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The Original Magazine for the People of Huntington Harbour

Volume LIV

OUR 53RD YEAR IN THE HARBOUR

NO. 2



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HARBOUR LIGHT

For and about the PEOPLE of
Huntington Harbour, since 1970

Published by Dorothy Ralphs

Volume LIIV Number 2

April 2024

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ON THE COVER

A beautiful aerial shot of the Harbour.

HARBOUR LIGHT MAGAZINE

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.

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ANGLERS OF HUNTINGTON HARBOUR

BY
Kathy Bayless



Members at the Annual 2023 meeting.

Installation, Awards and Appreciation Luncheon

Saturday, January 27, 57 Anglers of Huntington Harbour gathered at Sebastiani's Italian Bistro for the organization's 60th Annual Installation, Awards and Appreciation event. Bruce Bayless, 2004 and 2010 President, served as Master of Ceremonies, shared the 59-year history of the Anglers and introduced the Past Presidents in attendance that included Jim Persons, Nick Peoples, Bruce Bayless, Jim Walton, Carmen Morrow, Kathy Bayless, Jo Andrews, Linda Axel and Pam Myers. Bruce also welcomed new members Sharon Dorris, Kirby and Dee Holte, Barbara Larson, and Mike Nielsen. Outgoing President Rob Sebring recapped 2023 and thanked his Board, Committee Chairs, and event Hosts for their support. M.C. Bruce Bayless installed the 2024 elected officers including President Tim Branoff, 1st Vice President/Fundraising Michele Brenner, 2nd Vice President/Kids Fishing Trip Steve Larippa, Treasurer Sharon Dorris, Secretary Kathy Bayless, Parliamentarian Pam Myers, and flags were presented to the new Flag Officers Tim Branoff and Michelle Brenner. 2024 President Tim Branoff thanked his Board and Committee Chairs for stepping up and highlighted some of the upcoming 2024 activities including the Duffy Cruise, Kids Fishing Trip and Dinner by the Bay. Friday evening February 23rd, we met at the Huntington Harbour Village Clubhouse for

the group's February TGIF hosted by Deborah Fairon. Each of the Anglers brought one of their favorite appetizers or desserts as they socialized and discussed upcoming events like the annual Kids Fishing Trip for at-risk children in our community that the Anglers have organized and sponsored every year since 1971. Tim Branoff announced that Ocean Science International will be making another generous contribution to our 501-C3 for the Kids Fishing Trip. 2nd Vice President Steve Larippa is organizing the trip with the Huntington Beach schools. Anglers in attendance that were celebrating January and February birthdays included Tom Hyams and Susan Qaundah. Upcoming Events

In 2024 the Anglers of Huntington Harbour are celebrating their 60th year in the Harbour and have many exciting social, fishing, and philanthropic activities planned that include the April TGIF at the home of Bob and Linda Axel on April 19th, the annual Kids Fishing Trip out of Davey's Locker in Newport Beach May 9th, and the May TGIF at the home of Tricia Pratto May 24th. If you live in the Harbour and would like 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 information.

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ASSISTANCE LEAGUE HUNTINGTON BEACH

BY Marcela Alban, Marketing Communications Chair

For the past 74 years, the Assistance League of Huntington Beach has worked to transform lives and subsequently strengthen our communities through numerous programs. Whether it is clothing school children, helping local teachers fund special projects for their students, assisting college veterans, nursing students, police-in-training with educational scholarships, or providing nutritional and basic needs to our residents who require a helping hand, we have worked to meet the needs of our citizens so that they can be successful.

How do we get support for our philanthropic commitments? One fun way is through our annual fundraiser; and this year we are planning a really SPECIAL event! On April 20, from 4 pm - 7 pm, the Assistance League of Huntington Beach will open its "home" at 8071 Slater Avenue for its first ever "Treasures Sip and Shop Fundraiser."

What is "Treasures Sip and Shop" you ask? Think of it as an elevated cocktail party. It's an opportunity to show off your cocktail attire while you sip champagne or something from the bar. Mingle with your friends (or make new ones) under sparkling lights and greenery. Listen to the sweet serenades of acapella singers. Hungry? Select from a spread of charcuterie, small bites and desserts prepared by one of Orange County's finest caterers.

And if you are one of our sponsors, you will have access to a private "lounge" complete with concierge service, specialized treats; and

enjoy a private Thrift Shop tour. See your name and or brand proudly displayed for all attendees to view!

Of course, our fundraisers are famous for their fabulous silent auction items. Our Thrift Shop Committee members have been saving the "best of the best" in jewelry, designer purses, crystal, and home decor for bidding. In addition, there will be incredible themed baskets filled with treasures and gift cards. And for those of you who just love plain old shopping, there will be a "buy and carry" section of fabulous items that you can purchase immediately.

So, come join us at the ALHB Chapter facility for an evening of elegance while we highlight our wonderful philanthropic programs. During this "open house" event, attendees will have a chance to see where and how the volunteer "magic" happens. Members and Guests who attend will have the opportunity to celebrate our organization's numerous successes. Most importantly, by supporting our fundraiser, you will help ALHB to continue and help others for a stronger community.

The cost of attendance is \$75.00, which includes free valet parking and access to early online bidding, food, and drink. For additional information, registration, and sponsorship opportunities for Assistance League of Huntington Beach's Treasures Sip and Shop Fundraiser, check out our website: www.alhb.org.

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HUNTINGTON HARBOUR PHILHARMONIC COMMITTEE

BY Lauren Claus, HHPC Chairman



At the Surf City Splash event, L to R: Lyn Senske, Dawn Lentz, Terri Feterik, Patty Reilly, Lauren Claus, Charmaine Rood, and Nicole Stewart.

HHPC is cruising into Spring with such excitement! January and February brought opportunities to usher for youth concerts at the Barclay Theater for our Sounds Around the Globe program and at Segerstrom Concert Hall for our 5th-grade concerts featuring the Orange County Youth Symphony. We volunteered for many events with the Royal Philharmonic Orchestra during their residency. We look forward to ushering in the Atlanta Symphony Orchestra in March. Our Committees Night will feature the San Francisco Orchestra

at Segerstrom Concert Hall. HHPC was chosen as a charity by the Surf City Rotary of Huntington Beach. We will receive proceeds from their event, "Surf City Splash," to be held at the Waterfront Hilton Resort. Los Alamitos High School Jazz Band students will entertain us during the mingle. April brings us our highly anticipated Grand Marshal Event. It will be held April 13 at the Huntington Harbour Yacht Club. Our big celebration of the year! Black tie optional, live music, and gourmet dinner. We will thank our 2023 Grand

Marshal, Weikko Wirta, and the Huntington Harbour Boat Parade Committee. Our evening will conclude with the much-anticipated announcement of the 2024 Grand Marshal. Please call our HHPC office if you would like to attend this event. Our members have had a busy start and are now working on our new board for our 2024-2025 season. If you want to join one of our groups, please call our office in Huntington Harbour Place at (714) 840-7542. You may also email volunteer@philharmonicsociety.org.



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HHPC: ISLANDERS

BY Cristi Ulrich



What a wonderful month February turned out to be with Valentine's Day and our Annual HHPC Islander Group Membership Tea. Lauren Claus once again hosted this lovely event and our members decorated 6 perfect tables including a "Butterfly Theme" and of course, a "BARBIE" table!! All table designs were amazing, and we are grateful to our Islanders who decorated. Our tea was once again prepared and served by Rhonda from Davenport's Catering and every morsel was delicious. Our fabulous Calvin Free and Cor Claus were once again on hand as two of our wonderful Champagne Men. Lauren hired a harpist to serenade us, and this was such a treat, she performed several music genres and was a pleasure we all appreciated. And the best news of all, we signed up seven new members! So successful and fun.

Other Philharmonic news is equally exciting. We have sent \$100,000

to the OC Philharmonic from our very successful Cruise of Lights. This year our Cruise is scheduled for December 18-23 and the Boat Parade will be December 13 and 14. Mark your calendars. We will be sponsoring our Holiday Boutique at the Harbour Mall in November this year. We donated approximately \$15,000 to 17 Huntington Beach schools this year for their music programs and over 2,800 students (30 schools, 5th graders) will attend two concerts in March provided by the OC Philharmonic, our music programs. The Music mobile is also back at the schools and the students love this.

The Islanders are grateful to be a part of the Philharmonic and to volunteer our time to keep music alive and vivid for all OC school age Children. This is vital for their growth both educationally and emotionally. We are blessed to participate in this worthwhile venture.

HHPC: SANDPIPERS

BY Lolly McHardy



Members at February meeting

Our February meeting was held at Deborah Fairon's clubhouse on February 22nd followed by Wine and appetizers.

We had two special Staff members from Philharmonic Society of Orange County, Courtney McKinnon, Manager of Volunteer & Education Services and Penny Arroyo, Huntington Harbour Office manager and Finance Coordinator.

We completed two ushering days at Segrestrom ushering over 3,000 5th graders to see a Symphony concert.

We are excited to take Music Mobile to our local schools in March to teach children all about music and instruments.

Some of our members will attend the San Francisco Symphony at the Segrestrom Center where volunteers will be recognized for all our volunteering efforts with a champagne reception.

Some of our members had a successful social event at "Let's go Paint" in Seal Beach with lunch afterward at Finbar's Italian restaurant.



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Are you Rational?

Many well-known economic models assume that consumers are rational. However, economists began to realize people are biased and bring outside influences, such as emotions, into their decision-making process. To account for this concept, Herbert Simon proposed the term bounded rationality in 1972. Bounded rationality assumes that people are rational within the framework of their biases. For example, someone shopping for sneakers may have ten stores to choose from but will likely not go to all ten stores to make sure they find the pair with the best quality for the price. Instead, people accept that another store may offer the same pair of sneakers at a slightly lower price but are willing to pay this premium to avoid spending the extra time to find the most optimal pair. Some may argue that the consumer in this example was acting rationally. However, they are allowing tiredness from visiting all ten stores to compromise the economic principle of maximizing utility by finding the best-priced pair of sneakers for the desired quality.

Another well-known concept in behavioral economics is the sunk cost fallacy. This fallacy gives value to resources such as time, money, or emotion that has already been invested and cannot be recovered. This concept can be seen in many facets. For example, have you ever bought tickets to an event and when the time came you didn't want to go but did anyway to "get your money's worth"? Or have you waited too long to sell a tanking investment because you had already put a substantial amount of money into it? If yes, you are not alone, as this fallacy is practiced across the globe.

Then, as part of human nature, we also embrace flat rate bias. Flat rate bias is the preference for

consistency versus variability. It is human nature to desire stability which is why many people are willing to pay a premium for consistent interest rates or guaranteed income. Individuals with high risk aversion are willing to pay increased premiums compared to those with a greater risk tolerance for financial stability. For instance, entrepreneurs are known to have a high-risk tolerance because they are willing to give up this stability of regular paychecks to pursue a chance at higher income. In contrast, risk averse individuals may be more susceptible to financial products like annuities where flexibility is sacrificed for a guaranteed income stream. Many financial institutions take advantage of this human bias, so it is critical to analyze the terms of any financial product thoroughly.

These are just a few examples of behavioral economic concepts which prove humans do not simply chase maximum utility but incorporate biases when making decisions. Oftentimes individuals do not realize their decision-making process is skewed, which is why educating yourself and having a financial planner is critical to making rational decisions. At Apella Wealth, we recognize behavioral economic fallacies, which can be a roadblock on the journey to your financial goals. Contact us if you would like assistance maximizing your wealth through unbiased decisions.

Reference:

Chatterjee, Swarn, and Joseph Goetz. "Chapter 3 Understanding Client Behavior: Rational or Irrational?" Client Psychology, edited by Charles R. Chaffin, John Wiley & Sons, Inc., Hoboken, NJ, 2018, pp. 19-24.

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HHPC: MARINA WINDJAMMERS

BY

Pamela Barthold

Marina/Windjammer Volunteering couple! Todd & Roberta Swain have been volunteering together for the Philharmonic since 2015! They first were introduced to the Philharmonic Society of Orange County when Roberta was a 5th grade teacher. She had the opportunity to attend many of the Philharmonic Fifth Grade concerts at Segerstrom Concert Hall with her classes. She always admired the volunteers who ushered at the concerts and how they made every child feel special as they introduced music and performance of the arts to children who rarely have that opportunity. Hence, when she retired, she and her husband signed up to be volunteers themselves, to give back to the Philharmonic Society for the wonderful years she had enjoyed. It continues to be their favorite volunteer activity. Roberta has taken a very active role in the Marina/Windjammer Group, serving as Chairman of the Board for the HHPC, Co-President of Marina/Windjammer twice, HHPC Boutique vendor, commentator for the Cruise of Lights® and serving on the Boat Parade committee. Todd also has taken an active role as boat parade assistant, Cruise of Lights® Marina/Windjammer night volunteer, HHPC Boutique Volunteer and Golf Classic Volunteer. The Swains can be seen walking every night together on Trinidad Island where Todd's family has lived for over 40 years. Todd purchased the family home in 2009 after he met his bride at a Bible study at First Christian Church in downtown Huntington Beach. As a graduate of the Cal Poly San Luis Obispo School of Mechanical Engineering, he worked in the aerospace industry, including time as a Mechanical Engineer for Learjet, D Howard & E Systems, and other California based companies, focusing on the design of



Roberta and Todd Swain, volunteering for the Philharmonic since 2015.

critical components for aircraft. Roberta graduated from San Diego State with a degree in Education and later received her Master's in Administrative Leadership in Education from Pepperdine University. In 2006 she was named Who's Who among American teachers. Today she is running her own company, Roberta's Rags, a doll clothing company that specializes in creating one of a kind dresses & outfits for 12-18" dolls. She can be found every September at our very own HHPC Boutique selling her beautiful doll clothes. The Swains are a valuable team to the Marina/Jammers as they are the first to raise their hands to volunteer for any and all events the Philharmonic Society of Orange County hosts. Thank you for your enthusiasm and volunteer spirit to help raise funds for the children's music programs.

HHPC: ADMIRALTY

BY Charmaine Rood



Surf City Splash, a Surf City Rotary of Huntington Beach fundraiser.

The Huntington Harbour Philharmonic Committee information table displayed by Penny Arroyo, Huntington Harbour Office Manager and Finance Coordinator. HHPC was honored to be an award recipient. Pictured, (L-R) Charmaine Rood and Penny Arroyo. (Photo by Patty Reilly)



Lorraine Garafalo Celebrates her 100th Birthday

The Singing Goodtimers arranged a special luncheon to celebrate member Lorraine Garafalo's 100th birthday. Upon her arrival fellow members formed an honour corridor to greet Lorraine, a member of the Singing Goodtimers since 2006. Pictured, family members attending the 100th birthday celebration, (L-R) son Jim, Lorraine, granddaughter Jenna, and daughter Nancy.

HHPC: TRINIDAD

BY Evelyn Zohlen



HHPC Trinidad never misses an opportunity to celebrate and “ringing in” the Lunar New Year was no exception. Our band of happy, hungry volunteers met at Sea Cove to enjoy a delicious feast in honor of the Lunar New Year and the Year of the Dragon. Appropriately attired in red for good luck, we noshed our way through eight courses with ample libations to wash them down. Our accomplished party planners, Sheree Novak

and Ellen Martin (in the center of the left picture above) arranged for us all to have a New Year treat which included woven red silk bracelets for the lades, red envelopes with a little green inside for the men, and a festive dragon-adorned cake for us to enjoy. Fun times! Speaking of fun times ahead, we’re all looking forward to the Grand Marshall Ball at the Huntington Harbor Yacht Club on April 13. This is always an exciting night to thank an outgoing

Grand Marshall, welcome a new one, and enjoy good food with dear friends (and did I mention the dancing?!). We’ll see you all there! We’d love to have you as part of our terrific group of hardworking volunteers. We meet the third Thursday of every month and the lovely Ellen Martin (elleninhuntington@yahoo.com) would be happy to share more information about our group with you.

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BY

Cathy Thomas
cathythomascooks.com

INGREDIENTS

Vegetable oil spray for spraying pan

(1 1/2) pounds Granny Smith apples
(about 4 medium size, peeled, cored,
cut into 8 wedges, and sliced 1/8-
inch thick crosswise)

(1) tablespoon Calvados (see notes)

(1) tablespoon fresh lemon juice

(1) cup plus 2 tablespoons all-
purpose flour (divided use)(1) cup plus 1 tablespoon granulated
sugar (divided use)

(2) teaspoons baking powder

(1/2) teaspoon salt

(1) large egg plus 2 large yolks
(divided use)

(1) cup vegetable oil

(1) cup whole milk

(1) teaspoon vanilla extract

GARNISH

Powdered sugar

CHEF'S NOTES

If Calvados is unavailable, substitute
1 tablespoon apple brandy or white
rum.

FRENCH APPLE CAKE

It's no secret that I love apple desserts. If you feel the same, this custardy, apple-rich cake is well worth the effort. The small apple slices are microwaved prior to being added to a portion of the batter. To ensure that the apple slices soften fully, microwave them until they are pliable but not completely soft. To test them,

try to snap one or two in half. If they snap in half, they are too firm; microwave for an additional 30 seconds and test again.

Although the cake is delicious served warm, it is still scrumptious at room temperature.



FRENCH APPLE CAKE (YIELD: 8 TO 10 SERVINGS)

- 1** Adjust oven rack to lower-middle position and heat oven to 325 degrees. Spray 9-inch springform pan with vegetable oil spray. Place prepared pan on rimmed baking sheet lined with aluminum foil. Place apple slices into microwave-safe pie plate, cover, and microwave until apples are pliable and slightly translucent, about 3 minutes. Toss apple slices with Calvados and lemon juice and let cool for 15 minutes.
- 2** Whisk 1 cup flour, 1 cup granulated sugar, baking powder, and salt together in bowl. Whisk one egg, oil, milk, and vanilla together in second bowl until smooth. Add dry ingredients to wet ingredients and whisk until just combined. Transfer 1 cup batter to a separate bowl and set aside.
- 3** Add egg yolks to remaining batter and whisk to combine. Using spatula, gently fold in cooled apples. Transfer batter to prepared pan; spread batter evenly to pan edges, gently pressing on apples to create even, compact layer, and smooth surface.
- 4** Whisk remaining 2 tablespoons flour into reserved batter. Pour over batter in pan and spread batter evenly to pan edges and smooth surface. Sprinkle remaining 1 tablespoon granulated sugar evenly over cake.
- 5** Bake until center of cake is set, toothpick inserted in center comes out clean, and top is golden brown, about 1 1/4 hours (75 minutes). (I find in my oven the cake needs an additional 5 to 7 minutes.) Transfer pan to wire rack; let cool for 5 minutes. Run a paring knife around sides of pan and let cool completely, 2 to 3 hours. Just before serving, dust lightly with powdered sugar, cut into wedges, and serve with whipped cream if desired. Source: America's Test Kitchen

CATHY THOMAS

An award-winning food writer and author of three books: *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. She was the first newspaper food journalists to pioneer taping how-to culinary videos for the web. CathyThomasCooks.com

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SEAGATE YACHT CLUB

BY Michael Dix



Seagate Yacht Club is coming out of the starting gate strong for 2024, having already held 3 successful events, with 19 (and counting!) more yet to come throughout the remainder of the year! January began with a packed facility, as both New and Renewing members filled an Open House to graze, sip, mingle and learn about all the great adventures that lie ahead in the months to come. SGYC events are hosted by individual members, and what better way to thank them than with a brunch held in their honor? That happened in early February, when board members were not only able to show their appreciation to our Event Hosts, but to show off some pretty impressive culinary skills as well! Later in February it was All Aboard, when the membership eagerly boarded a fleet of member-boats for the short cruise to the Long Beach Yacht Club in Alamitos Bay (these pictures were from that gathering)! What was that like? According to past Commodore Melinda Johnson-Pasqua, it was "... So much fun! 66 members boated over for good food, Bloody Marys and Mimosas! Good friends and great conversations, followed by bingo and fun prizes rounding out the afternoon. Add a beautiful day in sunny Southern California, and it doesn't get any better than that!" Let's see, that's a Dues & Dance, Toast to the Hosts, Boats, Brunch and Bingo, all before Leap Day? What could possibly come next? This...a tasting event to celebrate National Wine Day, an overnight land cruise to the Coachella Valley, a prime rib dinner gathering in Newport Beach's Bahia Corinthian Yacht Club and our big annual "Opening Day" cruise and celebration, all before we meet again on these pages in a couple months! Care to join us? Visit our web page at SeagateYachtClub.org to get started!



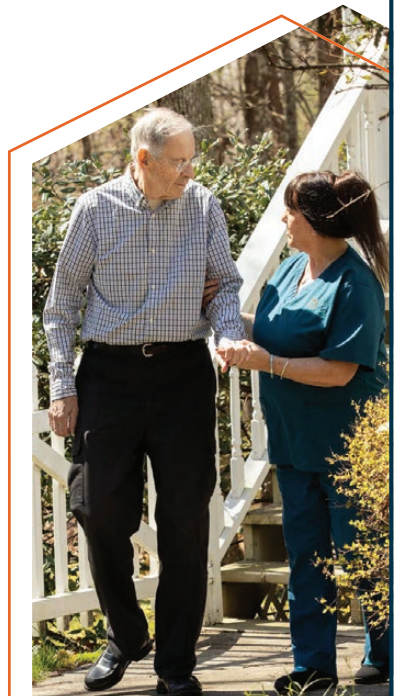
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KINDERVISION FOUNDATION GOLF TOURNAMENT

BY Ellen Goodwin



L to R: Eric Gasner, Rudy Law, David Allen, Front: Ellen Goodwin and Carrie Allen.



L To R: Carrie Allen and Steve Garvey.

The Kindervision Foundation held a fabulous golf tournament at The Huntington Club on January 29. This was the 14th annual "The Greatest Save Celebrity Benefit." It was put on by MLB baseball celebrities and guests benefitting children and teens from victimization. The baseball players came out in force to support this worthy cause. Host and MLB Hall of Famer Rollie Fingers was chairing this event along with co-chair and MLB legend Bob Boone. The beautiful golf course was spectacular for the baseball players who turned out. After the tournament the players and guests enjoyed a celebrity reception and silent auction. A delicious dinner followed by an informative community awards program continued with a live auction. You can find out more information about Kindervision on their website at www.kindervision.org.



L to R: Troy Cate, Rollie Fingers, Ellen Goodwin, and Eric Gasner.



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WANDERLUST SKI CLUB

BY Philip Lupton



Our 2024 Ski season is just about completed. We started out the season with a trip to Mammoth California in January. One of our members has a home in Mammoth and hosts the early season gathering.

This year we had 24 members that attended and the weather was good on three of the days with the 4th a mammoth wind and blow ski day. Three of the days dinner were organized and everyone attended. Lots of great food and skiing. Everyone had a great time.

The week of Jan 22nd and the group, was off again to Denver Colorado and then bussed to Breckinridge for a fabulous week of skiing. The weather was about as good as you could ask for, with 6 days of sunny skiing and plenty of fresh snow. Below is a picture of the attendees

for our farewell dinner. Breckinridge is one of the premiere ski areas north America. It has the highest lift in the US, which accesses area that only used to be accessible by hiking. The mountain is well laid out with 5 major mountains.

The final trip of the year is March 2 thru March 9th. This trip is to the legendary Vail Colorado, with 16 of our best skiers attending, and they will have a wonderful time. This year all of the Colorado ski areas have record snow and it continues on into the spring. The spring skiing is amazing in Colorado, with blue skies and little or no wind.

If you are interested in skiing I would invite you to contact Suzanne Goldman at (949) 636-1256 for more information and meeting times.

FLYING DUTCHMAN GUILD

BY Ellen Goodwin



Mike Nielsen with Bob Donald.

The Flying Dutchman Guild of Huntington Harbour held an Academy Awards party at the fabulous ocean front home of Bill and Bobbitt Williams. Everyone entered the party walking on a red carpet with a large banner of paparazzi snapping pictures of the stars. Lights... camera...action, ready to enjoy the presentation of awards were several television sets for viewing. Our newest member, Suzanne Richmond, was in attendance also Bob Donald, guest of Mike Nielsen. Carryl Hytopoulos and Susan Qaqundah, Social Chairs, planned the event.



L to R: Carryl Hytopoulos, Susan Qaqundah, Bill Williams, and Bobbitt Williams in front.

Starting with an incredible Charcuterie Board to nibble on following a Lasagne dinner with Caesar salad and garlic rolls. Incredible chips were donated by Rusty Potato Chip Co. of Huntington Beach. Paradiso of Fashion Island donated the delicious gelato with cookies to finish off the dinner.

Oh and by the way "Oppenheimer" was the big winner for Best Picture, Emma Stone, Best Actress and Cillian Murphy for Best Actor. All gave very moving memorable speeches. A very enjoyable evening for all.

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PHYSICAL THERAPY

BY Dr. Matt Swift, PT, DPT

Hello neighbors! This is my first time writing for this publication and I'm honored to do so. I'm a physical therapist and own two clinics in Huntington Beach. I have recently been given the opportunity to lead Orthopaedic and Spine Care Physical Therapy as we continue the wonderful legacy Cindy Shaw has established in the community over the years. As a physical therapist dedicated to your well-being, I'm excited to share a therapeutic habit that could truly elevate your health: the infrared sauna. Finding natural ways to complement your body's healing abilities is a great way to promote vitality. Infrared saunas stand out for their unique way of heating your body directly as opposed to traditional saunas which heat the air first and then your body. So what are the benefits?



Me and my family having some holiday fun.



Our infrared sauna.

Let's talk circulation. Improved blood flow achieved through infrared sauna sessions can be a game-changer. For those managing joint discomfort, it can offer relief by easing stiffness and promoting flexibility. Additionally, it can positively impact cardiovascular health, supporting better oxygen flow throughout your body. Regular sauna use has shown to reduce risk of cardiovascular issues in some studies. Muscles in need of some TLC? The gentle, penetrating heat of these saunas can work wonders. It helps relax tight muscles, potentially reducing soreness and enhancing overall comfort. Now, onto immune health. Regular use of infrared saunas has shown promise in reducing inflammation, giving your immune system a boost. When you sweat, your body releases toxins, offering a natural detox that can leave you feeling refreshed and revitalized. Before hopping in, it's vital to consult with your physician, as infrared saunas may not be good for some people. At our clinics, we're passionate about empowering you on your path to better health. Consider adding the nurturing warmth of an infrared sauna to your routine, it might just be the missing piece in your quest for improved well-being. Best wishes for your health,

Dr. Matt Swift, PT, DPT
Owner, OSC Physical Therapy and
Change Sports Physical Therapy





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TRINIDAD LADIES CLUB

BY Marilyn Schwartz
PHOTO Christine Friedrich



TLC members with Kathy Kornoff (standing, top right).



Sandy Noble and Jennifer Polich

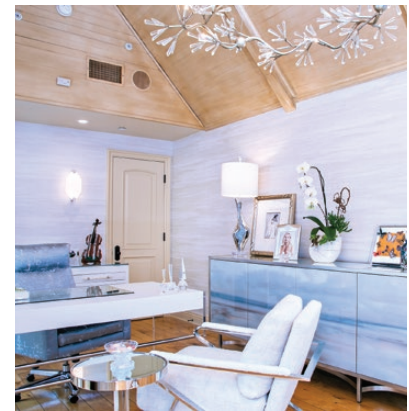
First and for most I would like to send a "shout out" to Keith Plucker and the Harbour Light Magazine production staff. I am not sure that you have been recognized for your hard work. I personally want to say "Thank You" for being there and for always helping me. We at TLC have had a good early spring. Birds are chirping and our flowers are all blooming!! The heavy rain was a bit fun. Ha Ha!!

We had a beautiful and festive luncheon at our hostess Kathy Kornoff's home and with help from her co-host Ellis Griffith and Kristen Castellucci. Decorated with St Patrick's flair and Feast! You can tell by the photo's what a wonderful job she and her co-hosts did. We were happily served corn beef, raisin soda bread, fresh baked (by Kathy herself) white bread, green salad and potato salad. Every member and guest received a sweet decorated cupcake in a St. Patrick's day gift box. Every thing was excellent! Thank you kathy and your co-hosts! Jennifer Polich, here from Trinidad Island, was our Guest Speaker. (jennifer@jenniferpolich.-com Caldwell Banker-Campbell Realtors, (714) 345-0410). She helped to explain to us the renovation of our Trinidad entrance where the large tree was that was removed a while back. She also shared with us what the committee is thinking of doing for a beautiful change and brought photo's and diagrams of how the update, as well as the (for better words from me not her) "Build a Brick" walk way is going to be built. This project will include owners from the cost is \$250 per brick with the donating brick name or what you choose to be engraved in it will say. We the members of Trinidad Ladies Club are donating \$1,000 to this wonderful project and

hope you will all join in. Brick donation is for Seagate and Trinidad Island. Jennifer's contact information is in a previous paragraph. We at TLC are looking forward to our installation luncheon at King's Fish House in May, organized by Kathy Korneff VP of Programs at TLC. If you are interested in joining the TLC Group please contact Lisa Cirac at lisacirac@earthlink.net. Happy Easter and Happy Passover!



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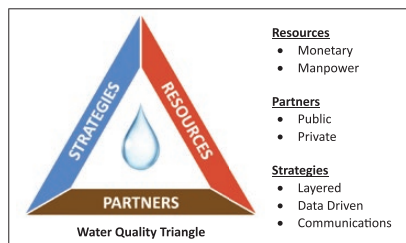


HUNTINGTON BEACH HARBOUR COMMISSION

ADVANCES COMPREHENSIVE WATER QUALITY IMPROVEMENT PLAN

BY Craig Schauppner

At their February meeting, the Huntington Beach Harbour Commission unanimously approved sending a comprehensive water quality improvement plan to the City Council for consideration. The plan, known as the Huntington Harbour Optimal Water Improvement Program (H2OWIP), proposes a cost neutral, layered, defense in depth strategy to reduce the flow of debris and pollutants into the harbor from upland cities. Additionally, the H2OWIP plan includes water quality and ecological improvement projects designed to leverage proven biological solutions for water filtration and marine habitat restoration (e.g., oyster bed deployments and eel grass expansion). Essentially, the Harbour Commission recommended a strategic framework for the City to follow to achieve the data driven results desired. Fundamentally, the H2OWIP relies on three critical elements to deliver improved water quality: Resources, Partners, and Strategies. The Commission euphemistically refers to these critical elements as the Water Quality Triangle because, like the traditional Fire Triangle, all three must be in place to ensure



improved water quality in the harbor. Since, as the adage goes “vision without resources is hallucination”, the Commission identified a series of potential revenue streams the City could tap into to fund the program. One such regular, reliable resource requires a legislation proposal to recoup some (or all) of the approximately \$600K in annual rental revenue the California State Lands Commission collects from Huntington Harbour homeowners and businesses with decks and

docks over the Main and Midway Channels (i.e., over public tide lands). That rental revenue, which currently goes into the California General Fund, could go a long way toward operating and maintaining the debris capture devices (e.g., trash wheels, booms, skimmers, autonomous vehicles, and data collection pods) that comprise the defense in depth strategy. In addition, the H2OWIP plan recommends that the City maximizes the use of grant opportunities among other sources for the necessary up-front capital investments. Perhaps even more important than identifying reliable resources, the Harbour Commission recognizes the need to establish and maintain strategic partnerships with like-minded stakeholders. To that end, Commissioner Dee Wood has led the effort in fostering relationships with local nonprofit organizations like OC Coastkeepers, Surfrider Foundation, Bolsa Chica Conservancy, and the Huntington Harbour Yacht Club. Commissioners have also engaged with representatives from Newport Beach, Naval Weapons Station Seal Beach, U.S. Fish and Wildlife Service, and the Port of Long Beach to learn best practices and leverage synergistic efforts. Finally, the H2OWIP plan seeks to establish/renew Memorandums of Understandings with upland Cities and the County. Finally, the key to success remains a layered, defense in depth strategy that relies on a data driven approach to ensure the program achieves its stated goals. Preventing debris and pollutants at their source provides the biggest bang for the buck. Filtering and collecting pollutants and debris in the storm channels before they enter the harbor represents the second line of defense. Ultimately, the plan recognizes the need for close-in systems and events to collect and clean the harbor waters. Layered Defense in Depth Strategy

Those interested in learning more about H2OWIP or other Harbour Commission initiatives can visit the Harbour Commission webpage using the QR code below or come to a Harbour Commission meeting. Meetings are held the fourth Thursday of each month at 5:00PM in Room B8 at the Huntington Beach City Hall (2000 Main Street). As the principal advisors to the City Council on all matters



concerning Huntington Harbour, the Commission welcomes input, concerns, and feedback from Huntington Harbour residents and businesses. To facilitate public participation, the Harbour Commission plans on holding the May 23rd meeting at the Harbour View Club House (16600 Saybrook Lane). Check the City website at <https://huntingtonbeach.legistar.com/Calendar.aspx> for meeting date, time, and location.

Craig Schauppner is the Chair of the Huntington Beach Harbour Commission. He moved to Huntington Harbour after retiring from the U.S. Navy where he served as a naval aviator for 21 years.





February meeting seed/plant exchange, L-R: Doreen Hill, Mary Johnston, Suzanne Qaquandah, Karen Branoff, Kay Sullivan, Gayle Wayne, and Janet Johnson.

HUNTINGTON HARBOUR GARDEN CLUB

BY Doreen Hill

Despite the rain on our meeting day in February, members came out to Susan Qaquandah's home and enjoyed a delicious brunch prepared by the hostess after the sharing of seeds, succulents, and fruit from our gardens. Mary Johnston brought avocados from her tree, Susan Qaquandah had a harvest of guavas, Janet Johnson succulent cuttings, and Karen Branoff brought a variety of vegetable seeds. We all went home with something! Kay Sullivan gave some insights about seeds. You can tell if the seed isn't any good in that it will

float in water. A good way to sprout seeds is to wrap them in a wet paper towel. Our excursion that day to "The Secret Garden" in central park was postponed due to rain. Once it is sunny for a time we will reschedule. We are looking forward to having Brian Hale, a longtime Master Gardener, speak at our annual St. Patrick's Day themed luncheon at Connie Mandic's home. Many of us like to garden in containers and he will be giving us new insights on how to do so successfully. At our April meeting, we welcome Anabele

Cornejo from the U.S. Forest Service to bring us up to date on their various projects. In May, we plan to picnic at Norma Brandell Gibbs Butterfly Park and learn more about Monarch butterflies. In June, we close out the year at the Huntington Club with an installation luncheon. We meet in members homes the third Tuesday of months September through June at 10 a.m. Please call Connie Mandic at (714)719-7274 or Doreen Hill at (714)878-3011 for information. We welcome guests anytime and would love to have you come join us.

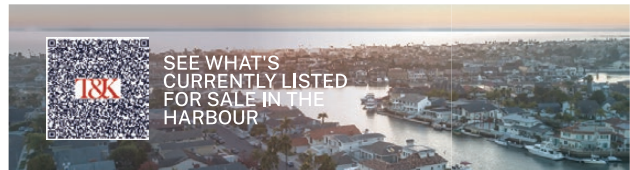
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HARBOUR ROD & REEL CLUB

BY Mark Mettler



Kyle Herman USAF with a nice Bluefin on "Basshole."

War Heroes on Water (WHOW)

Started in 2018 by Anthony Hsieh from Newport Beach, The WHOW tournament is held every September. Anthony started WHOW confident that the joy he and fellow anglers found on the ocean could bring healing to the Veteran community. Boat crews from up and down the coast volunteer their time, expertise, fuel, bait and meals to host wounded veterans on a 3 day fishing tournament. Huntington Harbour's own Rod Halperin is the tournament director. The 2023 tournament consisted of 50 boats who hosted 125 veterans. The event kicks off on a Saturday afternoon with a boarding party followed by a parade through Newport Harbor. After the parade the fleet disperses to the local islands or banks for the fishing tournament which runs Sunday morning through Monday afternoon. At the completion of the tournament the 50 boat fleet lines up in front of Avalon for a WW II aircraft fly over followed by a televised weigh in party and dinner on the Green Pier. The veterans are transported back to the mainland Tuesday morning and the official awards party is held that evening at the Newport Beach Country Club. Beautiful awards are given out for various categories and the competition is fierce amongst these wounded heroes! This year 5 Harbour Rod and Reel Club boats participated and hosted 15 Veterans from around the country. Many thanks to the captains and crew of Playin Hookey, Patron, Basshole, The Shootist and Hi Spirits for showing these vets a great time. The gratitude these veterans show us is overwhelming and many of them become lifelong friends with

the volunteers. The tournament itself is designed to help the healing process and it has been said many times that it saves lives. You can find out more about the War Heroes on Water (WHOW) tournament at www.warheroesonwater.com and the Harbour Rod and Reel Club at www.hrrconline.com.



"Playin Hookey" awaits the flyover outside Avalon.



Boarding party before the parade.



Crew and veterans at the award party.

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HUNTINGTON HARBOUR YACHT CLUB

BY Maria Antos, Commodore

Join us for our fun 1st open house, Sunday April 7th to see what Huntington Harbour Yacht Club (HHYC) is all about. Stop by to meet our leadership team and tour our facility. We welcome your participation and hope you will join us. HHYC Membership affords you access to Commodore's lounge for bar and food service five afternoon/evenings per week, participation in all events and cruises, and an opportunity to meet fellow community members and make new friends. You can also join the ladies Sea Belles Auxiliary which meets monthly and supports the HHYC. The HHYC held well attended events in January, February, and March, and have fun events planned for April. The new slate of officers is hard at work to ensure a successful year. Commodore Maria Antos has opened lines of communication and outreach to HHYC associations, affiliates, the Huntington Beach Chamber of Commerce to bring attention —and new members — to HHYC. The Vice Commodore's work to recruit new members is ongoing. The HHYC has many members that have been active for more than 25 years and new members join monthly. Rear Commodore Steve Parsons' fresh approach to upcoming events ensures more fun times ahead. He has overseen improvements to the HHYC website. Check us out at — <https://www.hhyc.org/>. You can also find us on Facebook and Instagram ([huntingtonharboryachtclub](https://www.instagram.com/huntingtonharboryachtclub)). Our experienced Fleet Captain Dawn Lentz is hard at work scheduling 10 cruising adventures throughout 2024 as well as boating and safety seminars for our members. April and May will bring the Concourse d'Elegance, Raft-up Day Trip BBQ at The Mooring at Island White in the Long Beach Jetty, and Opening Day. Events held January thru March 2024 included: A crowd of over 70 in our Commodores Lounge for the annual Super Bowl party. It was a pot-luck event with members bringing tasty football party dishes in crockpots and on platters. The game was shown on several TVs, and a large contingent held on to see the exciting sudden death win by Kansas City. Members donned in green attire in The Commodore's Lounge —aka Commodore's Irish Pub — for our annual St Patrick's Day party. The evening was filled with Irish music and traditional Irish stew and Corned beef and cabbage were enjoyed by all. All toasted to a good time at the local "Pub". HHYC held our first cruise of the 2024 season in Alamitos Bay from March 22-24, where we had ten boats tied along the public docks. This inaugural cruise is regarded as the "Spring Shake Down" to get boats checked out and ready for the upcoming cruising season. We started the weekend off with a Friday evening happy hour at a member "host" boat. On Saturday morning we enjoyed a continental breakfast with mimosa and bloody Mary bar, followed by a mid-day poker run to several member boats that call Alamitos Bay home year-round. We spent the afternoon playing a bevy of card and board games,

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which kept everyone entertained until the Saturday evening dinner. The theme was Sitting On the Dock of the (Alamitos) Bay and featured a dockside shrimp boil with crusty bread, mac and cheese, salad, and dessert. Many non-boating members joined the... festivities by land. Good times and comradery were had by all. Our opening day ceremonies will be held in April, so the regular cruising schedule will resume in May where we are off to Avalon, Catalina. Other events held during this period included a Saturday afternoon/evening pot-luck Karaoke party, and the annual Easter day brunch with a special visit by the Easter Bunny. In keeping with the tradition of Yacht clubs around the world, planning is underway for our big Opening Day celebration on April 20. A large boat parade down the main channel of the Harbour will take place at 11:00 AM, followed by a formal ceremony on our outside grounds to officially begin the cruising season. For a personal tour of the club and an overview of the benefits of membership attend our Open House on April 7th or contact our office Tuesday to Friday 9-4 PM. Our professional staff is on hand to show you the facility should you be interested in a waterfront rental venue for weddings, anniversaries, birthdays, retirements, class reunions, and other celebrations; and members of our flag are at the ready to give you a personal tour of the club. The club is located at 3821 Warner Ave (adjacent to the Fire station), (562) 592-2186, www.HHyc.org; Office manager Reese Eaton.

SEA BELLES OF THE HUNTINGTON HARBOUR YACHT CLUB

BY Cindy Barlow, Sea Belles Ships Hailer



January's Luncheon.



Commodore Maria Antos Presenting a Gift Pendant to Jr. Staff Commodore Eve Jordan.

The Sea Belles have enjoyed various fun events this year beginning soon after HHYC's fantastic New Years Eve "Roaring '20s" celebration. On January 3rd, during the Sea Belles' Luncheon, Attorney Jennifer Sawday, an Estate Planner with TLD Law, discussed Estate Planning, Wills, Trusts, and Probate. She provided crucial information on the documents required to ensure that all estate plans are in order. As always, the Sea Belles enjoyed a delicious lunch. During the Sea Belles February Luncheon, HHYC's 2024 Commodore Maria Antos presented Jr. Staff Commodore Eve Jordan with a gorgeous pendant in honor of Eve's leadership as the 2023 Commodore of HHYC. Our special presentation for February showcased the vital services that K9 Kismet Dog Rescue provides to dogs in need. K9 Kismet is "The Little Rescue With a Big Heart." Diana Bell, Foster Coordinator, and Nici Daniels, Treasurer for K9 Kismet Dog Rescue, provided a wealth of information about advocating, fostering, adopting, volunteering, and donating to this vital cause. Their Website is: www.k9kismet.org and their e-mail is: info@k9kismet.org. You can also follow these great ladies and some of their K9 buddies on Facebook and Instagram: [@k9kismet.org](https://www.instagram.com/k9kismet.org). The loving people of K9 Kismet are constantly involved with shelters, rescues, veterinarians, trainers, and people who simply need some assistance with their own pets. You can even temporarily adopt a dog to save it's life while a loving home is found, or keep him or her for your very own! Thanks go to the Sea Belles for purchasing the Club's new sound system, which has been quite an improvement over the previous one. Thank you to HHYC Director and Sea Belle Katie Fortier for consistently providing the best in special guest speakers and events each month. Our thanks go to Donna Carlow and Judy Cassidy for decorating in a Valentine's Day theme for our February Luncheon. Pink tablecloths, red napkins, and sparkly heart centerpieces graced the tables, and at every place setting- Candy!! Also, thank you to Charmaine Rood for her time, effort, and incredible skill in developing the layout of our Newsletters and distributing them to everyone! Sea Belles have numerous special events planned for 2024. So ladies, if you enjoy informative and entertaining presentations along with fun luncheons, you would enjoy Sea Belles. Either call or stop by HHYC for more info on membership. We're located on the main channel of Huntington Harbour next to the Fire Station on Warner, just East of PCH. We'll be glad to welcome you aboard!

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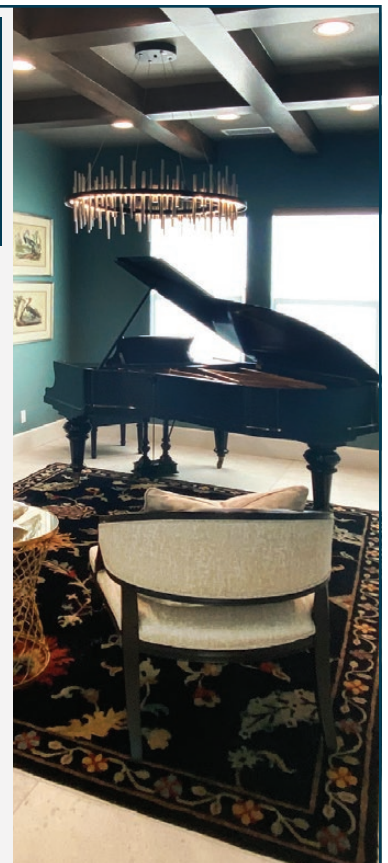
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SEA ISLE GARDEN CLUB

BY

Lolly McHardy

Our February 14th luncheon meeting was held at Kathy May's Lakeview Cafe located in Huntington Beach Central Park East. With scenic views it is a lovely place to eat. Our March meeting was held on the 13th at

***"We want to help
make Trinidad Lane
beautiful again..."***

The Black Trumpet Bistro. Our installation will be in April with a location yet to be determined.

Sea Isle Garden Club President Caron Mount gave a check for \$250 to the Trinidad Lane at the Edinger Median Improvement Project. We want to help make Trinidad Lane beautiful again and replace the iconic landmark tree that was lost to a fatal disease.



Members at the beautiful Kathy May's Lakeview Cafe.



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HUNTINGTON HARBOUR ART ASSOCIATION

BY Doreen Hill



Winter luncheon and fashion show at the Assistance League.

The Huntington Beach Assistance League hosted our January lunch and fashion show. Assistance League Volunteers modeled ensembles from donated articles of clothing. Upcycling at its' best! Corner Bakery provided the lunches and attendees got an opportunity to shop at the Assistance League thrift store on-site for their own ensembles. We are happy to support such an organization that gave close to one million dollars back to the community last year. One of their biggest endeavors is "Operation School Bell" serving around 2,500 elementary through high school kids by providing school supplies. Educational enrichment, tutoring, college scholarships, teen

mentoring are just a few of the ongoing projects the 300 plus Huntington Beach area volunteers participate in with more than 60 thousand volunteer hours last year! Check out www.assistanceleague.org for more information. Huntington Beach Main Library's West End Gallery on the third floor has Huntington Harbour Art Association's 54th Annual Fine Art Exhibit March 1-29. A variety of art by various members is on display and some pieces are for sale. Make sure to peruse this exhibit and others throughout the year. Huntington Beach Art Center, 538 Main Street, has various shows and classes throughout the year. "Centered on the Center" an annual

open call, non-juried show ran through March 16th. An historic multimedia exploration of lowriders, "Rasquachismo" opens April 6 and runs through June 1st. Our annual "Show and Tell" luncheon will be held on May 14th at the Harbour House. We get to see what everyone has been creating over this past year and be inspired to finish some projects before next year. An excursion to the newly expanded Hilbert museum is planned for April, as well as, a workshop in May making wallets out of cork. There's always some way to enjoy art! Call our membership chair Jean Erstling for more information at (714)614-1901.

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LA FAMILIA

BY Karen Branoff



Our fun monthly lunches are held the 2nd Monday of each month at Rodrigos.

Recently, La Casa was able to fund a Tet Festival field trip where the children of Orangewood were able to watch the dragon dancers and eat traditional food donated by Golden Sea Restaurant.

The board approved buying roller skates, going on an ice skating outing, a field trip to K1 Speed Indoor Go Karts, a trip to Monster Jam, Legoland, a Big Bear snow trip for the entire home, art supplies, a cooking stipend, and a SOFI stadium visit. The board also voted to approve giving the winners of the home decorating contest cash prizes. La Familia supports the Orangewood Children and Family Center by providing funds for much needed items and outings. We focus on funding educational pursuits and essential item requests.

As of the February board meeting, Orangewood had 51 children living there. The number of children varies from month to month.

On March 17th, we enjoyed our annual FUN-raiser St Patrick's Day Party at the home of Anne and Dave Crowley. Every year, we all are Irish and have a

fun and casual dinner of corned beef, cabbage and all the Irish dishes we can imagine.

In April we had a Fundraiser at Rodrigo's Mexican Grill (rodrigoss.com). The restaurant donated 20% of everyone's meals on April 9th to La Casa.

We are all looking forward to the Winter Wonderland Event. This will be held in the Fall of 2024, date to be determined. Please join us at this event. There will be decorated trees up for raffle and a silent auction.

La Familia is a very low-key group that doesn't require doing anything except joining in on the fun events. We meet monthly on the second Monday of the month at Rodrigo's because they donate a portion of our bill back to La Familia (and we all enjoy their lunches!). The annual dues for La Familia are super low.

We also accept donations! Send your donations to: La Familia, c/o Eve Jordan, 16066 Mariner Drive, Huntington Beach 92649.

Every year, we all are Irish and have a fun and casual dinner of corned beef, cabbage and all the Irish dishes we can imagine.



We were all Irish on the 17th. It was a great time at the Crowley's home.



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HAPPINESS IS MATCHING HOME BUYERS & SELLERS

I have heard it said many times by homeowners...

“I do not want to put my home on the market, but if you have a buyer for my house bring them over for a look”.

If you are entertaining thoughts of selling your home but do not want to be on the market, please reach out to me because I might already be working with your buyer!



AVAILABLE | List Price \$5,250,000

17241 & 17245 Lynn Lane, Huntington Beach

Main House: 4 BR, 4.5 BA | **ADU:** 2 BR, 2.5 BA | Total Living Area 5627 SqFt

This Modern Luxury Quality Home + ADU was just completed in the Los Patos (near Brightwater) custom home area and it is ideal for a multi-generational household. 4 Car Garage + 3 Car Driveway.



AVAILABLE | | List Price \$1,450,000

16123 St. Croix | Seagate Lagoon Townhouse

Beautifully Remodeled & Upgraded “Open Concept” Humboldt Floorplan
3 Bedrooms | 2.5 Baths | 1,826 SqFt | 2 Car Detached Garage
Water views from Den, Livingroom, Dining Area, Kitchen, & Primary Bedroom
30’ Boat slip available for rent with this townhouse.



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MARKETING PLAN FOR YOUR HOME

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