Lights October issue.

Our meeting in October was held by our hostess Courtney Holm-Banaag in her beautiful home. Our co-hostesses were Joanne Verhoevan, Martha Baumel and Joyce Kostad. The theme was "A Tea Party." Every table had beautiful tea pots, fabulous tea cups, saucers and napkins with wonderful tea choices.

Courtney and her co-hostess had made finger sandwiches and placed them on 3 tier serving plates. Also we all enjoyed the fresh baked scones with clotted cream and Jams. Followed by assorted mini desserts that allowed you to have more than one!

We also had a hat contest. Those who wore a hat were asked to explain what inspired their hat choice. All the hats were beautiful with feathers, flowers, and crystals. The winner was Joyce Kolstad!

We had a new member join us. Tony Green, love that you have joined us! Your carefully taken care of antique/nostalgia hat was very impressive and beautiful.

In our meeting prior to lunch, we discussed having the "Concert in the Park" in 2020 due to the great success of this past September. We also revisited the planning of our December holiday party where you can dress up and bring a friend, family or a loved one.

We reviewed the issue of our trees and flowers that are not being cared for by the city of Huntington Beach. We encourage



*Hat Contest participants at TLC's October meeting.*

those who can to call and voice your opinion on this at (714) 374-1727.

Also, we discussed the HHAA (Huntington Beach Art Association) and their November display of beautiful hand crafted quilts, needle work and more! A holiday boutique was also included.

All proceeds go to student awards chosen from the HB Union High School District and presented at the Huntington Beach Art Center's "Creative Visions 2020" award ceremony.

At our November evening meeting and dinner we were fortunate to have two

guests. It was a short meeting recapping the November and December events.

Dinner was delicious! We enjoyed the prepared chicken and beef kabobs. With their yummy rice, hummus, pita bread from the Olive Pit Grill and a salad made of assorted swirled vegetables that was fabulous! And lets not forget the cheesecake and tiramisu. All the while the wine being poured was plentiful!

Our hostess, Marianne Kosher, welcomed all of us to her beautiful home. Our co-hostess that helped were Mary Lundin, Myrian Roberts and Lori.

We also had so much fun shopping from the several vendors that were set up. We had an opportunity to shop for the holidays as well as for ourselves. Our choices were make up, jewelry, clothing from tops to bottoms to scarfs, and handbags as well as bundt cakes from Boozy Bundiz Gourmet Cakes infused with premium liquors.

In all our last two meetings were productive as well as enjoyed by all.

In closing, we at TLC wish you a very merry Christmas, a wonderful Hanukkah, as well as a happy new year 2020. Giving you well wishes of good health and happiness. Enjoy your Loved ones. Pay it Forward when you can. A little kindness goes a long way.

If you would like to join this empowered group of ladies please contact: VP Membership and Introduction of Guests, Debbie Cervantes at [deb cervantes@gmail.com](mailto:deb cervantes@gmail.com). We would Love to have you join us at TLC!



*A staircase chock-full of TLC members!*

# Huntington Harbour Philharmonic Juniors

by Elizabeth Henry and Rachel Helgeson



Aaron Linville and Aidan Murphy help at the Huntington Harbour Philharmonic Holiday Boutique.



Evans Henry, Nolan Murphy, Erica Manzo and Kayla Lobro, cleaning the harbour and neighboring wetlands.

The HHP Juniors are cruising right along in the first few months of their year. Several members took to the waters of Huntington Harbour in October. Working with the Surfrider Foundation, they kayaked and paddle boarded to pluck trash from the water as well as the wetland area fringing the Naval Weapons station. The unusually high tide, bright sunny weather, and delicious Krispy Kreme doughnuts made it seem more like a holiday than a day of public service.

Members also helped the with the

HHPC's annual Holiday Boutique. Some of the teens sold opportunity tickets, while others did heavy lifting to help various vendors.

This hard working group's November meeting will have them gathering holiday treats for Robyn's Nest, a local organization that serves the needs of under privileged local students.

The Juniors will also be lending their talents to the annual HHPC Cruise of Lights® this December. Several of them have signed up to help load buses, answer

phones in the office, and sell shiny glow necklaces.

In January, they will meet with Fashion Show Coordinator Nicole Stewart to begin preparing for their 2020 fundraiser, "Sail Away." The fashion show and luncheon will take place on Sunday, March 29. So save the date to set sail with them.

For information about the club, more specifics about the meetings, and to inquire about donations, email [HHPCJuniors@gmail.com](mailto:HHPCJuniors@gmail.com).



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# Huntington Harbour Philharmonic Committee

by Lara Anderson



The Philharmonic Society presents "Summer Musical Salon," held at the beautiful waterfront home of Gail and Robert Sebring. Photo by: Leah Heit



HHPC members who attended the Philharmonic Society of Orange County Annual Fall Kick-Off Celebration enjoyed the opening of our fundraising year.

The holidays are here! This is the most magical time of the year in Huntington Harbour thanks to all of you decorating your homes. In this neck of the woods, that's not a "climate credit" we get on our electric bill during the summer, it's "Christmas Credit" for all the extra juice you'll be using for your light displays!

Seriously, without your decorations and participation we would not be able to have our major fundraiser the Cruise of Lights® for the last 57 years. It's a remarkable volunteer effort that you are all a part of (yes, even you with the "Bah Humbug" sign in Seagate!) Tickets are now on sale for all Cruise of Lights® dates, December 17-23 at [www.CruiseofLights.org](http://www.CruiseofLights.org).

To thank all the Harbour residents for their support, the spectacular all-volunteer Huntington Harbour Boat Parade will be December 14th and 15th. Grand Marshal Larry Gottlieb and Boat Parade Chairman Bill Wheeler have been working hard to make it happen. We're looking forward to some wild interpretations of the "Rock & Roll Fantasy" theme. To quote rocker Ted Nugent, if this year's parade is "too loud, you're too old"! I've seen many of your upstairs "bar rooms" in the original

homes from the 60's and 70's which hosted more than a few raucous parties! It will be a fun weekend and don't forget to vote for your favorite entry's number by text for the "People's Choice Award".

Why we do what we do is highlighted at our Philharmonic Committees' "Reinvestment presentation night" a.k.a. "Taco Night" a.k.a. "Formerly known as Chili Night" at the Huntington Harbour Yacht Club scheduled for December 17. We will be presenting grants to school representatives for their music programs from the money raised during our previous fiscal year. Keeping youth music programs alive in local schools and throughout Orange County is our purpose and the reason we work so hard. During the Cruise of Lights®, Coralie Prince has many of the students from the music programs we support scheduled to entertain the crowds waiting in line to board the boats.

The Holiday Boutique in October at the Huntington Harbour Mall was a fabulous shopping extravaganza with a fantastic variety of items this year. Thanks to the vendors, donors, volunteers, and all who attended and bought opportunity drawing

tickets. Co-chairs Kelly Haynes and Karen Ridout did an outstanding job..

Save the dates - Chair Jeannie Gibson has SeaCliff Country Club booked for March 21st for the Grand Marshal Event and the Juniors Fashion Show will be held there on March 29th.

## 2019 HHPC Holiday Boutique Contributors

*Thank You to Our Generous Donors for Making This Year a Success*

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- Slice of New York Style Pizza
- Tabu Shabu
- Trader Joe's
- HHPC's Admiralty, Islander, Marina  
Windjammer, Sandpiper, Seal  
Beach and Trinidad Members





# HHPC: Sandpipers

by Cindy Broz Allen

Sandpiper members and guests enjoyed ghoulish treats at our “Halloween” themed social after our meeting on October 17th at Terri Feterik’s home. New member Donna Misterly was welcomed.

Sandpipers also helped and SHOPPED at the HHPC Holiday Boutique on October 18th and 19th. Thanks go out to all who contributed to the “Pamper Me” basket and a special thanks to Teri Adams who put it all together. Kudos to those Sandpipers who worked at the Boutique and helped to make it a success.

Ann McCormick graciously offered her home for the November 21st meeting. This was the last meeting before the Boat Parade and the Cruise of Lights. The December Holiday party will be at the home of Mary Lundin on December 21st. The January 16th meeting will be at Nicole Stewart’s home.

Be sure to mark your calendar for this important event! The upcoming Boat Parade with the theme “Rock and Roll Fantasy” is on Saturday and Sunday, December 14th and 15th. The 2019 Cruise of Lights runs from Tuesday, December 17 through Monday, December 23rd. The Sandpiper work dates for working the



*Sandpiper members and guests at the October 17th meeting.*

office are Monday, December 2nd, Friday, December 13th and Monday, December 16th. The Sandpiper work night for the Cruise of Lights is Sunday, December 22nd.

The Huntington Harbour Philharmonic Sandpipers are one of the six committees that comprise the Huntington Harbour Philharmonic Committee (HHPC). Our monthly meetings are held in the

afternoon on the 3rd Thursday of the month at various members’ homes. Following our meetings, we have happy hour with delicious appetizers provided by Sandpipers.

If you are interested in joining our fun group, Please call Susan Lipman at (714) 337-5158 or email [suepinhb@gmail.com](mailto:suepinhb@gmail.com) for more information about the Sandpipers.

# HHPC: Islanders

by Cristi Ulrich



The Islanders are so looking forward to the Holidays and we wish you all the happiest season ever! We are ready for this busy time with office hours and Parade hours filled and we are anxious to begin decorating our homes. Our fabulous Grand Marshall is working hard to make this boat parade spectacular and we urge everyone to participate.

We met at Dee Woods gorgeous home for our October meeting and planned for the end of the year. Enjoyed a wonderful lunch on her Christiana Bay back deck and because the day was perfect, we all realized how blessed we are to live here. As always, the October Holiday Boutique was a success and I spied many Islanders working and shopping. Marlene Nielsen’s

darling sweater perfectly matched one of the many vendors’ items for sale and we shared some moments with Mim Strickler who tirelessly volunteered her time to every event the Philharmonic sponsored for what seems an eternity. The Huntington Harbour Philharmonic will miss her energy, her devotion, her infamous white glasses, fun spirit and her trumpet. We know she will now grace Heaven as she filled our lives here on earth. She will be missed.

So, on we go into the busy Holidays and we cannot wait for the Boat Parade and the Cruise of Lights. The Islanders are present and ready and Ladies (and Husbands) don’t forget our party after our work shift on December 21. Pam and Calvin free have once again generously given us their home where we can meet and celebrate. Merry Christmas and Happy Everything to Huntington Harbour, our Children and Music and our wonderful Philharmonic Volunteers who work every year to support our Huntington Beach Kids and their music education. What an honor to be involved.

# HHPC: Admiralty

by Grace Holdaway



Working the Holiday Boutique: Grace Holdaway, Jeanne Caille, Karen Vraboff and Mim Strickler.



Mim Stricker and Holiday Boutique basket winner Barbara Howland.

It is with great sadness as I write this, Admiralty and the Harbour lost a great soul, Mim Strickler. I feel so honored to have known her. She was always with a smile and words of encouragement for everyone. I am sure she was the glue that held us together. She was a member of the Philharmonic Society for 50 years and worked every one of those years not just for Admiralty but for other organizations as well. She is not replaceable.

The holiday season is upon us and Admiralty is busy getting ready for the

Boat Parade and the Cruise of Lights. Roxanne Talley is chairman of the Boat Parade and she always does a great job. The theme for this year is Rock and Roll Fantasy and is on December 14th and 15th. If you have a boat please consider entering.

Looking back to October we had very successful Holiday Boutique raising money for the O.C. Philharmonic. Gail Sebring did a terrific job coordinating Admiralty's volunteers and putting together our 2 Pet baskets for the

Opportunity Table. Our own Barbara Howland was a winner of a basket.

Our October meeting was hosted by Anne Crowley in her lovely Fountain Valley home. Our president Anne Crowley led the meeting and sign-up sheets were passed for the Cruise of Lights office staffing. Admiralty will work December 19th at the yacht club boarding the passengers. For a change from Chili night we will be having Taco night. It will be December 17th and many of our members will be either volunteering or just attending to enjoy a great night. This is the night we make reinvestment presentations to the schools.

The Cruise of Lights will run December 17 – 23rd and if you have never taken this cruise I promise it will put you in the Christmas spirit!


Coming up in April will be the famous Attic Treasures where we can get our closets and garages clean by donating all those treasures we have tucked away. Gail Sebring has volunteered to chair this event for Admiralty. Start now bagging up your excess stuff now and make a great tax deductible donation to help our children's music programs.

Our next meeting will be November 21st at Anne Crowley's home. If you are interested in helping our O.C. Philharmonic Admiralty group raise money and awareness for our children's music education, this is a good meeting to come to and see what we are about. We meet every third Thursday of the month; we have both morning and evening meetings. We always have a good time! Please contact our Membership Chair Grace Holdaway (714 746 5809) or email: [grace4spice@verizon.net](mailto:grace4spice@verizon.net) for more information.

Happy Holidays from my home to yours



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# HHPC: Marina Windjammer

by Lara Anderson



*Pam Barthold, Kelly Haynes and Linda Halopoff working the Boutique..and the camera!*



*President Lisa Weller setting up her booth at the Holiday Boutique.*

Marina Windjammers were well represented at the annual Holiday Boutique in October. Not only were the co-chairs for the event Kelly Haynes and Karen Ridout from our group, but we also had three member vendors showcasing their wares: Roberta Swain, Lisa Weller, and Pam Barthold. The event was a resounding success and we're already looking forward to next year.

Our Cruise of Lights® work night is Friday, December 20. If you haven't gotten your tickets yet, may I suggest selecting that date? We are known to have good luck with the weather on our assigned night and we have some outstanding commentators on the boats (including yours truly if I do say so myself!) There are many opportunities to volunteer so if you happen to be available and are able to lend a hand for a few hours, we sure could use your help at the Huntington Harbour Mall, as well as in the parking lot and at the docks to direct and assist passengers. You don't need to be a member to volunteer—everyone is welcome. Friends, family members, neighbors, teen grandkids who need volunteer hours, holiday guests who you don't know what to do with and are out of “entertainment” ideas—put them to good use! Reach out to your nearest HHPC member or stop by the HHPC office to sign up.

But first, we party. Our holiday party will be on December 11th at Sea Cliff Country Club, hosted by Diana Casey and Charlene Bauer. Thanks to Linda Halopoff for organizing.

One of the things that sets our group apart from the others is we often have a live musical performance at our meetings.

Our October meeting at Ruth Roe's home featured Karen Kristensen, of Meet the Musicians, performing on flute.

We are a little busy in December so our regular meetings will resume again in January. Our meetings are held in the morning on the third Thursday of each month, followed by lunch at the host member's home. Meetings often feature a musical presentation or a special guest speaker.

If you're new to Huntington Harbour, or have been around a while and looking for something new to do, we'd love to meet you! To learn more about volunteering with us, becoming a Marina Windjammer or to check out the food, fun and friends at our next meeting, please contact Membership Chair Pat Decou at (714) 892-1344 or by email at [dukedecou@yahoo.com](mailto:dukedecou@yahoo.com).



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# HHPC: Trinidad Island

by Tharice Opalewski



L-R: Tharice Opalewski, Linda Axel, Ellen Martin and Patty Reilly.

Well here we are at the end of another year and decade! Trinidad Island had a wonderful and Spooktacular Halloween luncheon hosted by the fabulous Tricia Pratto, thank you for a lovely luncheon and a fun gift I know I have enjoyed. Literally following the meeting, we jumped right into the Holiday Boutique that if you missed it there was some truly

fun and fabulous items for sale, I know I did my part to help these local vendors. All groups did a fantastic job with “opportunity ticket sales” and catering to the vendors with snacks, cold water and anything else they needed during their two-day sales event. Trinidad Island had a beautiful basket of Winter Comfort that included, throws, slippers, red wine,

coffee, teas, cocoa, candles, lotions and much more. We would like to thank everyone for their contribution to the basket and especially Elizabeth Larripa for the fantastic and festive packaging which was eye catching for those viewing the baskets.

As we approach our big event of the season the Cruise of Lights we have lots of prep work behind the scenes to ensure this year is bigger and better than ever before. This year’s theme is “Rock and Roll Fantasy” and runs from December 17th-23rd.


We are always looking for and welcoming new members to the Trinidad Island HHPC family. If you are interested please contact Ellen Martin at [elleninhuntington@yahoo.com](mailto:elleninhuntington@yahoo.com) for more information. We meet the 3rd Thursday of every month for a luncheon and meeting which for even working folks can fit into a once a month extended lunch period. We would love to meet you and have you as a member of our fun loving family.

Have a fantastic Holiday Season and I truly wish you all a fun filled holiday tradition of food, friends and family.

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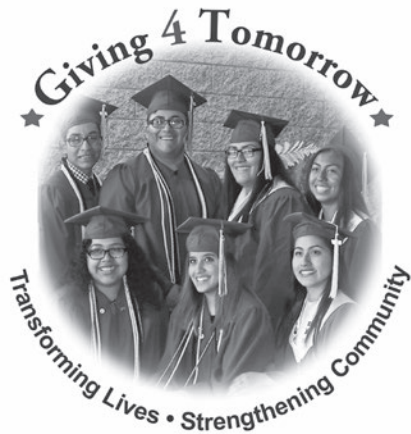
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# Assistance League® Huntington Beach

by Diane Dwyer



December is a time of giving. It is the time when giving to make a difference in peoples' lives is important. For Assistance League, it means that we are asking our supporters to help us provide more scholarships.

Why? Education is key to a better life. Scholarships can immediately impact students, giving them a chance, or a second chance, to pursue their education. The effects last a lifetime. For more than 60 years, Assistance League of Huntington Beach has been transforming lives with scholarships.

In 1956, Arnis Luters was awarded the Assistance League of Huntington Beach's first scholarship. This scholarship was for \$4,000 and covered his four years of college. He graduated and worked as an Engineer in Northern California.

Times have changed dramatically placing a strain on college students and causing many to drop out.

As per Savingforcollege.com, 69% of college students in the class of 2018 took out student loans and graduated with an average debt of \$29,800. Data provided by Savingforcollege.com and the U. S. Federal Reserve.

How has Assistance League tried to help students achieve their dream of a college education? In the past 5 years alone, more than 1,225 deserving students received scholarships.

Recipients included:

- Full-time Veterans attending Golden West College & Coastline Community College
- Single parents struggling to become self-sufficient
- Full-time Nursing Students at Golden West College
- Local high school graduating Seniors

Here is what our scholarships have meant to a few recipients:

*'Your scholarship couldn't have come at a more needed time - thank you. Vanguard University, here I come!'*

*'I am sincerely honored to have been selected as a recipient of your scholarship. Thank you for your generosity that has allowed me to pursue a Bachelor's degree at Ohio University. Your scholarship will positively impact my future. Thank you!'*

*'Thank you so much for the scholarship and thank you for believing in me and my hard work. I will not disappoint. Thank you not only investing in my future but my son's as well. Paying it forward is now one of my future goals.'*

So, how can you help Assistance League help more students achieve their dream? Take advantage of December for your 2019 year-end giving and help us raise \$25,000 for scholarships. The exciting part is that the first \$10,000 donated before December 31 will be matched.

It's easy!

- Go to our website: [www.ALHB.org](http://www.ALHB.org)
- Click on the Giving 4 Tomorrow graphic
- Read about our scholarship programs and click on Give Now to donate.

If you are not able to donate to our scholarship fund, you can help us by shopping with at our Thrift Shop.

The holidays are a favorite time at our thrift shop. Our magical Christmas shop is now open. Shop on-line with us on eBay, Craigslist and Amazon Smile.

The Assistance League Thrift Shop is located at 8071 Slater Ave (just East of Beach Blvd.), Huntington Beach. We're open Tuesday, Wednesday, Friday and Saturday 11:00 am - 3:00 pm and on Thursday 1:00 - 5:00 pm.

Save the Date for *Treasures by the Sea.*® Mark your calendar on Saturday, March 28th, 2020, for our annual fundraiser.

To learn more about us, visit our website: [www.ALHB.org](http://www.ALHB.org)



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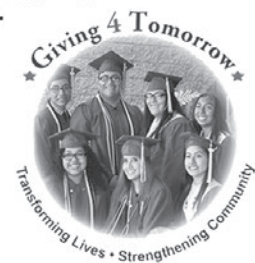
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# Sea Isle Garden Club

by Caron Mount



*At the Donor Recognition Plaque in September: Linda Sachin, Marsha Hendler, Lucille Mascoli, Cathy Kelly, Caron Mount, Jackie Neil, Jean Worden, Adrienne De Wolfe, and Mary Ann Brinket.*

On October 9th, Sea Isle Garden Club joined the millions of people who use YouTube to help create something beautiful or useful. Our goal was to “plant” succulents to the top of a pumpkin, and utilizing the Seagate Clubhouse screen, we viewed many pictures and several “how to” videos, including two from our highly-respected Rogers Gardens. Members started with spray-on glue to attach sphagnum moss to the top of the pumpkins, then applied tacky glue to the cut pieces of succulents, such as agave, senecio, haworthia, powderpuff cactus, echeveria. It was a bit tricky, prickly, and sticky pushing them into the moss,

packing them tightly, in a variety of colors, shapes, and textures. Some of the plants came from our gardens, some were purchased by Adrienne De Wolfe from the nursery. Several of the larger pieces of succulents needed a glue gun, which was also helpful in attaching decorative sea shells, for those who wished to add a beach theme. Because we only trimmed down the stem and the pumpkins were not punctured, the pumpkins should last as a table center piece through Thanksgiving. Each member was able to take home a uniquely stunning arrangement. When the pumpkin does begin its self-destruction, the cactus top

can be cut off and put in sandy soil in pot or in the ground to add to our gardens.

As we finished up our projects, our hospitality team of Lu Mendenhall and Lucille Mascoli set up our luncheon with Lu’s bow tie pasta and vegetable salad, croissants, Mary Ann Brinket’s chicken and kale salad with avocado dressing, Lucille brought sweet breads and lemon cookies and we even saved room for Lu’s pumpkin pie with whipped cream.

Mary Ann Brinket spearheaded an excursion to Rancho Los Alamitos in Long Beach on November 13. We thoroughly enjoyed our docent-guided tour of the house, ranch, barn, and gardens. After our tour we strolled to the Old Gardens for a lovely lunch.

We are looking forward to our Holiday Luncheon, with Marsha Hendler as our hostess on December 11th. Our Hospitality chairs will plan the menu with the caterer. One tradition we have is the gift exchange, where each member in turn chooses to open a wrapped gift or “steal” a gift that has already been opened.

After the holidays, our first meeting of 2020 will be on January 8th with a visit to a garden shop and English tea house, so if you would like more information or you would like to join us, please contact Cindy Broz Allen at (310) 245-8702 or Mary Ann Brinket at (310) 245-8702.



*Pictured with their pumpkin succulent arrangements: Cathy Kelly, Caron Mount, Lucille Mascoli, Adrienne DeWolfe, Mary Ann Brinket, Lu Mendenhall, and Cindy Allen.*



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## The Season for Giving



As we approach the holidays and the end of the year, many people plan to make gifts in December. Year-end gifts offer an opportunity to take advantage of tax deductions and encourage charitable planning for the year ahead. It is also a season of personal giving when we celebrate Christmas and Hanukkah. Whatever inspires your generosity this month, there are many gifting strategies that may be helpful for you. Let's explore some giving concepts that are financially wise and tax wise.

### Personal Gifts

- 529 Plans are great savings devices for funding college education and a terrific alternative to giving your younger family members more "stuff." Earnings and growth are tax-free if the student spends the money on qualified college expenses such as tuition, books, room & board, and required supplies (such as a computer). At the birth of a grandchild, start one for that little peanut and then inform the other family members that you'd be happy to be a steward for these tax-favored funds.
- Annual gift limit. If you will have a taxable estate, you can reduce future estate taxes at your death by giving up to \$15,000 per person to your loved ones (if you're married, you and your spouse could gift \$30,000 to each person). Certainly, you want to bless them but not enable them. Think creatively about your cash gifts: it could take the form of paying down a car loan or making a principal payment on a student or home loan.
- Pay a child/grandchild's tuition. If you pay a person's tuition directly to the college, it is not counted against the \$15,000 per person gift limit. Beware! The payment must be made directly to the institution, not the student, to be excluded from the \$15,000 limit.

### Charitable Gifts

Many of us no longer itemize our deductions because the Standard Deduction nearly doubled in 2018. For a married couple both age 65+, the 2019 Standard Deduction is \$27,000. Let's look at two ways to get a tax break for your charitable giving even if you don't itemize.

- Qualified Charitable Distributions. If you are at least age 70 ½, you can donate directly from your IRA account and [1] the distribution is treated as nontaxable, and [2] it is treated as part of your required minimum distribution (RMD). Your adjusted gross income will be lower which might yield other tax benefits (possibly lower taxation of your Social Security benefits or maybe prevent you from moving into higher Medicare tax tiers). Even if you have already fulfilled your RMD for the year, it might still be tax-efficient to give from your IRA rather than your checking account.
- Gift appreciated stock. If you have stocks or mutual funds with built-in gains, when you donate the shares to charity, you avoid the capital gains tax. And if you do itemize, the full market value of the shares donated becomes a tax deduction—the best of both worlds!

The team at Inspired Financial hopes this season of giving blesses you, your family, and the causes that you support which benefit our society.

*Inspired Financial is a fee-only comprehensive financial planning firm that specializes in serving women in transition—particularly widows and divorcés. This article is intended solely for informational purposes and does not provide advice for your specific situation.*

# Huntington Harbour Republican Women Federated

by Annette Eliot



L-R: Michelle Steel, Supervisor 2nd District-Congressional Candidate 48th District, and HHRWF very special guest and event sponsor, Honey Holland, Amy Harman-HHRWF President, and Charlotte Christiana-HHRWF Membership Chair.

## Cruise Fundraiser

We had a wonderful fundraiser – “Sunset Champagne Waterfront Cruise and Dinner” on October 12 with near 100 guest attending. We had a gorgeous Indian Summer Fall evening complete with a beautiful sunset – the weather was just perfect! Guest were greeted with champagne as we toasted our club and good friends while we cruised the Harbour.

Many thanks to our special guest, Michelle Steel, Orange County Supervisor District 2. The evening would not have been possible without Michelle, who is also a HHRWF member, helping to arrange the event. Does everyone know Michelle is running for the US House of Representatives 48th District covering Huntington Beach – GO MICHELLE? Many thanks to Fred Balitzer, his son Rob our skipper, and wife Joie for hosting us on their yacht, the fabulous - Burning Daylight. (I hope to see this boat in the HH boat parade!) In addition, a “Huge” thank you to Tim Whitacre who helped make the evening possible and was our wonderful emcee.

After our cruise we had a delicious Italian dinner at the beautiful waterfront home of Sharon and Lory Larson on Trinidad Island. Thank you to Sharon and Lory for opening your home and your gracious hospitality. Apple pie with ice cream from Marie Calendars on Brookhurst (there’s still one around for holiday pies!) was served for dessert. We got a jump on pie season!

HHRWF members who worked to “Make the Evening Great” were Annette Eliot, Cruise event chairman, Amy

Harman, HHRWF President, Charlotte Christiana, Ellen Christiana, Heidi Abel and David Ho, Luann and Burdett Hallett, Ester Candipan, Susan Dunaway, Imelda Preciado, Emily Sanford, Nancy Van Der Plas and Bob Chesney - who booked our entertainment - singer Dave Dixon 714-356-0202. It really was the perfect evening. I hope you can join us next time.

## October Meeting

At our October meeting our speakers were Assemblyman Tyler Diep, 74th District, and CA Senator Jon Moorlach, 37th District, both districts cover Huntington Beach. Assemblyman Diep just sponsored a bill stopping companies from reselling DMV reservations. Thank you, Assemblyman Diep, for stopping this unscrupulous act. John Moorlach has been busy trying to move legislation and

nearly got a bill passed that would have required electric companies to upgrade and have underground power lines in high fire risk areas of the state. Both are working hard trying to solve the states problems.

## Voting

Voting or how we vote is about to drastically change in California starting with the 2020 primary in March 2020. All of our voting poll places will be gone. No more can we just walk down the street to Harbour View clubhouse in the park and cast our votes. Everyone will receive a ballot in the mail and are now required to use voting centers, voting drop boxes, or mail our ballots.

Are you prepared for all these changes? Do you want to get prepared and know more about the new voting process? Do you have questions?

Please join us at our December 4, 2019 general meeting to learn about the new voting system.. Our speaker will be a representative from the Registrar of Voters Office – OCVote.com. They will present an audiovisual presentation discussing with us the new voting procedures. They will answer all your voting questions and have handouts about what is to come. After the voting segment we will be celebrating the holidays with singers from HB High School APA - The Surf City Singers, who will sing a medley of Christmas and Holiday songs. This meeting will fill up fast, RSVP today.

Please call Charlotte at (714) 846-4841 or email Amy -amyharman@yahoo.com.



L-R: Charlotte Christiana, John Lund, Robin Tarnoff, Mary Lund, and Fred Balitzer – Our incredible host for the evening with his yacht “Burning Daylight”.



# Flying Dutchman Guild of the Segerstrom Center for the Arts

by Linda Theile



*FD Guild members attending the meeting held at Don Ramon's Restaurant.*



*Members, L to R: Jacki Wirta, Jim Dunn and Mike Nielsen.*

The Flying Dutchman Guild held their first meeting of the season on November 16, at Don Ramon's Mexican Restaurant in Huntington Beach. It was a wonderful Mexican Food buffet with all the trimmings. Coronas, wine and Margaritas went quite well with the dinner.

Jim Dunn, Sr. Director, Public Relations Segerstrom Center for the Arts was the guest speaker. He brought everyone up to date on future events happening at the Center and thanked everyone for their support of the Center. He generously gave away 4 Orchestra seat tickets to Champions of Magic

which features 5 top international magicians performing spectacular illusions and magical features for two hours on November 23rd.

On Sunday, December 1, there will be the annual "Toys for Tots" campaign held from 4 pm to 6 pm at the beautiful home of Joan Foote on Trinidad Island.

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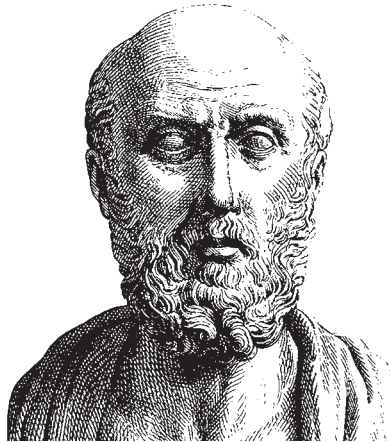
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# Make Time to Take Care of Yourself

by Cindy Shaw, PT, OCS

As our year in the Harbour moves into bright lights, social events and more time on our feet than usual, I want to take this time to encourage all of us to find a way to take care of ourselves. Finding the exercise program, healthcare or day to day help that you need is very personal and individualized. Hippocrates' quote relates not just to disease, but to all our needs. Recognize what your personal and loved one's abilities and limits are and respect that. Lifting boxes up or down when you are not used to that activity can cause injuries to shoulders, necks, and backs that are way more costly than hiring help and last much past the holidays. One person with arthritic problems in their knees may be able to manage a ladder, where another would do much better getting help. Everyone is dealing with something whether we know what that is or not. I have been treating spine injuries for almost 40 years and I can truly say no two people present with the same symptoms or physical compensations even with identical MRI findings. Your MD and PT should help you find the right care for your needs, but don't settle. Help them and yourself by "listening" well to your own body as the individual person you are!

*Have a wonderfully active and healthy holiday!*



*"It is more important to know what sort of person has a disease, or injury, than to know what sort of disease a person has"*

*Hippocrates 460-380 BC*

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# Wanderlust Ski Club

by Leigh Ross

The Best Ski Club in the West has everything in place for another great ski season. Everyone is very enthusiastic and very ready to hit the slopes.

Mammoth Mountain – 1/5/20 through 1/10/20. Our first trip includes dining at Sharon and Dan Niedringhaus beautiful home Monday and Wednesday evening, Tuesday as happens every year, the Club goes to the well appointed Convict Lake Restaurant for dinner where they really take very good care of us. The Club meets

every morning at 9 AM at the Canyon Lodge for the first run of the day. There will be loads of snow this year.

Snowmass Colorado – 2/1/20 through 2/8/20. Flying direct from LAX to Aspen, staying at the new Limelight Lodge. Kevin and Carol Dunn are trip chairs and have many events planned, like a Snowcat Dinner on the Mountain, Snowmobiling, and evening get-togethers. Snowmass is the favorite Ski Resort for many in our club including myself.

Steamboat, Colorado – 3/1/20 through 3/6/20. Flying from LAX to Hayden Colorado. Our trip chair has arranged three group dinners, including the wonderful Hazies which requires the chair lift to Mid Mountain. They have great Nastar facilities which the club has used, getting our slalom technique down. Allen Passaquindice, our trip Chair, has set up a fun adventure.

Signing off for the Best Ski Club in the West, Leigh Ross.

# Huntington Harbour Garden Club

by Doreen Hill



*Decorating pumpkins with succulents, standing: Jo Andrews, Connie Mandic, Betty McCarthy, Pat Carr, Kay Goddard, Mary Johnston, Pearl Holmes, Elise Masseling, Kay Sullivan – kneeling: Marla Brackman, Lara Anderson.*

We welcomed Gail Call, Director of the Floral Design program at Golden West College, as our speaker at Jo Andrews home for our September meeting. Gail demonstrated foamless arranging and gave us useful tips to try this at home. Using layers of chicken wire molded into the base of a container she chose; she built a radial design of a red color palette of Dahlia buds and roses with filler and greenery. Loose and airy style with no front of the arrangement is in style now, so constantly turn and fill in your arrangement. You can also use floral tape across a container or poke holes in leaves to make a nest of greenery, but make sure no leaves are in the water, but extend over the edges of the container. Another method is the use of curly willow or ivy stripped and wound around. The

old standard rule of 1 1/2 to 2 times the container is a slightly larger proportion now. The stems are cut at a diagonal and the ideal water has a biocide, sugar and balanced pH. Make your own with 1 qt. water, 2 T lemon juice, 1 T sugar and 1/2 T bleach. For those who still want to use floral foam, soak in water but don't force down; it will sink on its' own. Remember it can only be used once.

In October we put our creativity to use in the making of succulent topped pumpkin centerpieces. First, the pumpkin is sprayed with adhesive, then moss applied. Next cuttings of succulents are placed with tacky glue on top of the moss, though we found that a glue gun works better. It was a perfect clear, warm day to be outside in hostess Donna Shaffer's backyard. No two centerpieces were alike,

and we got to take home our work of art. After we had worked up an appetite, we had a delicious luncheon thanks to the various resident chefs in our group

November, Christine Lemus from Armstrong Nursery in Huntington Beach will speak about succulent gardens. December will put our new floral arranging skills to the test with our annual centerpiece contest at the Christmas Luncheon held at Ralph and Charlene Bauer's home. They were recently honored at G.W.C. with a pillar. Congratulations, Ralph and Charlene for being recognized for your years of service to Huntington Beach!

Join us on the third Tuesday of the month at 10 a.m. Call membership chair, Connie Mandic at (714)377-0017 for meeting details.

*Happy Holidays*



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