

April 2023

HARBOUR LIGHT

The Original Magazine for the people of Huntington Harbour

Volume LIII

Our 53rd Year in the Harbour

No. 2

*The Bolsa Chica Wetlands Highlights Our
Snow Covered Mountains One Winter Morning*



Photo by Tammy Asaki

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HARBOUR LIGHT

For and about the PEOPLE of
Huntington Harbour, since 1970

Published by Dorothy Ralphs

Volume LIII Number 2
April 2023

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On the Cover

The photo on the front cover was taken by Tammy Asaki. Read her story about the Bolsa Chica Wetlands, and see more of her photos, on page 14.

HARBOUR LIGHT Magazine is published for the people of Huntington Harbour. If you live in the Harbour and aren't receiving a copy by mail, please let us know. Address: Harbour Light Magazine, 16458 Bolsa Chica Street Box #507, Huntington Beach, CA 92649. Phone: (310) 874-2033, e-mail: harbourlightmagazine@gmail.com.

ALL Garden Club

by Sally Cohen



Here is our group enjoying the luncheon.

ALL (A Land Lovers) Garden Club started the year with a luncheon meeting on January 18th. We met at Buon Gusto Restaurant and had over 20 members attending. All of us enjoyed hearing Master Horticulturist, Dane Shofa tell us about Rainwater Gardening. At our meetings, we have raffles and the winners get wonderful flowers.

On February 15, we traveled to South Coast Plaza and had a delicious lunch at "Seasons 52." Our members spent the afternoon touring the stores and we had fun getting together for the entire day.

Our next event will be the "Treasurers of Pasadena" on Thursday, May 25th. We will begin our tour at 9 am in the Sports Complex in Huntington Beach traveling by luxury motor coach. Our group will join with Huntington Beach Newcomers for a very special day. Our tour guide will discuss the history, architecture and beauty of Pasadena. Then, we will take

a tour of the Gamble House and see the interior. We'll take a break for lunch on our own in old town Pasadena.

We will continue with a docent tour of the Wrigley Mansion surrounded by 4.5 acres of gardens. Then, we'll be traveling back to Huntington Beach to arrive by 5 pm. Don't miss this tour. Contact Toni Aquino at (714) 323-2990 or email her at tonia79455@aol.com. The cost is \$108.00 (non-refundable) which must be sent by check to: HBNC, 5267 Warner Ave., #173, Huntington Beach, Ca. 92649. Space is limited so please reserve by April 29th. Note that no walkers can be used on this tour.

If you are interested in joining ALL Garden Club, please contact Sally Cohen, Publicity Chair, at (714) 916-8252.

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Huntington Harbour Yacht Club

by New Member Drew Rumsey

The Community You've Been Searching For...

Shortly after moving to Huntington Beach, I met Fleet Captain Steve Parsons at a restaurant and while we were both waiting for our tables to be ready, we got to talking. Seeing how I was brand new to the community and looking to make some friends, he suggested I visit the local yacht club that he was a member of. Now I'll admit, at first I was a little skeptical. A yacht club seemed a little too fancy and I wondered if I would fit in. However, I've always loved boating and I was brave enough to at least give it a chance, so I went for one of their weekly trivia nights they hold every Thursdays at 6pm.

Any concerns I had were gone within the first 5 minutes of being there. I had so much fun enjoying drinks, laughing, and answering the trivia questions with my new team. The entire Huntington Harbour Yacht Club community embraced me with open arms and I quickly became a member. Their dinner menu is absolutely delicious and I look forward to meeting up with everyone each week for Taco Tuesdays. I wouldn't miss a trivia night on Thursday if I could help it, and I've even helped my trivia team come



Members gather aboard the 94 ft. "Sequoia."

in first place to receive the coveted free drink ticket as our prize!

I was so surprised with the amount of fun events I get to be a part of as a member. From Texas Hold'em, to Mardi Gras night & even bunco. It seems there's something new to do every week that brings us together for music and a night of fun. One of the highlights that come to

mind is going on a cruise to a restaurant in Long Beach with close to 40 other people on one of the member's boats that is a little too big to be called a boat. Even then on that impressive yacht, when I met the captain, he was as friendly and down to earth as anyone else I've met at the club.

The staff at HHYC is fantastic! They treat you like family and it puts a big smile on my face when they greet me by name and ask me how I've been. All I have to do is give a look to Ryan the bartender and he has my favorite drink ready for me. It's almost like I'm in an episode of Cheers! This is easily my new favorite place in Huntington Beach.

The reason why I wanted to write this article is in case the person reading it is new to the area, or maybe they've never given the HHYC a chance, or maybe they don't think they'd be welcome because they don't own a boat. Let me say I understand, I don't own a boat either (I am shopping for one though!) and I know I had all those hesitations too. But I'm so glad I gave it a chance and went to see for myself. To that reader, I'd encourage you to reach out and give their trivia night or a Taco Tuesday a visit and you just might find the community you've been searching for like I did.

For a tour and to give the HHYC a visit, you can reach out to the Vice Commodore / Membership Chair, Maria Antos by text message or phone call at (909) 630-9935 or email her at vicecommodore@hhyc.org and she'd be happy to help you. You can give their website a look to learn more too at www.HHYC.org. I'll see you there.



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Sea Belles of the Huntington Harbour Yacht Club

by Cindy Barlow, Ships Hailer



Captain Anne Crowley, Katie Fortier, Lydia and Sarahbelle Conley.

On January 4, the Sea Belles hosted a presentation of Rodan & Fields products by Consultants Lydia and Sarahbelle Conley. Numerous products were available for sample and purchase, and all were very popular.

During the February 1 Luncheon, the Sea Belles enjoyed creating their own 'Mardi Gras' masks through the grace, generosity, and assistance of Darlene (D) Summers, and Michelle Brenner. D

provided all the materials, including a fantastic variety of masks, laces, flowers, feathers, ribbons, paints, glitters, sequins, jewels, glues, glue guns, scissors, paint brushes, palettes, containers, bands, and much more arranged on all the luncheon tables as well as also on the main display tables. Each Sea Belle created a beautiful mask according to her own inspirational design. The dozens of masks were stunning and far superior to any I

have seen virtually anywhere-including New Orleans!

The Sea Belles have many fun events planned for 2023. Ladies, if you would like to attend fun luncheons that include a special presentation, as well as other Sea Belle events throughout the year, please consider joining HHYC and the Sea Belles! Contact Huntington Harbour Yacht Club for the details.



Finally, it's show time! A sampling of Sea Belles' beautiful creations.



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The main floor has a dining area that seats approximately 100 people. There is a large dance floor and space for live entertainment. This level also provides a small bar. HHYC offers a spacious patio on the water – perfect for an outdoor ceremony, reception, or summer party. On the second floor, you will find additional seating for up to 50 guests. The club also boasts 2 balconies. Each balcony offers its own special view; one has beautiful views of Huntington Harbour while the other gives you sweeping ocean and sunset views. HHYC is persons with disabilities accessible.



Scenic outdoor views, great for photos.

Our experienced Event Manager will assist you in all aspects of planning and organizing your event. For your additional needs, we will provide you with our preferred vendor list. The club's delightful wait staff will assure that you and your guests receive attentive service. Whether you are planning a wedding, cocktail reception, buffet, or an elegant sit-down dinner, HHYC's accomplished chef has designed a menu to fit your budget. HHYC is also a great venue for business meetings and fundraisers.



Room for 100 (approx.), plus space for a dance floor and live entertainment.

Please contact HHYC Event Manager, DeeDee, for further information. She can be reached at (562) 592-2186 or, if no answer, (714) 348-9218. You can also email her at officemanager@hhyc.org



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Huntington Harbour Philharmonic Committee

by Marlene Nielsen



Over 25 wonderful HHPC members ushered at a 5th-grade concert at the Irvine Barclay Theatre.

By the time you read this issue, HHPC will have been very busy with our Grand Marshal Event, HH Philharmonic Juniors fashion show “Springtime in Paris,” the 10th Annual Invitational Philharmonic High School Orchestra Festival, Music Mobile, ushering and getting ready for our county-wide MUSICMATTERS campaign. Stay Tuned!

In January, the Huntington Harbour Philharmonic Committee held its monthly meeting at the beautiful home of Lauren Claus. Katrina Elder representing the William Ross Family Foundation, presented \$2,500 from the Rooster Foundation. William Ross is our liaison with the Roosters.

On the afternoon of Sunday, February 26, the “Amis des Juniors” Donor Appreciation Party was held at Elizabeth Henry’s waterfront home. A contribution of \$250 or more for underwriting the Juniors Fashion show received an invitation. The HH Philharmonic Juniors are a group of high school students who support the Philharmonic Society of Orange County. For more information, email HHPCJuniors@gmail.com.

In February, our members returned to what they love best – USHERING! On February 2, twenty-four of our members ushered at SOKA Arts Center, welcoming over six hundred 6th graders for Sounds Around the Globe: Kodo – taiko drummers. We also docented at four 5th-grade concerts at the Irvine Barclay Theatre and the Segerstrom Concert Hall. Our calendars are filled with many opportunities to support the schools!

The HHPC raises funds to benefit the Philharmonic Society’s Youth Education Music Programs. Each year the free youth programs reach more than 100,000 students from elementary through high school. The programs are accessible to all public and private schools in Orange County. We’d love to have you join us – for information email volunteer@philharmonicsociety.org.



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HHPC: Admiralty

by Charmaine Rood



Huntington Beach – Angler’s of Huntington Harbour monthly TGIF (L-R) President Rob Sebring, Gail Sebring, Patty Reilly, Charmaine Rood, James Rood.

Anglers of Huntington Harbour’s a tax exempt charitable corporation foster interest in sport fishing to at-risk children. The Anglers partnered with the Huntington Beach middle schools At-Risk Program where their Kids Fishing Trip is used as an incentive to motivate children who are falling behind to get back on track. The trip has become a life changing event that adds joy and meaning to the lives of many at-risk children in our community.



Soka University, Aliso Viejo - HHPC Admiralty members (L-R) Roxanne Talley, Marcia Kay Radelet, Gail Sebring, Charmaine Rood, Jackie Sands part of the PSOC Committees Concert Team. This was a 5th and 6th Grade Concert by Kodo, titled “Sounds Around the Globe”. Kodo is a taiko drumming troupe based on Sado Island, Japan. In Japanese, the word “Kodo” holds a double meaning: “heartbeat,” the primal source of all rhythm but written with different characters the word means “children of the drum”. Although the taiko drum is the primary instrument in the performance, other traditional Japanese instruments make an appearance on stage as do traditional dance and vocal performers. Kodo, “One Earth Tour 2023: Tsuzumi” was performed at Soko University as part of the 2023 Season Series.

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HHPC: Islanders

by Cristi Ulrich



The Islanders "New Member Tea" was held at Lauren Claus's lovely home.



A beautifully arranged table at the "New Member Tea."

February was our 30th annual New Member Tea at the home of Lauren Claus. Once again we had a lovely day welcoming new members and inviting perspective members to join us. We are very grateful to Lauren for offering her house again and to all our hospitality committee for making it happen. And ladies, your tables were gorgeous! The effort is appreciated. The tea, prepared by Davenport's Catering, was as always scrumptious! Our members are looking forward to a wonderful year filled with so many money raising activities and back to business with Music Education for our school kids. It is all exciting.

We were able to fill our board positions and we thank all our gracious volunteers

for Islander and Big Board slates. We are so excited to announce that our very own Lauren Claus will be our Huntington Harbour Philharmonic Chairman, with Marlene Nielsen and Kim Weddon as Executive VC/Parliamentarian. We also have several other members on the big board including Susan Qaquandah, Madeline Fields, Jeff Silver, Sharon Larson, and Jeanie Gibson. Some of you are sitting in 2 spots on the Board. So impressive are all you ladies and gentlemen! We are blessed to have you in our Group.

We are all looking forward to The Grand Marshall Event and it is certain to be as fabulous as last year thanks to Jeanie and crew's hard work. Val Miles, our

Juniors advisor has been hard working and promises that the Junior Fashion Show is not one to miss. Islanders can't wait to see the kids and their fashions.

There are many events hosted by other groups throughout Orange County. So much opportunity to contribute. It is wonderful to see the Philharmonic arising out of the pandemic with new and exciting events in support of this group. It is all about music, sharing it and getting back to normal. The Cruise of Lights made a fabulous debut in December and raised a nice sum for the Philharmonic, and we are at it again this year for 6 nights. Music Mobile is back, concerts are flourishing, and our OC students are learning and enjoying.

HHPC: Sandpipers

by Lolly Mchardy

Our February meeting was held at Deborah Fairon's clubhouse. Sandpiper's are excited for upcoming events.

On March 18th we attended the Grand Marshall event at the Huntington Harbour yacht club. On March 20th to 25th we went to local schools to present the Music Mobile to the children! It's such a rewarding feeling.

Our March meeting was on March 23rd at the home of Suzie Scott. We attended the Junior's Fashion show on March 26 where members Lilli Cutler and Julia Kinmartin were models. Several of our members will be going to the Bowers Museum to see the Art of Couture by Gua Pei on April 6th. Our installation luncheon will be held on April 20th at Gusto where we will install our new board.



Sandpiper members at February meeting.

HHPC: Marina Windjammers

by Pamela Barthold



L to R: Special guest musician Hugo Nogueira, volunteering at SOKA University for the KoDo Drum performance, volunteering at Irvine Barclay Center for the 5th Grade concerts.

Marina Windjammers are back to doing what they love, volunteering! Our first opportunity was the KoDo Drummers performance for Orange County sixth graders at Soka University. That was a heart-stopper but ten of us showed up “ready, willing, and able!” Thank you Carlone Herman, Joanne Fernbach, Barbara Sentell, Roberta and Todd Swain, Coralie Prince, Bobbie Spiegel, Kelly Haynes, Jill Wicke, and Maria West.

And we are so thankful to be back for the fifth grade concerts, most recently, at the Irvine Barclay Theater. Thank you Carlone Herman, Barbara Sentell, Roberta and Todd Swain, Kelly Haynes,

Linda Halopoff, and Maria West (missing from the picture are Joanne Fernbach and Karen Ridout). This is a relatively new theater for the Committees but we know how to adapt!

We are looking forward to one more fifth grade concert—this one at the Renée and Henry Segerstrom Concert Hall; and then the High School Orchestra Festival, all in March, but too late for this issue. Stay tuned for the June article!

We had a full meeting in March at Ruth Roe’s House with a special guest, Kari Kerr, President-elect of The Committees. Thank you, Kari for updating us on all the fundraisers we can participate in;

we are excited for the coming year and the upcoming events each Committee is planning.

A special thank you to Coralie Prince for bringing to the meeting our “musical focus”, Hugo Nogueira who is a classically trained guitarist from Brazil. He first studied with his father in Brazil but his love for the guitar brought him to the United States to study further and receive his PhD in Guitar & Classical music. He has since taken his love of guitar and education and is giving back as a teacher of the art. His music spoke to each of us—making this a vital part of the meeting! That’s what Philharmonic is all about!

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HHPC: Trinidad

by Patty Reilly



Helen Hagen, you will be missed.

Helen, we will miss you...

On February 16th Huntington Harbour Philharmonic Committee lost an irreplaceable treasure and Trinidad lost a valiant, courageous lovely lady who bravely battled cancer. Helen joined the HHPC Trinidad group in 1995. During her 28 years Helen was always the first one to step up and volunteer her time and expertise. Helen loved greeting the students when they arrived for concerts, helping with the High School Orchestra Festival, and the Music Mobil. Anyone lucky enough to be part of the group who presented the Music Mobile with Helen realized what a great teacher she must have been as she made this a fun hour with the students, and we profoundly saw the impact she had on these young students with their awe and enthusiasm of her presentation. She could take an enthusiastic, energetic class and quiet them down with just a smile and a shake of her head. Helen also enjoyed the Cruise of Lights® not only did she volunteer for office time, but she was one of my favorite commentators, not only would she work both Trinidad nights, but she would also be there for me if I needed someone to fill in on other cruise nights. Helen also served on both the HHPC and Trinidad boards as VP of Youth Concerts and Programs and also VP of Music Mobil.

Before we were lucky enough to find Helen, she was a dedicated teacher for over 38 years in the Long Beach School District. To this day many of her students have stayed in contact with Helen with special invitations to graduations, weddings, and visits. During one of my visits with Helen there was another



L to R: Helen Hagen, Dee Holte, Kirby Holte, Elizabeth Larripa and Bea Swanson.

visitor, I later found out this lady was one of Helen's students who came down from Washington to visit and be with her. What a powerful, beautiful teacher she must have been to earn such devotion and love from her students.

Helen also loved attending Symphonies at LA Philharmonic, Segerstrom and other concert halls and she was a season ticket holder at the Carpenter Performing Arts Center on the campus of Cal State Long Beach. Eight years ago, after the passing of my husband Helen asked me if I would like to go with her, which I jumped at the chance. She later told me, she wanted to make sure I didn't stay home alone at night. I so truly enjoyed the evenings when we would go out to dinner, attend a fun musical play and scurry out of the theatre before all the cast final bows were taken so we could be the first car out of the parking lot and yes I know everyone who knows me is thinking about now 'oh that sounds just like Patty let's hurry up and get out of here' but this was Helen's suggestion and determination that we exit quickly. Helen was a remarkable force to reckon with, a fantastic lady to know and a valuable friend that many of us will miss.

Helen's celebration of life service will take place on Saturday, April 15th at 11am, at Cornerstone Church, 1000 N. Studebaker Rd., Long Beach, CA 90815 – I hope to see you there.

Oh wait, I need to add a tag to this tribute. I wrote this on Monday, February 27, and Tuesday, February 28, we had a 5th grade concert at Irvine Barkley Theatre. If you remember that week we had plenty of rain and wind – well we got a special gift from Helen in

Heaven – with her love for students and music she made sure we had sun and a bright blue sky from 8:30am to 12:30pm enough time to make sure students and most importantly the docents working outside, like she used to, didn't get wet! Thank you, my dear lovely friend, – I and many will miss you!

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What the Bolsa Chica Wetlands Ecological Reserve Means to Me

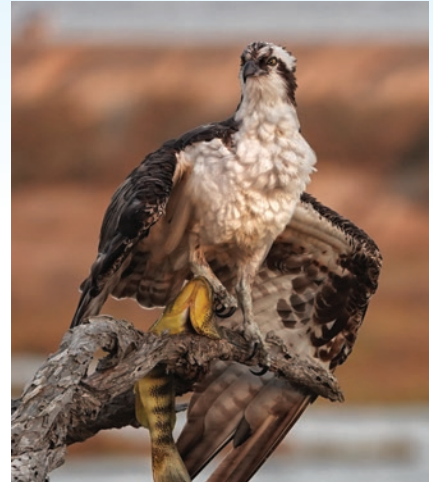
by Tammy Asaki

I find the natural environment at the wetlands to be nourishing to my mind, body and soul. It is soothing and healing. I have been adventuring at the Bolsa Chica Wetlands Ecological Reserve since I moved to Huntington Beach in the late 80's. It is a special and important nature refuge in the midst of our city. It is a place that means many different things to different people. As a nature lover, photographer and educator, let me try to put in to words what it means to me.

I feel a deep connection to the land as I wander and take photographs. I appreciate the number and variety of species that thrive there. I am inspired by the natural elements and the rich history. I respect the energy that lingers from the people who inhabited the land before us. Recently, between the rains, I was alone on the Lower Pocket Trail and experienced a moment of pure gratitude. The fragrant coastal sage mixed intoxicatingly with the aromatic earthy marsh; the wind was strong, salty and cold on my face; above me the steel-grey storm clouds were subtly lit by the pale-yellow sun. I could hear the deep soft hoot of a faraway owl carried on the breeze and, as always, I felt the spirits of the past right there on the path with me. This place stirs my soul and puts all my senses into play.

As a photographer I appreciate the diversity of photo opportunities that BCW offers; truly unique landscapes, historic remnants, rugged industrial equipment, seasonal plants and flowers, wildlife, insects, reptiles, sea life and over 300 species of birds. The light just hits different there too.

I teach a Community Education class through the Huntington Beach Adult School called "Photographing the Bolsa Chica Wetlands". In the classroom we delve into when, where and how to take inspiring, powerful photos at the Bolsa Chica Wetlands and we go for a group photo walk on location. My goal for the class is that students leave with a deeper appreciation of BCW and they take away some knowledge to make their photography visits more rewarding.



Huntington Harbour Art Association

by Doreen Hill



At the Bower's Museum, L-R: Ann Seapy, Bea Tamo, Barbara Larson, Alyce Handal, Linelle Kennedy, Donna Hieshima, Linda Clasen, Doreen Hill, Rhea Black, Susie Harris, Carrol Wolf, Pat McKenna, Betty Viers, Charlene Bauer, Kathleen Moore, Pam Smart, Francesca Brayton, and Joan Preston.

Of the many highlights, so far, for the H.H. Art Association in 2023 was an excursion to the Guo Pei, Art of Couture at the Bowers Museum in Santa Ana, organized by Carrol Wolf and Rhea Black. We were very fortunate to be able to obtain a docent led tour of this very popular exhibit that will conclude on May 14th. Guo Pei is a Chinese fashion designer and the "first born-and-raised Asian designer to be invited to become a guest member of the Chambre Syndicate de la Haute Couture"(Wikipedia) Her designs are works of art, with the yellow dress worn by Rihanna at the Met Gala in 2015, taking over two years and 50,000 hours to make and weighing 55 lbs. Guo Pei's first collection was her Spring/Summer 2016 Paris Collection. She likes to select the models to match the dresses. Carmen Dell'Orefice, an American supermodel and actress, age 87 at the time, modeled the red dress at the Paris show and the dress is featured in our group's photo. It was recommended that we watch the 2018 documentary on YouTube entitled "Yellow is Forbidden" to learn more about the background of Guo Pei. Born in 1967, she grew up under Mao, with limited fashion choices. Her creativity and imagination though was not oppressed and her goal of being a fashion designer never wavered. Graduating in 1987 from Beijing Second Light Industry School, she and her husband Jack Tsao, (a textile dealer who oversees the business side of Guo's label) have Rose Design, a showroom housing her designs in Beijing, China and it employs 500 tailors, shoemakers and needle crafters.

The Assistance League of Huntington Beach, 8071 Slater Ave, Huntington

Beach, was our host for our February Spring Luncheon and Fashion Show featuring fashions from the retail store and models provided by the Assistance League staff and lunch catered by Panera. The drawing for the H.H.A.A. 2023 Charity Quilt, "X Marks the Spot" was held and the winner was Kelly Bourquin. She is an active artist and photographer in our community. A private shopping tour of the treasures at the Assistance League boutique was a highlight of the

day for the 40 or so members and guests in attendance that day.

We are excited for our upcoming Fine and Fiber Art Exhibit and Plein Air Competition the weekend of March 25th and 26th at The Nobles Family Community Center in Sunset Beach. More photos to follow in the next issue.

Come join in the fun and explore new ways to create. Call membership chair Nancy Phillips (714) 595-2451 for more information.



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Big Things in Store

by Cathy Werblin & Bert Beck



Assistance League of Huntington Beach Thrift Shop

If you haven't had the opportunity to visit the Assistance League of Huntington Beach Thrift Shop located on Slater just off of Beach Boulevard, you're missing out! Shoppportunities abound – whether you're part of a newer generation who just discovered how cool "thrifting" is, a seasoned bargain hunter, or a collector of antiques looking for a unique treasure we've got something for you! When you shop at our Thrift Shop, you're shopping to Make a Difference right here in your own community. The money earned at our shop is the main source of the income we use to fund all the philanthropic programs that help us carry out our mission of "Transforming Lives and Strengthening Community."

With grand goals, help from volunteers, and a little bit of luck, shopping days at the Assistance League's Huntington Beach shop will increase from its current two days to three days. Beginning on Tuesday, March 7, we will be open from 11 AM - 3 PM Tuesdays, Wednesdays, and Saturdays.

Spurred by the enthusiasm of new and seasoned volunteers, as well as an effort to reduce the strain in the shop on Wednesdays, it is hoped that the new Tuesday shopping day will eventually prove to be the first step in getting the shop back to its original weekly schedule.

The new Tuesdays will be known as Terrific Tuesdays, but no specials or sales will be customary – unlike Wacky

Wednesdays. Instead, items can be marked down when needed or offered as specials, but shoppers will have to visit the store to see if there are any surprises.

Anyone who has been in the shop on Wednesday has seen the lines out the door before opening, as well as the long lines inside. Adding Tuesdays should take some of the pressure off both shoppers and volunteers by spreading out shopping days.

Pre-Covid, the shop was open five days a week and brought in about \$1 million annually, with revenues now about half that. During the worst of Covid days the shop closed entirely, then re-opened with its current two-day schedule. Since Covid it has been more challenging for volunteers, but organizers said they see the mood brightening and enthusiasm growing. We feel now is the time to begin adding back days, and hopefully revenue so we can continue to serve our community.

Signs up for Tuesday shifts have already begun and there hasn't been a shortage of volunteers. Of course, more are always needed. There also isn't a shortage of items to put on the shelves, with the bins full and our storage pod exploding with donations. We are so grateful that our community continues to be generous with donations, with new items arriving every day. Donations are welcome, Tuesday - Saturday, 10:30 - 12:30, and during our store hours.

Once Tuesdays are established, organizers hope to add Fridays for a fourth day, perhaps by the first part of May. Understanding that opening four days a week is ambitious, it is possible that the shop will continue a three-day schedule

throughout the summer, then open for a fourth day in the fall. Returning to a full, five-day schedule is anticipated for the future.

The long-range goal is ambitious, but shop leaders know it can be achieved if our members and community volunteers work to make it happen. Everyone is trying to get back to business as usual and it has been inspiring to see the enthusiasm from new members being contagious and spilling over to the seasoned members who have themselves become more hopeful.

We hope you'll help us to spread the word about the new Terrific Tuesdays and the treasures you can find at our Thrift Shop. We need you and our entire community in getting the shop back to its pre-Covid days.

Looking for more ways to Make a Difference:

- Shop at our Thrift Shop at 8071 Slater Avenue (just east of Beach Blvd). Our hours may change, but currently we are open: Tuesday, Wednesday and Saturdays, 11AM – 3PM.
- Donate your gently used clothing, jewelry, and household goods to Assistance League. We accept donations Tuesday thru Saturday, 10:30AM - 12:30PM or during store hours.
- Become a Sponsor of Assistance League, visit www.ALHB.org to learn more
- Join as an Assistance League Member or Community Volunteer.

To learn more about Assistance League of Huntington Beach visit www.ALHB.org, like us on Facebook and follow us on Instagram @AssistanceLeagueHB.

Nesting Season 2023, How You Can Help Make it a Great One!

by Kim Kolpin, Executive Director of the Bolsa Chica Land Trust



photo by Robin Hoyland

Spring is a big deal at Bolsa Chica! The native wildflowers are in bloom, visitors from far and wide walk the trails, and tens of thousands of shorebirds travel thousands of miles to nest within the Reserve's protected boundaries. Many of these birds are what we call "listed species," those that are listed as "endangered," "threatened," or "of special concern" either by California or the federal government. The Bolsa Chica Ecological Reserve is home to 23 such species during the year, of the more than 900 species of animals and plants that call Bolsa Chica home.

As a state Ecological Reserve, Bolsa Chica's primary focus is the care and wellbeing of these listed species. However, urban pressures strain and damage the nesting sites for these birds. Pollution, predation, and trespass are the three main threats to the critical habitats of these small birds.

So, how can you help?

Pollution: Help us lower the amount of pollution that enters the Reserve. As Harbour residents, please make sure that nothing gets deposited into the water or storm drains. Those paper napkins that blow off the patio table – they can end up in the Reserve. The plastic rings holding those soda cans together are deadly to wildlife, cut them up and put them securely in the trash. Nothing is too insignificant; it all adds up and ends up polluting the wetlands.

Predation: Crows, ravens, and gulls are the most lethal predators of baby shorebirds at Bolsa Chica. The predators are drawn to areas that have easy food sources, and they love a good barbecue. Keep food served outside covered so that these scavengers not only don't make off with your hot dogs and potato chips but will also be forced to go elsewhere to find food. Then there will be fewer

of these birds to contend with at Bolsa Chica. Uncovered food and food waste is a magnet for these birds, not only will the birds make a mess of it, they will come back looking for more. The birds that are raiding your patio table are also raiding the nesting sites at Bolsa Chica.

Trespass: The amount of bad human behavior at Bolsa Chica is shocking. State Fish and Game wardens and Huntington Beach police are giving out tickets daily to those who illegally bring dogs and bikes onto the Reserve, to those who go off trail, to those who vandalize and to those who

go into restricted areas. These are illegal because they all cause significant stress to the wildlife and serious damage to nesting sites. Please, stay on the trails when you visit, lock your bike up in the parking lot before going on the trail, and leave the pooch to snooze on the sofa.

Another awesome way to help is to become a member of the Bolsa Chica Land Trust. Your donations help fund efforts to address these stressors. Our teams pull hundreds of pounds of trash out of the Reserve every winter. Donations recently funded nesting shelters to prevent predators from reaching newly hatched baby birds and are going towards our ongoing efforts to restore and maintain nesting sites deep within the Reserve. Your donations also will pay for native plants that heal the habitats and tools that fix the trails.

We urgently need your support to help make the 2023 nesting season a success. Please become a member of BCLT today, so that the next generations of shorebirds born at Bolsa Chica will have a bright future. To become a member, go to our website www.BCLandtrust.org and donate. Thousands of baby birds will thank you!

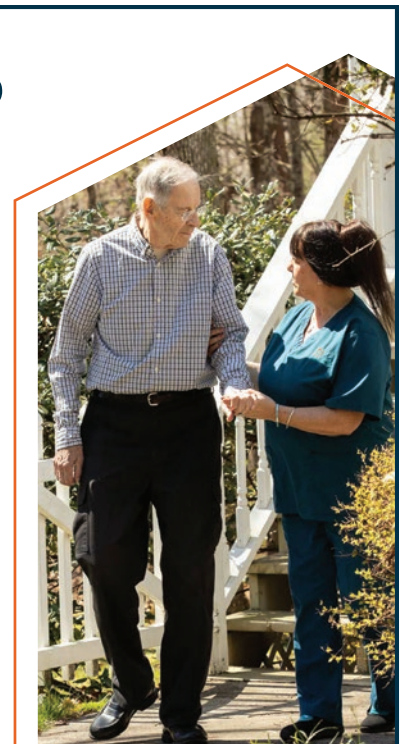
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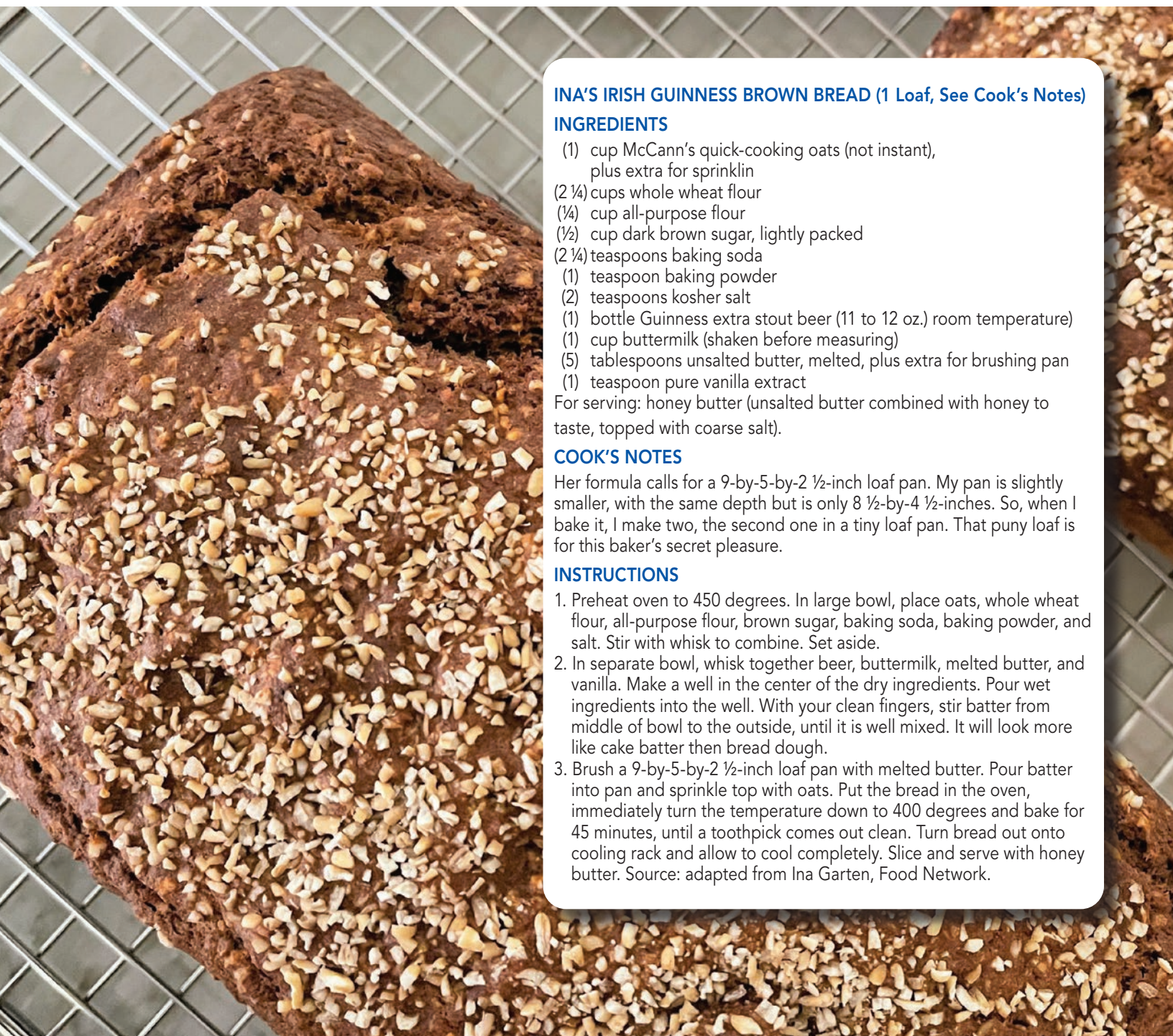
Ina's Irish Guinness Brown Bread

by Cathy Thomas, CathyThomasCooks.com

It is hard to imagine, but I'm pretty sure that there must be a few diners who eat at Fable and Spirit restaurant in Newport Beach that don't order the Irish Guinness Brown Bread. I suspect that the Michelin inspectors enjoyed a slice or two before honoring the eatery with a Bib Gourmand award.

Served with honey butter (Irish Kerrygold butter mixed with clover honey and topped with coarse salt), it is the kind of treat that could play center stage in delicious daydreams. Cookbook maven and Food Network star Ina Garten, has a recipe that comes close in delectability.

Cathy Thomas is an award-winning food writer and has authored three cookbooks: "50 Best Plants on the Planet," "Melissa's Great Book of Produce," and "Melissa's Everyday Cooking with Organic Produce." For more than 30 years, she has written about cooking, chefs, and food trends for newspapers. CathyThomasCooks.com



INA'S IRISH GUINNESS BROWN BREAD (1 Loaf, See Cook's Notes)

INGREDIENTS

- (1) cup McCann's quick-cooking oats (not instant), plus extra for sprinkling
- (2 ¼) cups whole wheat flour
- (¼) cup all-purpose flour
- (½) cup dark brown sugar, lightly packed
- (2 ¼) teaspoons baking soda
- (1) teaspoon baking powder
- (2) teaspoons kosher salt
- (1) bottle Guinness extra stout beer (11 to 12 oz.) room temperature
- (1) cup buttermilk (shaken before measuring)
- (5) tablespoons unsalted butter, melted, plus extra for brushing pan
- (1) teaspoon pure vanilla extract

For serving: honey butter (unsalted butter combined with honey to taste, topped with coarse salt).

COOK'S NOTES

Her formula calls for a 9-by-5-by-2 ½-inch loaf pan. My pan is slightly smaller, with the same depth but is only 8 ½-by-4 ½-inches. So, when I bake it, I make two, the second one in a tiny loaf pan. That puny loaf is for this baker's secret pleasure.

INSTRUCTIONS

1. Preheat oven to 450 degrees. In large bowl, place oats, whole wheat flour, all-purpose flour, brown sugar, baking soda, baking powder, and salt. Stir with whisk to combine. Set aside.
2. In separate bowl, whisk together beer, buttermilk, melted butter, and vanilla. Make a well in the center of the dry ingredients. Pour wet ingredients into the well. With your clean fingers, stir batter from middle of bowl to the outside, until it is well mixed. It will look more like cake batter than bread dough.
3. Brush a 9-by-5-by-2 ½-inch loaf pan with melted butter. Pour batter into pan and sprinkle top with oats. Put the bread in the oven, immediately turn the temperature down to 400 degrees and bake for 45 minutes, until a toothpick comes out clean. Turn bread out onto cooling rack and allow to cool completely. Slice and serve with honey butter. Source: adapted from Ina Garten, Food Network.

La Familia

by Karen Branoff

Orangewood Children and Family Center continues to enjoy the fruits of La Familia's labor. Our goal is to provide extra-curricular and needed supplies to the children and staff there. 100% of our donations go to this purpose. We get our money from individual donations, dues and fundraisers.

We just held a FUN-raiser St Patrick's Day Party at the home of Anne Crowley. Much corned beef, cabbage and fun was enjoyed by all. Coming up in June we will have a Prime Rib Dinner event at "The OriginalPizza" (aka Rudy's) in Newport Beach. Each year Rudy generously hosts this event (twice this year!) and it is one of our biggest fundraising events. There will be a lot of great raffle prizes and a delicious prime rib or individual pizza dinner. This event is open to anyone who would like to attend. Call Tim if you would like to join us (714) 655-5719.

Our President of the La Casa Board, Tim Branoff, meets with Orangewood Board monthly in person. If you have interest in seeing what these meetings are like, you can attend also. Because of security, you need to arrange this in advance.



At Rodrigo's for our monthly meeting and lunch!

Because of our donations, the kids recently went to see Frozen the Musical, they went on a Great Wolf Lodge trip, enjoyed a Snow Day outing, went out to eat Asian food, and they attended Monster Jam.

At the last board meeting, the different age-groups requested and were granted the following:

Adolescent Boys asked for hotspots for the internet, Intermediate Girls asked for a Movie/Manicure/Pedicure day and Skyzone, Adolescent and Intermediate Boys asked for an outing to Escape Room Hollywood, all kids will enjoy a St Patrick's Day party, Juniors and Preschoolers will go to the Discovery Cube. They were

denied a trip to see Shen Yun because of the cost. Tim reported that there were 34 children at Orangewood, this is a lot less than normal.

Our La Familia meetings are held on the second Monday of the month at Rodrigos because they have agreed to donate a portion of our lunch costs back to La Familia (and we all enjoy their lunches!)

The annual dues for La Familia are super low (\$35-45). Please join us, the only thing we ask of you is to attend the fun-fundraising events when possible. We also accept donations!

Send your donations to: La Familia, Attn: Eve Jordan, 16066 Mariner Drive, Huntington Beach, 92649.



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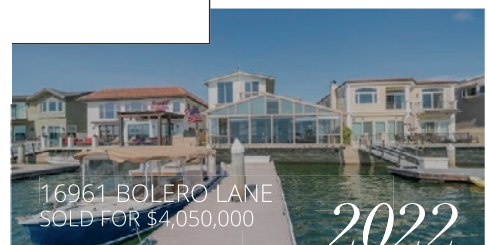


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Anglers of Huntington Harbour

by Kathy Bayless

Installation, Awards and Appreciation Brunch

Sunday January 15th Anglers of Huntington Harbour gathered at the Bahia Corinthian Yacht Club for the group's 59th annual Installation, Awards and Appreciation event. Bruce Bayless, 2004 and 2010 President served as Master of Ceremonies, shared the 58-year history of the Angler's, and introduced the past presidents in attendance that included Nick Peoples, Bruce Bayless, Jim Walton, Kathy Bayless, and Linda Axel. Outgoing 2022 President Pam Myers recapped the year and thanked her Board and Committee Chairs for their support. Trophy Chair Mike Myers presented the 2022 Fishing Awards and B. G. Williams was the Angler of the Year. Tournament Chairs Bob and Connie Mandic presented the 2022 AHH Intra Club Fishing Tournament awards to Bill Woodard, Mike Myers, Kathy Bayless, and Nick Peoples. MC Bruce Bayless installed the 2023 elected Officers including President Rob Sebring, 1st Vice President/Fundraising Tim Branoff, 2nd Vice President/Kids Fishing Trip Steve Larippa, Treasurer Bob Hetzler, Secretary Paula Hetzler and Parliamentarian Pam Myers. 2023 President Rob Sebring introduced the 2023 committee chairs including Linda Axel Membership, Patty Reilly Photographer, Lara Anderson Roster & Flyer, Mike Myers Bulletin, Bob Hetzler Trophy and Conservation, Jo Andrews Hospitality, Helene Rowlette Reservations, Terri Feterik Corresponding Secretary, Julie Hoagland Ford Telephone and Kathy Bayless Publicity.

February TGIF

Friday evening February 24th Anglers of Huntington Harbour met at the Huntington Harbour Village Clubhouse for the organizations February TGIF hosted by Deborah Fairon. Each of the Anglers brought one of their favorite appetizers or desserts to be enjoyed by all as they socialized and discussed upcoming events like the annual Duffy Cruise and the annual Kids Fishing Trip for at-risk children in our community that the Anglers have



Anglers of Huntington Harbour Past Presidents at the Installation Brunch including Nick Peoples, Jim Walton, Kathy Bayless, 2023 President Rob Sebring, Pam Myers, Bruce Bayless, and Linda Axel.

organized and sponsored every year since 1971. 2nd Vice President Steve Larippa is organizing this year's trip with Huntington Beach schools.

Upcoming Events

In 2023 the Anglers of Huntington Harbour are celebrating their 59th year in the Harbour and have many exciting social, fishing, and philanthropic activities planned that include the April TGIF at the Davenport Island home of Susan Qaquandah April 28th, the May

TGIF at the Davenport Island home of Mike and Pam Myers May 26th, and the annual Duffy Cruise and Dinner at the Coral Cay home of Patty Reilly June 24th.

If you live in the Harbour and want to be considered for one of the Angler's open membership positions and attend one of our upcoming activities, please call membership chair Linda Axel at (714) 325-6111 for more information.



We are proud to announce our new, second location in Huntington Harbour. Schock Boats has been serving the boating community in Newport Harbor since 1946 and we look forward to meeting and serving Huntington Harbour boaters. We have plenty of new boats to view.

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Huntington Harbour Garden Club

by Doreen Hill

California Arbor Day was celebrated with the H.B. Tree Society on March 4th, 2023 in Huntington Central Park West by Shipley Nature Center. Thanks to a partnership with the City of Huntington Beach and the participation of Junior Scholarship students from Mesa View Middle School, Redbud trees and Toyons were planted with a brief ceremony. One of the Redbud trees was adopted by the Huntington Harbour Garden Club (H.H.G.C.) in memory of Barbara Simone, Elise Masseling, and Laurie Hill-members who passed away this last year. A placard will be placed with the tree in the near future. Seen at the mornings event were Kay Goddard, Shipley Nature Center President, Pam Smart, member of H.H.G.C. and the club's photojournalist, H.B. City Council members Natalie Moser and Rhonda Bolton, Jean Nagy, President of and founder of the H.B. Tree Society, Leslie Gilson, a longtime volunteer and champion of Norma Brandel Gibbs Butterfly Park, and Doreen Hill, H.H.G.C. President.

The Redbuds, (*Cercia canadensis* var. *texensis* 'Oklahoma'), Huntington Beach's official City Tree, reach a maximum of 18 feet. Springtime nectar from its' exquisite magenta blooms will entice pollinators essential for a healthy ecosystem in Central Park (source H.B. Tree Society).

Huntington Beach is fortunate to have had city leaders with foresight in establishing the Central Park and Shipley Nature Center. The Nature Center has more than 13,000 students per year participate in educational field trips. Consider supporting efforts by the City and nonprofit organizations, like H.B. Tree Society and Friends of Shipley Nature Center, that utilize donations and many hours of volunteers to preserve these green areas for our community.

We were delighted to have Dave Freed "The Tomato Guy" at our February meeting at the home of hostess Charlene Bauer with continental breakfast provided by her and co-hostess Jo Andrews. Guests Susan Qaquandah, Marcela Tillotson, Robin Gray-Hite, and Lina Garcia joined us for the continental breakfast and program. Dave is an enthusiastic and knowledgeable speaker and imparted many gems of knowledge from his years of experience growing tomatoes. The main takeaways from his talk was to water daily, use moisture control potting soil and steer manure (not fresh), fertilize often, and cover the leaves with sulfur dust. Check



This tree was planted in memory of Barbara Simone, Elise Masseling and Laurie Hill. L-R: Kay Goddard, Pam Smart, and Doreen Hill.

out his website at growtomatoseasily.com. Some plant varieties to look for are Brandywine, Celebrity, Lemon Boy, and cherry tomatoes. Start from a healthy plant and give support to keep the tomatoes off the ground. We all left the meeting encouraged to plant our future bumper crops of tomatoes in containers, once the sun shines for a while.

We are looking forward to our annual

St. Patrick's Day Luncheon in March. Our hostess, Connie Mandic always has delicious Irish dishes and festive themed bling. Speaker will be Daya Oyarabal, founder of the Kinetic Academy Green Team. Join us every third Tuesday of the month at 10 a.m. Please call Connie Mandic (714) 377-0017 or Doreen Hill (714) 878-3011 for more information.



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Kiwanis Club of Huntington Beach

by Mike Heywood



Annual Easter Egg Hunt and Family Fun Day, Huntington Central Park, Saturday, April 8!

The Kiwanis Club of Huntington Beach and the City of Huntington Beach's Community & Library Services Department will be hosting the Annual Easter Egg Hunt and Family Fun Day on Saturday, April 8, 2023, from 8:30am to 2pm. The event will be held at the Huntington Beach Sports Complex just south of the Central Library in Huntington Central Park. The most convenient entrance is located at the juncture of Gothard and Talbert.

Dr. Vu indicated that, "nearly a ton of candy will be distributed during the Egg Hunt in the morning." The event will include live entertainment, booths that will feature games, prizes, and other fun activities. The Egg Hunt will be

divided into different age groups with the following start times:

- Children with Disabilities – 9am
- 3 years and under – 9:20am, 10:20am, 12 pm, and 1 pm
- 4–6 years – 9:40am, 10:40am, 11:40am, 12:20pm, and 1:20pm
- 7–10 years – 10am, 11:40am, 12:40pm, and 1:40pm
- Visually-impaired – 11am and 11:20pm

The hunt times will also be posted at the entrance of the event. There will also be a Dunk Tank that will give attendees the opportunity to dunk one of our City leaders into a tank of chilly water!

Kiwanis Div. 4 Lt. Governor Shawn Wood, along with the Club's current

LEARN MORE



For event info, scan the QR code or call 714-960-8884.

President Dr. Van Vu, are Chair and Co-Chair of this exciting annual event. Shawn said, "Typically, these combined events attract over 7,500 youth and their parents. There is even a special "sound-beacon" candy-filled egg hunt for youth with visually-impaired from all over Southern California!" City services are coming out in full force, featuring displays from the Fire Department, Police Department, and the Community & Library Services Department.

Local businesses are invited to participate through sponsorship opportunities. We encourage you to check out the Kiwanis Club's website for details on chances to support this wonderful event, and letting the many adult attendees learn more about your business or service. For more information, visit kiwanishb.org/familyfunday. For general information visit SurfCityBreak.com.

Sea Isle Garden Club

by Lolly Mchardy

Our February meeting was held at the Bonaire clubhouse. The program, led by Marsha Hendler, was teaching members to make purses out of ties and scarves with a lunch following the program.

Our March meeting will be on March 8th at Killarney's Pub and Grill for a St. Patrick day celebration. (That hasn't happened yet at the time of this writing.) We received the proposal from the City for the Edinger Pathway Project and will present to our board at the March meeting. More on that in the next issue.



Members showing the purses that were made at the February meeting.



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The Mental (Accounting) Games We Play

Many economic principles and models assume that we are rational decision makers. In his research on investors' irrational behavior, Richard Thaler, a Nobel prize winner for his contribution to behavioral economics, conceived the term mental accounting. Mental accounting is "the set of cognitive operations used by individuals and households to organize, evaluate, and keep track of financial activities". Below are typical examples to help further understand this concept and help you gain perspective on your financial thought process!

1. Tax Refund: Do you count on a refund when you file your taxes? I remember working retail in college during the holiday season and a family came to check out with a large amount of clothing. The mother inserted her credit card into the machine and whispered, "Can't wait to get my tax refund!" This woman rationalized her large credit card purchase due to the anticipated tax return. Many people would prefer to have a large tax refund than owe a small amount at the end of the year because they already have a purpose in their mind for this money. However, as financial planners, we attempt to help our clients break even on their taxes so they are not hit with a large tax liability or giving the IRS an interest-free loan.

2. Budgeting: Imagine an item at your local grocery store that costs \$8, but the same item is sold for \$3 at a store 20 minutes away. Would you make the longer drive? Now, imagine having to choose to purchase an expensive electronic system for \$1,100 at your local store or drive 20 minutes away to purchase the same item for \$1,095. Would you make the longer drive? Many people in experiments like this one will choose to drive the extra length for the cheaper grocery store

item but not the expensive electronic. However, both scenarios compare a \$5 savings to a 20-minute drive, and rationally speaking, your answer should be the same for both scenarios.

3. Gifting: Is money received as a gift different from money you earn through wages or a salary? Technically, money received has the same value no matter the source and should not change how you spend it. Yet money received as a gift is often splurged because it doesn't impact the same pain points in your mind as spending your own money. Mental accounting is also seen through gifting as a lack of attachment to the gifted item. For example, you break a water bottle that was given to you as a gift, and instead of simply fixing the bottle, you decide to throw it away. Items we buy with our own wages typically receive the greatest care and maintenance.

Each of these examples is routinely executed in our minds without conscious thought and can have a profound impact on your financial decisions and ultimately, your financial success. At Inspired Financial, we study not only the technical aspects of financial planning but also the behavioral biases that affect us all. Through education in this dynamic field, we can help our clients make rational decisions. Please contact us if you would also like a financial planner to help you make rational and personalized decisions for your circumstances!

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

Harbour View Clubhouse Grand Re-Opening

by Chris MacDonald

City officials from Huntington Beach and Community Members held a Grand re-opening of Harbour View Clubhouse at 16600 Saybrook Lane on Thursday, Feb. 9. At the event, Huntington Beach Mayor Pro Tem Gracey Van Der Mark, a Harbour resident, was the emcee and announced that her six kids have enjoyed using the Clubhouse for many years.

Huntington Beach City Councilman Pat Burns said, “The Harbour View Clubhouse renovation turned out beautifully. Now the City of Huntington Beach has another building that can host wonderful events for our community. Great job by our Public Works Department and the Community and Library Services Department.”

City of Huntington Beach Facility and Events Manager Chris Cole said the project began work on June 6, 2022, and final approval was issued, Feb. 1, 2023. Regarding scope of work, here are some highlights of the improvements: replacement of the existing concrete patio,

surrounding sidewalks, and ADA ramps at the parking lot, removal of old security bars and replacement of all windows, repainting of the building exterior and interior, replacement of all flooring, conversion of the existing restrooms to provide two single-use ADA restrooms, kitchen remodel including new cabinets and appliances, as well as addition of a roll-up service door and addition of badge access for City employees. The project ended up costing \$751,571.26

Jim Choate, executive director of Facilities and Transportation from Ocean View School District, said: “I think they did a very nice job updating the existing facility and keeping it a true community center. Oftentimes modernizations tend to go above and beyond the true purpose and function of the building, but I think they kept its purpose and function central in their design. Overall, tastefully done and understated, which is what taxpayers want.”

Craig Schauppner, chairman of The Huntington Harbour Commission, said: “I thought the city did a great job renovating the community center and really enjoyed hearing Mayor Pro Tem Van Der Mark’s remarks reminiscing about the neighborhood events held there in the past. I hope the new center brings back some of those good old times. We are going to have a Huntington Harbour Neighborhood Watch meeting there on March 15, 2023.”

Lolly Mchardy, of the Huntington Harbour Philharmonic, said: “I am very excited about the new Clubhouse. It’s beautiful! We do our Concert in the Park every August at the Harbour View Park. It’s sponsored by Sean Stanfield at Pacific Sotheby’s International Realty.” Stanfield grew up near the park.

If people want to rent the Clubhouse for events, they can call: (714) 536-5486 and press 2. You can also send an e-mail to CS.Reservations@surfcity-hb.org.

Huntington Beach Fire Department Donates Surplus Fire Equipment

by Van Vu

City Harbour Commissioner Dee Wood initiated the process to obtain the surplus fire equipment and helped to facilitate the donation. In early November, a group of boats called CUBAR Odyssey traveled the length of the Baja Peninsula, delivering the equipment along the way. The group of volunteers also included two Huntington Beach Fire Department (HBFD) Marine Safety Ocean Lifeguards, Sean McGlynn and Jake Duarte, who volunteered on their own time to assist with the trip.

The HBFD donated surplus fire equipment to firefighters in Mexico. The equipment was donated to three municipal fire departments – Bahia de Tortugas, Magdalena Bay, and La Paz.

The equipment donation included air packs, boots, face masks, fire hose, and uniforms. Because of industry guidelines, the equipment is no longer usable by the HBFD; however, it is still functional.

The equipment was delivered to representatives of the three Fire Departments, who were very appreciative of the donation. These Departments have limited equipment available and plan to use the items for both urban and wildland firefighting.



Harbour Commissioner Dee Wood and CUBAR Odyssey goes to Mexico and Donates.

Seagate Yacht Club

by Michael Dix




NO EXCUSES! When it comes to Wine Pairing, there's No Excuse for getting it wrong! Not, that is, if you were one of the 57 people to attend the first ever Seagate Yacht Club celebration of National Wine Day on February 18. It was there, through the hard work of Kristi Whitacre and Robin Erickson, that corks were popped, tastes were poured, and a mountain of colorful charcuterie was consumed, all this before the hard work of learning to bust out the Tempranille for mushrooms or gorgonzola, while saving the Vigna

Vicci for prosciutto and gouda. Many Thanks to Robin and Kristi for tirelessly making endless trips to the many wineries they selected to participate in the event. Not that they were complaining!

Of course, this is a yacht club, so not all of the fun centers around food and drink. Then again, until the Harbour is declared free of all winter ice on Opening Day this coming April 29, maybe we should all just stay inside and party! After all, we had such a grand time at the Membership Drive and Happy Hour on February 4th,

and look forward to celebrating Saint Patrick's Day with a themed Happy Hour on March 17, then plan to gather at a neighboring yacht club in Newport Beach for Prime Rib April 5, and have oh-so-many more events on the calendar for the weeks ahead!

Sound like fun? Keep up with us on Facebook, check the website for photos and the calendar, attend an event as a guest or join the club! You'll make new friends, and impress your old ones with your new wine-pairing skills!




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“Just Keep Swimming,” Keep your Body Moving

by Cindy Shaw, PT, OCS



Make Time to Take Time

All kinds of movement can help protect your health. If you're looking to get those protective benefits for yourself you could choose to swim, walk, bike, lift weights, dance or garden. Really, you can move any way that brings you joy and activates your muscles. If a chair or bed is your temporary base, wiggle anything you can. Progressively tighten your muscles and then relax them starting at your toes and moving up to your forehead. This type of progressive tightening and relaxation also works very

well to release tension patterns and ease into sleep. Remember our childhood song, “the hip bone is connected to...” I often think I should have spent more time learning that song than “supercalifragalisticexpealidocious”. If you're not moving as much or as well as you'd like, see your physical therapist. PTs are the most qualified professionals on the planet to help you move better and allow you to stay healthy and enjoy life. From designing a program to get you started or moving more to helping you recover from an injury, your PT is the right person to look to for help.

If you are able to be more active, choose an activity that you have a chance to enjoy or develop a liking for. Avoid forcing yourself to exercise in ways that you dislike. This way you have the opportunity to create a consistency of activity. The muscles in your body only change long term in response to consistency. They change adversely in response to inactivity, decreasing tone and strength that is not consistently activated.

If an injury or problem derails your activity, get help as soon as you can.

People who get a PT early also tend to have better outcomes. A study of 150,000 insurance claims published in Health Services Research, found that those who saw a physical therapist at the first point of care had an 89 percent lower probability of receiving an opioid prescription, a 28 percent lower probability of having advanced imaging services, and a 15 percent lower probability of an emergency department visit.

High quality research consistently shows that taking advantage of direct access and getting to a physical therapist quickly leads to better outcomes in fewer visits with lower costs. Physical therapy proves that even when everything seems to be becoming more expensive, there are still bargains to be found if you know where to look.

My bias, physical therapists are unequalled experts in human movement.

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