

August 2021

# HARBOUR LIGHT

*The Original Magazine for the people of Huntington Harbour*

Volume LI

Our 51st Year in the Harbour

No. 4

## *HHPC's Music Mobile at the Huntington Beach 4th of July Parade*



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# HARBOUR LIGHT

For and about the PEOPLE of  
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Published by Boris & Dorothy Ralphs

Volume LI Number 4  
August 2021

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## On the Cover

The HHPC Music Mobile driven by Madeline Fields and Lolly McHardy in the Huntington Beach 4th of July Parade.

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## La Familia

by Karen Branoff



*Meeting at the Harbour Rackhouse.*

Our June meeting was so fun. 28 members met at The Rackhouse in Huntington Harbour Mall. We had a great meeting and then enjoyed friendship over lunch. Everyone had ideas how to reinvigorate the group after hibernating for the last 18 months. For the past 62 years, our main fundraiser has been The Christmas Tree Wonderland. We will have that event one more year and then it is over. So sad! There is so much work behind the scenes to make this event a success. Time has come to look for other ways to support La Familia and to donate to Orangewood Children's Home.

Here are some of the ideas that were discussed (dates might need to change): August 1, Pot luck "Meet and Greet" dinner with Orangewood staff members and a September 11, Field trip to Los Alamitos Race Track.

Other fun ideas discussed were a fashion show, casino night, "Baby Shower" for the Orangewood kids or a "wine pull".

Our last Christmas Tree Wonderland will be November 21, *save the date*.

At every event we will be holding a 50/50 drawing with half the proceeds going to Orangewood.

Our La Casa President, Tim Branoff, reported that the Orangewood board met in person again last month. Tim let us know that the La Casa/La Familia group helped Orangewood Children's home by buying them 3 sensory tables for a Preschool field trip to Wild Animal Park, Lyons Air Museum field trip, 2 pool umbrellas, and softball equipment. The art studio is up and running, we provided the first supplies for this. At the last board meeting, there were 24 children housed at Orangewood.

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## DEADLINE for the

**October issue is September 6th**

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Or mail them to: Harbour Light Magazine, 16458 Bolsa Chica Street Box #507, Huntington Beach, CA 92649

# Huntington Harbour Art Association

by Doreen Hill



*First column, top to bottom: Linda Morrow-quilt, Nancy Smith-Paper collage, Second column: Marsha Hendler-quilt, Carrol Wolf-Gouache Watercolor, Third column: Rhea Black-painted rocks, Barbara Steel-Poem by Robert Frost Calligraphy, Fourth column: Janet Johnson-Knitted dog, Nancy Phillips-Photography.*

Our annual H.H.A.A. “Show and Tell” luncheon was held outdoors at Huntington Beach Central Park at the end of May under warm, clear skies. Picnic box lunches from DeSimone Deli and Bakery were organized by Linda Morrow and Gerry Reed for the thirty or so members in attendance. We had a wide variety of talent displayed and shared that day. Among the many fine and fiber art forms represented were Zentangle (creating beautiful images from repetitive patterns) pen and ink with watercolor by Kathleen Moore, Jean Purses by Connie Silva, quilted placemats by Ginny Eide, Paper collages by Nancy Smith, Hardanger embroidery by Karen Peoples, Photography by Nancy Philips, Calligraphy by Barbara Steele, Gouache Watercolor by Carrol Wolf and an intricate, knitted dog by Janet Johnson. Among the painters represented

were Barbara Simone, Bea Tamo and Betty Viers. Gerry Reed made a fabric Safari Book and Dinosaur Tail for her grandkids and said the cloth book was the most difficult project she has ever worked on; more difficult than her years in the classroom! Pam Smart shared several of her Acrylic Pour Paintings and woven scarves. Jackie Dvorman made several, one of a kind, hand painted greeting cards. Rhea Black had time to experiment with some painted rocks and also was busy helping organize a garden tour with the Rossmoor Women’s Club. Janet Johnson did the honors of installing our 2021-2022 Board of Directors who were approved as follows: Pat McKenna-President, Barbara Simone-Recording Secretary, Sharon Larson-Treasurer, Nancy Phillips-Membership with assistant Jean Erstling, Bea Tamo-Fine Arts with assistant Jo Ann Rossi, Pat

McKenna-Fiber Arts with assistant Barbara Larson, Linda Morrow-Programs with assistant Gerry Reed, Kathleen Moore-Corresponding Secretary, Gerry Reed, Betty Viers and Suzie Harris-Social Events, Marsha Hendler-Workshops with assistants Linda Sackin and Elaine Skaggs, Rhea Black-Excursions, Joan Preston-Needles and Friends, Kay Sullivan-Zoomist/Technologist, Pam Smart-Arty Facts, Doreen Hill-Publicity with assistant Jackie Dvorman, and Janet Johnson Parliamentarian/Past President. Janet gave out hand painted rocks to each of the board members.

With continued vaccinations we are hopeful of more safe gatherings and activities in the coming months. If you would like more information on how you can become a member of Huntington Harbour Art Association, please contact Nancy Phillips at (714) 963-4607.

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# Sea Isle Garden Club

by Kathy Bayless



*Sea Isle Members in March of 2012 at Norma Gibb Park.*

Our Sea Isle Garden Club is preparing for our first official meeting of 2021 on Wednesday, September 8, where the endangered Monarch butterflies will take center stage. Huntington Beach has its own sanctuary at Norma Gibb Park on Graham across from Meadowlark Golf Course. The tall eucalyptus trees provide Monarch mating grounds, and the milkweed along the north side of the park supply their buffet table. Their eggs are laid on the milkweed and hatch there where the Monarch caterpillars begin munching their way through the leaves. The caterpillars need the milkweed

to survive, so they can grow, and molt several times over roughly a two-week period, growing to form a chrysalis in which they undergo metamorphosis. They literally hang out there in their chrysalis for a couple weeks to emerge as monarch butterflies.

Then you will see the orange, white, and black Monarchs fluttering all around the Harbour, looking for nectar on any flowers, preferring the native plants, and of course, the milkweed.

This brings us to our September 8th meeting, 10:30, at the home of Carón Mount. Members and guests will be

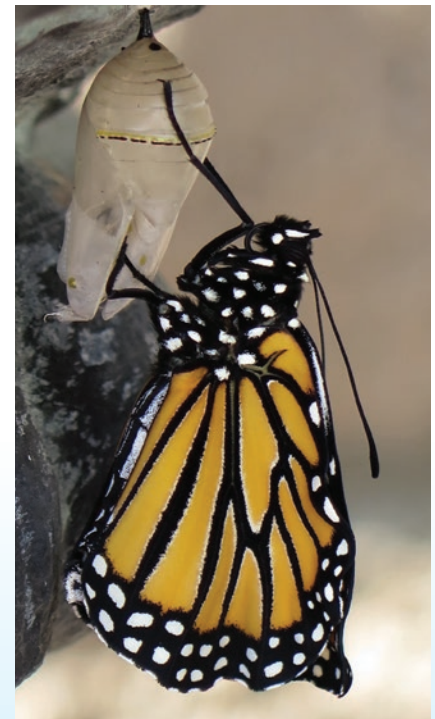
planting milkweed seeds to take home for your own gardens and as well as planting some in egg cartons to start sprouts to transplant into our Edinger Parkway.

After all this activity, we will have to munch on something ourselves, so lunch will be served. We'll be discussing our plans for the rest of the year: projects, excursions, and our stewardship of the Parkway. Our members have yearly dues of just \$30, and guests are always welcome to any of our meetings or excursions.

If you would like to join us, please call Mary Ann Brinket, at (714) 767-1915.



*A beautiful monarch butterfly.*



*Monarch emerging from the chrysalis.*



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## **FOR MORE INFORMATION**

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# Huntington Harbour Philharmonic Committee

by Lara Anderson



Members on Patty Reilly's patio, front: Pamela Barthold, Nicole Stewart, Sharon Larson, Karen Ridout, Pam Myers, Ellen Martin, Linda Axel, Madeline Fields – back: Lolly McHardy, Kelly Haynes, Louise DuBos, Barbara Sentell, Maggie Van Eck, Roberta Swain, Lauren Claus, Elizabeth Henry.

It's fun in the sun time in Huntington Harbour and although we don't have meetings during these summer months, your hard-working HHPC members still have a lot going on! Several of our members have been helping keep HHPC afloat for 25 years this year and received their commemorative pins; Islander Teresa Nichols, Marina Windjammer Connie Mandic, and Sandpiper Suzie Scott.

Be sure to stop by our table and say "hello" on Sunday, August 15th in Harbour View Park during the Concert in the Park. We'll see you there from 4:30-6:30.

Registration for the first Golf Classic "Score on a High Note for Youth Music" being held on September 20 as the Aliso Viejo Country Club is open now. Signing up is super easy online through Mobile Cause at [www.mcause.us](http://www.mcause.us), GOLF4MUSIC or text GOLF4MUSIC to 41444 to register for golf and text DRONE2021 to 41444 to purchase balls for Ball Drop. Tournament Co-Chairs include HHPC's Joanne Fernbach and Lloyd Stockwell who hope you'll help make this event, (two years in the making thanks to the pandemic!) a success.

Our much anticipated Holiday Boutique is coming back! It's happening a little earlier this year due to scheduling

issues, but over 25 of your favorite vendors are looking forward to seeing you again. Mark your calendars for September 24 and 25 at the Huntington Harbour Mall starting at 10 a.m. each day. Our dynamic duo of Co-Chairs Karen Ridout and Kelly Haynes are also working on putting together another fabulous display of opportunity prizes you can enter to win!

The inaugural Ducky Regatta went swimmingly and was a big success. HHPC winners with lucky ducks included:

- Admiralty – Gail Sebring 1st, 2nd and 3rd places!
- Islanders – 1st - Linda Jorgenson; 2nd Kim Weddon; 3rd Susan Qaundah
- Marina Windjammers – 1st Roberta Swain, 2nd and 3rd Ruth Roe
- Sandpipers – 1st and 3rd Lolly McHardy; 2nd Nicole Stewart
- Seal Beach – 1st and 3rd and also Grand Prize winner of \$500 Louise DuBos; 2nd Betty Rousselo
- Trinidad – 1st and 2nd Tharice Opalewski; 3rd Ellen Martin

We also very much enjoyed our Virtual Literary Afternoon with the always engaging Chris Epting and plan do a similar event again, (hopefully in person.) The auction prizes were amazing with special thanks to Lyn Semeta who was able

to secure some truly unique experiences for the winning bidders to enjoy.

Stylin' and Designin' at Jonathons Coastal Living was another new event held in June that was conceived and launched by interior designer extraordinaire and Marina Windjammer Pamela Barthold of Pazzam Designs. It was a beautiful and inspiring setting featuring the talents of many top designers. This is another event we hope will continue in the future.

Did you see the Music Mobile in the Huntington Beach 4th of July parade? (We were on the North route.) Thanks to Lolly McHardy for getting us in on the festivities.

Make sure you're following us on Facebook at [CruiseofLightsHHPC](https://www.facebook.com/CruiseofLightsHHPC) or on Instagram at [CruiseofLights](https://www.instagram.com/CruiseofLights) to keep up with all the latest HHPC news and happenings! Want to get in on the fun? Join one of the six HHPC groups and receive our monthly e-newsletter, invitations to events, discounts on concert tickets, and more. Ask your nearest friendly Huntington Harbour Philharmonic Committee member on how to join, look for our membership table at our events, or call our office in the Huntington Harbour Mall at (714) 840-7542.

# HHPC: Islanders

by Cristi Ulrich



*The Islanders' May meeting.*



*During the "Duck Regatta."*

As we arrive at the beginning of summer, we are thrilled by Islander support and loyalty during 2021. We all enjoyed a meeting at the home of Lauren Claus, thank you Lauren. We are so proud of our Islanders and all of their continued support for our events. Highlights from

A Virtual Afternoon with Chris Epting include Islander attendance of 21 members! We also had some winners...

### **Islander Opportunity Winners**

Shop till you Drop - \$300 Neiman Marcus gift card went to Kimberly Willingham.

Dinner is served - \$200 gift card to Beef Palace along with special seasonings went to Lauren Claus.

### **Silent Auction Winners**

Marlene Schell bid on the Fire Station Lunch for 4 guests cooked by the firemen. Marlene wanted this for her grandson!! What a special lunch for this lucky young boy.

Jeanie Gibson had the highest bid for the \$500 South Coast gift card.

Lauren Claus' son Shaun Geiger had the highest bid for the Big Bear Escape.

Thank you, Islanders, for purchasing Opportunity Prize tickets and bidding on the incredible Silent Auction items and for all of your continuing support.

### **Ducky Regatta**

The "Ducky Regatta" completed all regional races. Islanders had 54 ducks race. Congratulations to Linda Jorgenson who came in 1st, Kim Weddon 2nd and Susan Qaundah 3rd. Revenues earned were \$11,700+. Another Great Philharmonic Event.

### **Stylin & Designin**

The Stylin & Designin Event happened on June 11-13 at Jonathons Coastal Living in Fountain Valley. Over 15 top designers created tables, bedroom and living room vignettes and presented master classes in design. This event was another huge success for all our Harbour Groups and supporters. Special thanks to Islanders Kim Weddon and Susan Qaundah for

all your hard work and to Cristi Ulrich for her sponsorship/donation. From all of us who attended and from so many others, we know this event was terrific.

The Islanders are looking forward to the Grand Marshal event and can not wait to hear who our next Grand Marshal will be! We are also eagerly awaiting our 2021 Boat Parade and Cruise of Lights.



Pamela Barthold PazzamDesigns.com 310-940-7437

# HHPC: Admiralty

by Grace Holdaway



L to R: Barbara Howland, Roxanne Talley, Carol Ventura, Mike Nielsen, Anne Crowley, Janet Johnson, Grace Holdaway, Mary Busche, Barbara Larson at the Admiralty May meeting.

When getting ready to write this I reviewed last year's article where I said by September we would be back to normal. Now that was a big error, but now we are actually looking forward to next year being able to enjoy all of our meetings in person and attending the boat parade this December and all of our other projects and concerts for the children.

Just to give an idea of what is coming up, the Holiday Boutique will be at the Huntington Harbour Mall on September 24th and 25th. This is always a fun event and good place to start your holiday shopping and win opportunity prizes. Also coming on September 20th is the 'On a High Note Golf Classic' at the Aliso Viejo Country Club headed up by Anne Crowley.

Admiralty member, Gail Sebring, won the Duck Regatta held in May, not once but 3 of her ducks placed! I think she should head for Vegas.

Also in May, Admiralty held our Installation meeting at Mary Busche's lovely home in the harbor.



Member Gail Sebring with her winning fish.

Our new board is:  
**President:** Carol Ventura  
**VP/Parliamentarian:** Mary Busche  
**VP Cruise of Lights:** Charmaine Rood & Janet Johnson  
**VP Boat Parade:** Roxanne Talley  
**Recording Secretary:** Barbara Larson  
**Corresponding Secretary:** Lorraine Garafalo  
**Email, E-Concierge:** Charmaine Rood  
**Treasurer:** Barbara Howland  
**Public Relations:** Grace Holdaway  
**Grand Marshal Event:** Mary Busche

**Hospitality:** Mary Busche & Jackie Demos  
**Music Education:** Anne Crowley & Carol Ventura  
**Special Projects:** Charmaine Rood, Gail Sebring and Janet Johnson  
**Committees Event Liaison:** Carol Ventura  
**Juniors Liaison:** Gail Sebring.  
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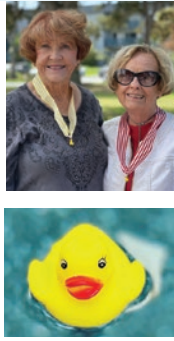


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# HHPC: Marina Windjammers

by Joanne Fernbach & Pamela Barthold



FIRST IN PERSON MEETING MAY 2021

## STYLIN & DESIGNIN



During the last few months Marina Windjammer members have certainly made up for missing a year of volunteering and not being together! In Marina Windjammer style they came out in full force to help make the new fundraiser, the Duckie Regatta, created by Patty Reilly, a wonderful success. Maggie Van Eck, Barbara Sentell, Pamela Barthold, Kelly Haynes, Joanne Fernbach, Karen Ridout, and Roberta Swain came out to the pool to help the ducks paddle across to victory. Our own Roberta Swain took first place, Patty Decou took second and Ruth Roe took 3rd place in the Marina Windjammers race. Great Job!

The month of May brought excitement to the group as we had our first in-person meeting outside at a local park. It was so wonderful to see each other even while social distancing. Lara Anderson, our President, led the meeting and passed her position and gavel to in-coming president, Karen Ridout. We celebrated our first get together with a lovely picnic lunch and had a fabulous time catching up with one another.

On the weekend of June 11-13, our own Pamela Barthold introduced a new fund-raising event, “Stylin &

Designin”, which the Committees members, county-wide, volunteered for and attended. When she realized that the traditional House of Design would not be forthcoming, she knew it was imperative to find another way to raise funds for the Committees’ music education programs. Pamela is an Interior Designer originally from Los Angeles and she brought in her influential designer friends from Los Angeles and Orange County to create high-end designer vignettes, and masterclasses for a “peek behind the curtain of high-end design”. Talented designers you see in home magazines like Lisa McDennon, Kelly Ferm, Laura Brophy, Sanctuary Designs and others all created exquisite designs and masterclasses in Jonathons Coastal Living retail store in Fountain Valley. The highlight of the event was the VIP evening with Richard Fleming, an international designer, architect, and neuroscientist who gave a fascinating talk on the brain and how it is affected by design and your senses. The committee which was formed only four months prior to the event, included extraordinary, talented women who worked tirelessly to ensure the event was a raving success. Kim Weddon, event

co-chair led with her vast background of Philharmonic design events. Marlene Nielsen and Jan Lawrence created and programmed the Mobile Cause app (which was no small feat) to promote and purchase tickets for the event. Kathryn Wopschall and Karen Ridout orchestrated the event’s boutique vendors. Kathryn also obtained great opportunity prizes. Susan Qaquandah and Sandi Wright-Cordes secured the sponsors for the food, particularly the exquisite charcuterie table for VIP night. Beth Ruegger created a beautiful banner that hung out front. Jean Felder organizing all the volunteers who were so enthusiastic to help. A big thank you to the Philharmonic’s Heather Cromleigh and Sarah Little for their insight and expertise. And to all of the Committees members and their guests who supported the inaugural event, we hope you had a wonderful time and learned lots to apply in your own homes. Of course, the biggest thank you goes to Jamie Bernal, the owner of Jonathons Coastal Living store, for graciously allowing us to create this unchartered event in her store. It was a huge success!

# HHPC: Sandpipers

by Lolly Mchardy



*Sandpiper's meeting at the home of Nicole Stewart.*

Sandpiper's are ready to start our Fundraising efforts and events for the rest of the year!

Sandpiper Lolly McHardy, along with Marina Windjammer member Madeline Fields participated in the Huntington Beach 4th of July parade. They drove the festively red, white and blue decorated Music Mobile.

We are looking forward to our Concert in the park on August 15th at the Harbour View Park. We are getting involved in helping with our future events, such as Golf Classic on September 20th. And of course our Holiday Boutique on September 24th and 25th. We are excited about our Grand Marshal event on October 23th. And yes, our Boat parade

in December. Finally, we will have our installation luncheon in September at Sebastiani's restaurant.

The Sandpiper's are one of the six groups that comprise the HHPC Committee.

If you would like to join one of our meetings, please call Tricia Pratto at (714) 614-5396 or email her at [inthepink1031@gmail.com](mailto:inthepink1031@gmail.com).

# Huntington Harbour Boat Parade

by Lara Anderson

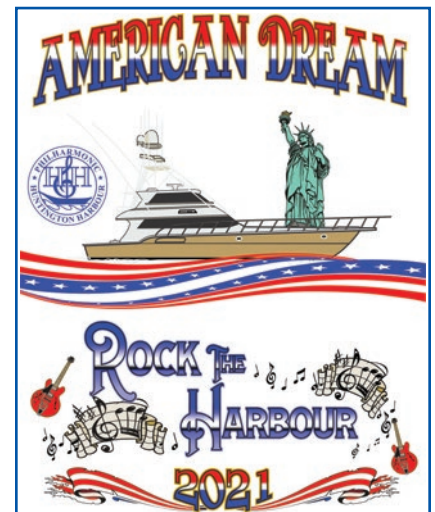


*2021 Boat Parade Grand Marshal Casey McKeon.*

*The  
59th Annual  
Huntington Harbour  
Boat Parade*

*December 11 & 12*

*[hbboatparade.org](http://hbboatparade.org)*



We have a date! We have a Grand Marshal! We have a theme! The 59th Annual Huntington Harbour Boat Parade will take place on December 11 and 12, 2021. Our Grand Marshal this year is Casey McKeon. The theme (which is selected by the Grand Marshal) is "American Dream Rock the Harbour!"

The all-volunteer Huntington Harbour Boat Parade is organized by the Huntington Harbour Philharmonic Committee as our

way of saying "thank you" to the Harbour residents for decorating their homes, which enables us to have our fundraising event, the Cruise of Lights®. The Cruise of Lights® takes the public out on large boats to view decorated homes from the water with proceeds from ticket sales supporting youth music programs in Orange County. (The Cruise of Lights® and the Boat Parade are two different events.) Unlike other boat parades, the Huntington Harbour

Boat Parade is not produced or managed by a marina company, City, or Chamber of Commerce. It is an entirely volunteer effort, funded by generous donors. Look for more details in the coming months from Boat Parade Chairman Jeff Silver and his committee members on how to participate in the parade and home decorating contests! Follow the boat parade news on Facebook @ [huntingtonharbourboatparadehhpc](https://www.facebook.com/huntingtonharbourboatparadehhpc).

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# Do You Have “Dead Butt Syndrome”?

by Cindy Shaw, PT, OCS, Orthopedic and Spine Care Physical Therapy



*Sitting in a shipwreck.*



*Even turtles can be couch potatoes.*

This is for real, identified by sports science researchers. Michele Olson, PhD describes, “it occurs when you have weak, underused, and underdeveloped gluteus medius, the muscle on your outer hip area.” This is connected to sitting for a long time or repetitively, causing your butt muscles to lose function. A study in

2017, in the Annals of Internal Medicine, shared that on the average Americans spend 77% of their waking hours sitting or inactive. I shudder to think of the possible increase in 2019-2020 with so many people staying home.

Physical Therapists often see a pattern of weakness in the gluts or butt muscles

combined with tightness in the hamstrings from bent knees and shortening with tightness in the fronts of the hips. This tends to create a pattern of walking bent forward as though still in a chair when standing up though less extreme. The strain on the low back as gravity moves down is extremely problematic. You can easily imagine the pressure on the spine from top to bottom without the alignment of our natural postural shock absorbers that exist in our spine and pelvis.

Your butt muscles are among your bodies’ largest and strongest and are vital to supporting and stabilizing your low back and pelvis. Balance in standing and walking to control hip movement is their job. Lack of support and good alignment with gravity and movement also leads to joint pain and aching especially in knees and hips.

Enough with the explanation...what can you do?

- Get up and move at least 5 min every hour, consistency matters.
- Practice good posture even in sitting, don’t slump or slouch.
- Stretch every day, especially the front of your hips.

There are many stretching and strengthening exercises, but I believe exercise programs should be designed specifically to address individual concerns. Reach out to your Physical Therapist or a persona trainer working with therapists to get your own program started.

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# Anglers of Huntington Harbour

by Kathy Bayless

## June TGIF

Friday evening June 25th nearly 40 Anglers of Huntington Harbour members and guests gathered at the waterfront home of Linda Sackin for the group's June TGIF. Everyone was excited to meet face to face and each of the Anglers brought one of their favorite appetizers or desserts to be enjoyed by all as they socialized on Linda's waterfront patio and discussed upcoming events like the Duffy Cruise and Dinner at the Myers in July, the Dinner by the Bay at the Dibenedetto's in August and the September TGIF at the Earlabough's. The only Angler in attendance that was celebrating a June birthday was Gail Sebring.

## Upcoming Events

In 2021 the Anglers of Huntington Harbour are celebrating their 57th year in the Harbour and have many exciting social, fishing and philanthropic activities planned including the Dinner by the Bay at Nick and Cindy Dibenedetto's in August, the September TGIF at Lou and Sue Earlabough's and the October TGIF and Halloween Party at Michael and Terri Feterick's, If you live in the Harbour and want to be considered for one of the Anglers open membership positions and attend one of our upcoming activities, please call membership chair Paula Hetzler at (714) 969-2570 for more information.



Anglers of Huntington Harbour June TGIF host Linda Sackin.

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# Do a Good Tern

by Eric Paquette



*Elegant Terns photographed by Ross Griswold.*

The Bolsa Chica Ecological Reserve suffered a great loss during the 2021 bird breeding season. As many of you know, on May 11th, 2021 a drone crashed on North Tern Island, causing approximately 3,000 Elegant Terns to abandon their nests. The California Department of Fish and Wildlife (CDFW) estimates that over 1,500 eggs were lost as a result of this incident. We here at the Bolsa Chica Conservancy, along with a community of supporters, are devastated by the loss of the terns. The CDFW, with assistance from Wildlife Officers and the U.S. Fish and Wildlife Services are working hard to investigate this incident.

What makes these birds so special, you might ask? The Elegant Tern population is estimated to number between 100,000 to 150,000, and the Bolsa Chica Ecological Reserve is one of only three nesting sites in all of Southern California. The Reserve is considered critical habitat for a number of species of concern, including the highly vulnerable Elegant Tern.

The Bolsa Chica Ecological Reserve has a total of 5 nesting sites spread out amongst the 1,449 acres, and 5 different tern species are commonly observed during the spring and summer months on the Reserve. In late summer the terns will begin their journey back home, with their

winter range extending as far south as Peru and northern Chile. The California Least Tern, a federally listed endangered species, is one of the more vulnerable tern species to nest on the Reserve. During this time, the Conservancy conducts a citizen science program, called Eyes on Nest Sites, or EONS, to monitor this species of concern. Volunteers spend their time observing and recording Least Tern behavior while scanning for predators and other threats.

To help combat the issue of threats to the terns, the Conservancy, in partnership with the CDFW, aims to raise funds to install new educational signage throughout the, increase public outreach, and develop and implement a new volunteer program to monitor the Reserve. This program's goal will be to train volunteers to be able to educate visitors of the natural resources, preservation, history, rules, and regulations at BCER. All volunteers will be encouraged to attend an intensive training program and will be granted the opportunity to experience protecting one of our last remaining wetlands in southern California.

Any donation helps, so please consider supporting the Bolsa Chica Ecological Reserve and its species of special concern by visiting our website, [bolsachica.org](http://bolsachica.org)!

# Huntington Harbour Junior Etiquette Program

by Doria C. Merical



*HHJEP Team at the HBCOC mixer.*

We have been having so much fun these days. In June, we held our first drop-in 'Crown Making Event' at Timeless Treasures Boutiques. The children had a marvelous time creating crowns for Father's Day and for themselves. It was such a great turn out and we were honored to have Miss Huntington Beach, Mara James, join us to kick off this event.

We are excited to be offering our

Lunch and Learn-Business Etiquette Series, open to all children ages 13 to adult, held September 15th and 29th at the Huntington Beach Wetland from 11:30am to 1:00 pm. This program is a collaboration along with our business coach, Sandi Ballard and the Huntington Beach Chamber of Commerce. The cost is \$30.00 per person and \$40.00 for non-members. Registration is required.

Your HHJEP Team will be hosting the "Art of Afternoon Tea" at the Sunset Beach Women's Club on October 12th from 11:30am to 12:30 pm. The cost is \$22.00 per student and open to all ages, please contact us for further information. In the fall months, HHJEP is collaborating with the Miss Huntington Beach Pageant, to teach the contestants how to walk gracefully, become more poised, practice etiquette, dance and elocution, along with other soft social skills, all while preparing them for the pageant on October 23rd.

We look forward to coming back to our in-person spring etiquette season for all children, beginning in February 2022, more information coming soon. Please contact us to learn more about our manners and etiquette programs, as well as to book your private or semi-private etiquette instruction courses. [www.HHJEP.org](http://www.HHJEP.org), [Doria@HHJEP.org](mailto:Doria@HHJEP.org), (949) 200-0549.



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We refer to "tax alpha" as the increase in your wealth by optimizing tax strategies in the financial planning process. Tax loss harvesting is one of the components of tax alpha and should be a part of every investor's repertoire.

A diversified portfolio holds a variety of assets: stocks and stock funds can be classified as large vs. small cap, growth and value, domestic (US) and foreign. Bonds are classified from investment to "junk", US obligations, municipal, foreign, short-, intermediate-, and long-term. *All these components perform differently over time.* In a particular year, US stocks might rage upward and foreign stocks might go down. The following year, the reverse can happen. If we can sell a position that has gone down temporarily, we "harvest" the loss which decreases your taxable income by offsetting capital gains in your portfolio.

Experiencing losses is a natural part of the investment process. Everything doesn't always go up. As you have noticed, the stock market can be very volatile. At the end of 2019, the Dow Jones Industrial Average was at 28,500. Then on March 16, 2020 it was down to 20,200. Fast forward to December 31, 2020 and it climbed to 30,600. While it was a roller-coaster, the wise investor takes advantage of the dip to harvest losses.

In sharp market declines, such as the Spring 2020, we might harvest significantly more capital losses than you have gains in a particular year. No problem! Capital losses in excess of capital gains are carried forward indefinitely until offset by future capital gains. In later years when a portfolio must be rebalanced, we sell those investments that have grown beyond our target allocation and buy those that are below our targets. It

may seem counterintuitive to sell "winners" but "too much of a good thing" can result in a painful drop in your portfolio balance when the winning stops. If we have a bank of capital losses to carry forward, we can harvest those profits, keep our portfolio in balance, and offset the gains with the banked losses. A win all the way around!

For successful tax loss harvesting, follow these rules: First, tax loss harvesting cannot be done in IRA or retirement accounts as gains and losses are not taxed, only distributions. Second, if you sell a security at a loss and immediately repurchase it, the loss will be disallowed for tax purposes (called Wash Sale rules). You must stay out of the position for 30 days before buying it back.

You want to minimize capital gain taxes while allowing your portfolio to continue to grow. The longer you can defer taxes, the more compound growth you will achieve. As Ben Franklin said, "Money makes money. And the money that money makes, makes money."

If you are holding a stock with a big loss associated with it, consider harvesting that loss. Talk to a qualified tax professional before taking any action, or you can call Inspired Financial and speak with our CPA (Mark) or Enrolled Agent (Claire) about your situation.

*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.*



# Cathy Thomas Cooks

by Cathy Thomas, Food Columnist - [orangeoast.com](http://orangeoast.com)

Ah, the joy of a perfectly ripe avocado, rich nuttiness paired with creamy texture. It requires patience and attention to detail to turn rock hard into a flawless consistency. When used sliced, as in the delicious Avocado Salad recipe that follows, the desired texture is just-right ripe rather than a little softer for guacamole.

Here's my sliceable avocado ripening strategy: Unrelentingly firm, I leave them at room temperature for 3 to 5 days, checking them daily until they give very slightly to gentle pressure. Underline, slightly. At this point they are easy to slice once they are peeled and pitted. They can, if desired, be stored in the fridge for up to 5 days at this point; they will still be sliceable.

## Avocado Salad with Herb Vinaigrette (4 to 6 servings)

1 bunch fresh Italian parsley (leaves chopped, large stem discarded), 1 bunch fresh dill (leaves chopped, large stems discarded), 1 large shallot (finely diced), 1/2 jalapeno or Fresno chili, seeded (finely diced), 1 large garlic clove (minced), 2 tablespoons red wine vinegar, salt and pepper to taste, 1/2 cup extra-virgin olive oil, 1 to 2 hearts of romaine lettuce, coarsely chopped or cut into 1-inch wide slices, 4 ripe (but not squishy) Haas avocados (peeled, pitted, sliced), 1 tablespoon capers (drained)

1. Prepare vinaigrette: In a 4-cup glass measuring cup with a handle or a small bowl, combine parsley, dill, shallot, chili and garlic. Stir in vinegar, salt and pepper (capers are salty, so don't overdo the salt). Stirring, add oil in a thin stream. Taste and adjust seasoning if needed.



2. Place romaine on platter or in individual salad bowls. Top with avocado slices, fanning them out so that they slightly overlap. Stir vinaigrette and spoon over salad. Scatter capers on top.

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

# Huntington Harbour Garden Club

by Doreen Hill



*L to R, back row: Schaefer Anderson, Lara Anderson, Kay Sullivan, Barbara Devlin, Jo Andrews, Pam Smart, Doreen Hill—front row: Mary Johnston, Barbara Simone, hostess Laurie Hill, and Pearl Holmes.*

June marked our first in-home gathering of members since February 2020. A brunch of a delicious assortment of home baked goods by Kay Sullivan and Barbara Simone, fresh fruit provided by Jo Andrews and Pam Smart, topped off with Mary Johnston's yummy deviled eggs was organized by Vice President, Hospitality Barbara Simone. Longtime member, Laurie Hill, hosted and enjoyed seeing her garden club friends after such a long hiatus due to the pandemic. Especially

excited to attend our meeting was Lara Anderson's 12 year old daughter, Schaefer. During the past few months Schaefer has attended several online gardening workshops and shared with us some of the things she has learned. She has started her own butterfly garden after attending "Butterflies in the Garden" through the Master Gardeners. As a source of water, butterflies prefer puddles and actually have puddle parties. Another seminar was about drought tolerant plants. One

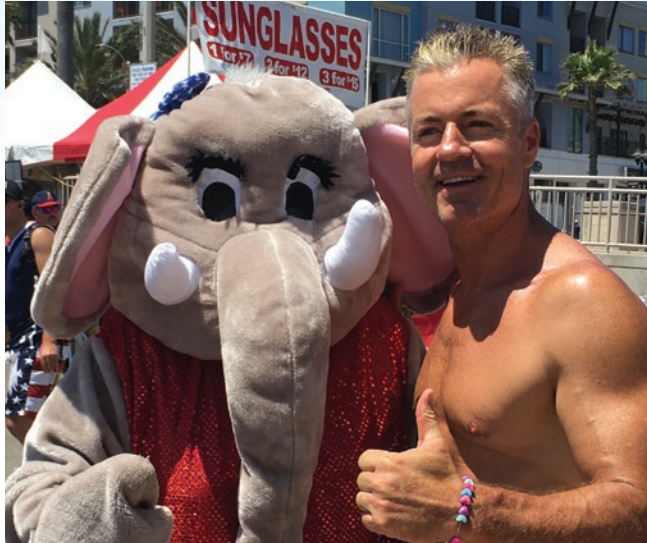
of these native to southern California and Baja, is the Lemonade Berry. The fruit is edible, but tart. Also of interest to her was the art of growing plants in water or Hydroponics. Whether you're young or old there is always something new to learn about gardening!

Our 2021-2023 Officers were approved and installed: Doreen Hill-President, Betty McCarthy-First Vice President, Ways and Means, Second Vice President, Programs-Open, Barbara Simone-Third Vice President, Hospitality with Pearl Holmes as assistant, Jo Andrews-Secretary, Pam Smart-Corresponding Secretary, Mary Johnston-Treasurer, Doreen Hill- Parliamentarian.

We resume our meetings at 10 a.m. the third Tuesday of each month, in September and meet through June and are planning some field trips next year, too. We'd love to meet more neighbors and have you join us. For more information please call Doreen Hill (714) 878-3011 or Connie Mandic at (714) 377-0017.

# Huntington Harbour Republican Women Federated

by Annette Eliot



Past Assemblyman, Travis Allen AD72, stopped by to have a picture taken with Ruby!

Happy Summer and 4th of July everyone! HHRWF were asked to be part of the non-profit “Community Corner” booths at the new 4th of July Festival the city held down at the pier. It was a great success! We met many HB local’s interested in our club, signed up a new member, registered voters, and handed out over 200 flyers. Some elected officials and candidates (ALL HHRWF MEMBERS) stopped by to spend time at our booth: Michelle Steel (48th District Councilwoman), Diane Dixon (Newport

Beach Mayor, City Council and 2022 Candidate for 2nd District Supervisor), Kelly Ernby (Candidate 74th Assembly District Candidate and OCGOP Central Committee), Jon Paul White (OCGOP Central Committee), and Casey McKeon (HB Financial Committee and HB City Council Candidate 2022). We even saw a long lost friend and past Assemblyman, Travis Allen AD72, who stopped by to have a picture taken with Ruby!

A special thank you to all our volunteers who worked 4th of July weekend: Annette Eliot - HHRWF President, Cynthia Thacker – CFRW 3rd Vice President, Mark Cohen, Sue Phipps – HHRWF Registrar, Dianne Varon, Julie Guite, Casey McKeon, Tina VO, Kathy Shannon, Diane Dixon, Claire Ambrosio and her mom Angela, Brandon Nguyen, Cari Swan, Susie Dunaway- HHRWF Secretary, Kelly Ernby, Jon Paul White, Ron Flores, and Ruby the Republican Elephant.

Although the parade was not the same traditional parade down Main Street, having 3 routes meander through the communities was a nice outreach for the community. People came out from their homes along the parade route to cheer us on. HHRWF was met with a warm reception especially “Ruby” riding on the back of the car. We heard many children and adults say, “Look at the elephant”, with glee in their voices as we passed by. The booth and the parade were a lot of fun and will definitely be on the HHRWF events calendar for next year.

Our next meeting is August 25 with Todd Spitzer, Orange County District Attorney. Please join us and for more information about HHRWF membership or our upcoming meeting– call Charlotte (714) 846-4841.

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# SeaGate Yacht Club

by Jackie Sands and Staff Commodores Cindy Broz Allen, Mike Courtway, John Humphreys, and Dennis Kreil



L to R, SGYC Event Hosts: Laura Roskelly and Jackie Sands, Staff Commodore Dennis Kreil, Staff Commodore John Humphreys, and Staff Commodore Mike and Sharon Courtway.

SeaGate Yacht Club members enjoyed four great events for May and June. On May 15, Laura Roskelly and Jackie Sands hosted the “Picnic at Windspun Park” at the Windspun Clubhouse. There was food, games, music, and a photo booth with props for some cute and funny photos. A delicious box lunch was served along with beer, wine, soft drinks and of course a specialty “spiked lemonade”. Guests had a choice of playing Jenga, corn hole, Bocci ball or smash ball. Challenges were made, teams were chosen, winners were celebrated and fun was had by all. The incredibly talented Laura provided several decorative centerpieces which were later raffled off to some lucky guests. And then we danced!

On June 8th, Tuesday Cruzin’ hosted by Staff Commodore Mike and Sharon Courtway, got underway. SGYC members cruised to Huntington Harbor Yacht Club and enjoyed Taco Tuesday. And on Tuesday evening June 22nd, 40 SGYC Members and guests drove cars or piloted Duffys over to Pelican Isle. It was good to see members catching up with old friends and meeting the new members. This event was started in 2006 by Staff Commodore Mike Courtway and wife Sharon. It began as many members have Duffys and needed a fun event for the summer. Always ready to help with this event are SGYC members Robin Clark and Robert Sanabria. Pelican Isle has been a good host for the event over the years. Looking forward to seeing SGYC members and guests all summer on the 2nd and 4th Tuesdays through September.

Seagate Yacht Club marked their first post-pandemic cruise out with a trip to Avalon on June 16th thru 18th hosted by Staff Commodores Dennis Kreil and

John Humphreys. The trip going over was choppy with white caps generated by a southerly wind, and it was foggy with Catalina only visible the last few miles. When we arrived at Avalon it was bright and sunny and the bay was calm. Five boats made the trip over and several other folks took the Catalina Express. On the first day we had all you can eat pizza at Antonios on the waterfront with a wonderful panoramic view of Avalon Bay just before a beautiful sunset. The following day after breakfast and some

shopping we had a friendly competition at mini golf gardens. In the evening we had a marvelous Mexican dinner at Mi Casitas with incredible margaritas, followed by presentation of boat plaques to our skippers, and prizes for the best mini golfers and consolation gifts for those who need a little more practice! We also had a raffle for a few prizes donated by our Ship’s Store. On our return trip it was clear with smooth seas and little wind, so we made it back in record time.



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# Harbour Rod and Reel Club

by Curtis Woolsey



*The Clay Woolsey Memorial perpetual trophy.*

Tournaments are just one fun way that the Harbour Rod and Reel Club get together and we are nearing our premier tournament of the season. The Clay Woolsey Memorial Tournament is a multi-species annual tournament that draws a lot of attention. This will be our 3rd annual tournament in honor of our fishing brother Clay Woolsey where we celebrate by hosting this fun fishing party focusing on enjoying special times with our fishing family and friends. The format allows fishing over 2 days which can open up all types of opportunities. At the 2020 CWMT, some did well at San Clemente Island and Catalina both, with Yellowtail up to 25 lbs were just a part of the catch. Jordan Woolsey while on Mike Hieshima's 31 Bertram Lucky Dock, took the top honors with an engraved plate on the beautiful bronze statue perpetual trophy on display at the HHYC. 2020 had 25 boats and 80+ anglers participate and gobs of sponsor provided prizes. Accurate Reels, AFTCO, Costa Sunglasses, Fishing Syndicate Rods and much more, all provide generous donations and swag for our prize pool and raffle.

There will be many categories and opportunities to win awards for any of the qualifying species recognized by the HR&RC. We especially encourage and have awards specifically for our Jr. anglers under the age of 16. The tournament date is August 21-22 with fishing Saturday through Sunday and an awards banquet on Sunday afternoon at the HHYC. The CWMT is open to HR&RC members and their guests. *Tight Lines & good fishing.*



*Jordan Woolsey with Mike Hieshima and their catch of a 25 pound yellowtail from San Clemente Island.*

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# Huntington Beach Sailing Foundation

by Anne Crowley

The Huntington Beach Sailing Foundation promotes the sport of sailing among the youth of Huntington Beach and surrounding communities. Our goal is to foster confidence and self-reliance in our students in a way that enhances self-esteem, and to promote competition in a manner that encourages teamwork, leadership and honor.

Our annual golf tournament fundraiser is being held September 17th. Shotgun start at Meadowlark golf course at

9:00am. Lunch and dinner included with a silent auction and raffle. We are looking for golfers, sponsors and donations. If you are interested in being a sponsor, golfing or donations please contact Anne Crowley at (714) 887-4453 or by email at [anne.crowley@aol.com](mailto:anne.crowley@aol.com).

Through our summer sailing program children ages 6-18 can participate in weekly sessions taught by experienced sailing professionals. Students are taught comprehensive boating practices.

Students participate in regattas against other sailing schools.

We use this event to raise money for the sailing foundation. The foundation uses this funding to provide scholarships to underprivileged and military families.

The Sailing Foundation is in need of more funding to keep our fleet in racing condition. We appreciate your support of our ongoing efforts to continue to promote youth sailing in our communities.

**Register by  
September  
3rd**



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For additional information contact Anne Crowley at (714) 887-4453 or email [Anne.Crowley@aol.com](mailto:Anne.Crowley@aol.com)

Checks Payable to: **Huntington Beach Sailing Foundation** - Mail to: **HHYC 3821 Warner Ave, HB 92649**

# Drone Disaster at Bolsa Chica

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

You may have heard, on May 11th, a person flying a drone illegally over the Bolsa Chica Ecological Reserve crashed the drone onto one of the protected nesting islands within Inner Bolsa Bay. The crash terrified the birds and caused the 3,000 nesting Elegant Terns who use the site at this time of the year to abandon their nests and eggs. Approximately 1,500 to 2,000 eggs perished as a direct result of the drone crash.

The response to news of the drone event has been intense. The story went to newsfeeds around the world. People are angry, heartbroken, and worried about the future of our environment. In one moment, one individual caused the loss of an entire generation of Elegant terns which would have been born at Bolsa Chica this summer. 2,000 chicks are lost. It is difficult to comprehend.

For many years we have been dismayed at the bad behavior of some who visit Bolsa Chica. Dogs, bikes, vandalism, and trespass in sensitive areas are, sadly, daily occurrences. We have worked with the California Department of Fish and Wildlife many times in an attempt to correct the situation. BCLT has helped to design and has paid for signage that lists



Mass nest abandonment, May 2021. Photo courtesy of the California Department of Fish and Wildlife.

the Reserve Rules at each point of entry and at specific locations throughout the Reserve. We have given countless hours towards educating the public, and we have made a concerted effort to urge people to report illegal activity to the CALTIP hotline. All of this helps; however, over the course of the past 2 years, our staff and volunteers have seen a distinct increase in

the amount of illegal behavior and, now, its horrible impacts. In those past 2 years, the estimated traffic on our trails increased by 20%, and we now estimate that there are 100,000 visits each year by the public.

The habitats at Bolsa Chica struggle to endure the pressures people put upon them. Yet, Bolsa Chica remains a critical sanctuary for more than 300 species of birds and animals, native plants, and marine life. It took a community to save Bolsa Chica from development, and now Bolsa Chica needs this community to once again step up to help care for it.

We are urging the Director of the California Department of Fish and Wildlife to allocate funding to place a dedicated Warden here at Bolsa Chica and to increase Wardens and their necessary support staff for all their protected lands in Southern California. Bolsa Chica deserves action, especially after the mass nest abandonment, and it deserves to be a place of peace and tranquility for its wildlife and visitors, as it was intended. BCLT is leading this effort by getting support letters from our elected officials, conservation coalitions, neighboring environmental organizations, and from our membership, neighbors, and supporters.

If you would like to help, please send a letter requesting increased Warden presence at the Bolsa Chica Ecological Reserve to: California Department of Fish and Wildlife, Director Charlton Bonham, P.O. Box 944209, Sacramento, CA 94244-2090. If you want further information, please contact me at Kim@bclandtrust.org and (714) 846-1001. Thank you!

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# Sea Belles of the Huntington Harbour Yacht Club

by Ellie Winterfeld, Parliamentarian/Ships Hailer



Sea Belle's, Caroline Uribe and Judy Cassidy, 4th of July Duffy Parade.



Bingo winner, Commodore Rudy Lopez.

## News from the Ships Hailer - Ellie Winterfeld:

June was a busy month for our HHYC and the Sea Belles'. June 5th was our Opening Day for HHYC. Captain Linda Nibeel and the Sea Belle's provided a scrumptious continental breakfast for members, guests and dignitaries. It was a wonderful "Opening Day", one which we have been waiting for! Thank you again to our Captain Paul DeSalvo and Kathy for taking the Sea Belles on their lovely yacht 'Bello Giorna'. On June 13th HHYC hosted an Open House for potential New Members to check out our club and the various activities provided. Sea Belles were also available to mingle with potential members. On June 26th our "New Members" hosted a "Margaritaville" event which a lot of our Sea Belles' attended - it was enjoyed by all that attended. The next day we kept right on going with our monthly bingo game on Sunday June 27th. The big winner was our Commodore Rudy Lopez. HHYC is definitely making up for the time we all were masking-up. On July 4th we had our Duffy Parade and what a crowd we had. After the parade we had a terrific BBQ which was hosted by our Rear Commodore Roxanne Salisbury. Our chief chef was Board Member Jim Finninger. We also had a great band that entertained members and guests as well as boaters cruising the harbor. As you can tell we had a busy couple of weeks.

### Future Sea Belle's Events:

- Summer Bingo - dates to be determined
- Sept. 1st - Sea Belle's Meeting
- October 16 - Country/Western night

### Sea Belle's Lady of Interest

Jo Andrews

Reading Mary Busche Sea Belles article brought back many memories. Back to Thursday nights burger bashes after

sailing races. We gals not only pot lucked the lunches, cleaned up & served for many events, decorated for holidays, I even went up on the roof with Christmas lights once! I loved doing the kids sabot racing in the summer. Then came the HHYC shows! We really out did ourselves, putting up the bleachers, setting up chairs, tables, stage, selling ads and tickets for the program, Sea Belle gals were the producers! Our club had an amazing amount of talent! For years our choral group sang for Opening Day! Fashion shows followed, day time

lunches, then evening dinners to include the men! 1984 we published our very own cookbook! Still use mine! Anyone still have their Blue Book from the Coast Guard classes?

Many of our gals on the HHYC Board & Flags & Commodores! Always there to help with events, opening day, fun fundraisers. Don't forget our ship's store! HHYC Sea Belles have had an active & supporting role for over 50 years.

*Warmest Regards, Ellie Winterfeld,  
Parliamentarian/Ships Hailer*



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# Assistance League® Huntington Beach

by Diane Dwyer



*Assistance League with Mayor Kim Carr.*

What an incredible way to begin our 2021-2022 year, in the 2021 Huntington Beach Surf City Dreamin' Neighborhood Parade. Assistance League was represented by six of their members: Maggie Mihalovich – Chapter President, Chrys Vollmer – Past Chapter President, Cynthia Anderson – DreamCatchers, Linda Chrisman – Assisteens®, Stephanie Klaus – Beach Blossoms and Diane Dwyer – HB Community Grand Marshal.

Due to the pandemic, last year's 4th of July celebration was limited to the ONEHB Neighborhood Parade with two routes throughout the city. Fast forward to July 4th 2021 and the community experienced an amazing 4th of July celebration. Thanks to Mayor Kim Carr and the City Council, Stacey Newton and the Fourth of July Event Planning Committee, Huntington Beach Community Services, Soundskilz, Matt Liffreing and all the volunteers involved, this year was full of activities and fun. This year's theme was Surf City Dreamin' and included a city-wide home decorating contest, the Pier Plaza Festival, a Surf City 5K Run, an expanded parade with three routes, and amazing fireworks at the Pier.

This year's 4th of July celebration represented what feels like the first step to moving beyond the pandemic. The city is opening up meaning the opportunity for businesses to slowly return to a sense of normalcy. For Assistance League, this means the opportunity to expand thrift shop hours resulting in more revenue to support the community programs that enable Assistance League to put more smiles of the faces of children and adults.

What makes us proud is that even though our Thrift Shop was closed a good

portion of the past year, and our 2020 spring fundraiser Treasures by the Sea® had to be cancelled, we still have been able to carry out planned and unplanned support for our community. And, thanks to a hard-working grants and sponsorship committee, additional revenue was raised to further our mission to transform the lives of children and adults through community programs.

Assistance League's community programs are focused on basic needs, education and self-esteem – this past year with an emphasis on clothing children through Operation School Bell, awarding scholarships to single parents, graduating seniors, nursing students and veterans at Golden West College, helping families in crisis through Operation New Beginnings and supporting seniors.

Despite all the challenges we faced during the pandemic, our members still volunteered over 24,000 hours supporting our thrift shop, a virtual fundraiser and our community programs. Because of this, Assistance League was able to give back over \$160,000 in goods and services to children and adults in Huntington Beach, Fountain Valley and Westminster.

Assistance League is grateful to our many sponsors, donors, customers, member volunteers and friends who helped us make a difference to so many in our community over the past year.

We love our community and look forward to being able to better serve our community in 2021-2022. We also look forward to 2022 4th of July and being part of the parade that we all love.

What can you do to help us do more?

- Shop at our Thrift Shop at 8071 Slater Avenue (just east of Beach Blvd). Our hours may change, but currently we are open: Wednesday and Saturdays 11am – 3pm.
- Donate your gently used clothing, jewelry and household goods.
- Donate to Assistance League via credit card on our website (ALHB.org), or, mail a check made out to Assistance League of Huntington Beach to 8071 Slater Avenue, HB 92647.

Find out more about Assistance League at [www.ALHB.org](http://www.ALHB.org), like us on Facebook and follow us on Instagram.



*Diane Dwyer, HB Community Grand Marshal.*

**ACTIVE**

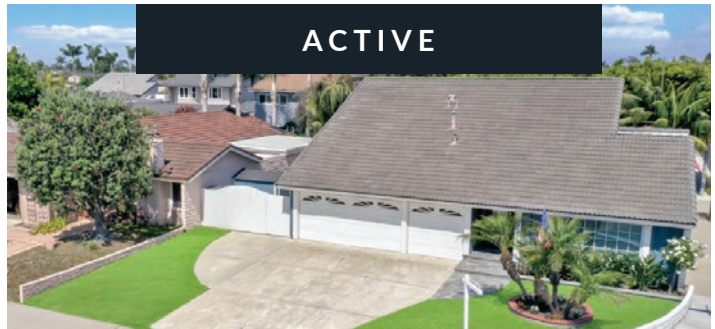


**6701 MARILYN DR., HUNTINGTON BEACH**

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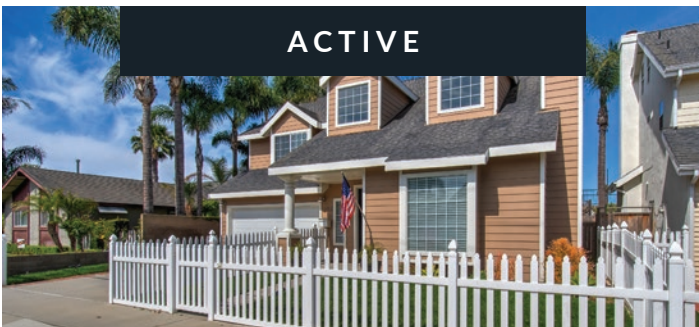


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