HARBOUR LIGHT

The Original Magazine for the people of Huntington Harbour

Our 50th Year in the Harbour

No. 6

Come rain or shine or pandemic, Huntington Harbour Boat Parade December 12 & 13, 2020



happy holidays

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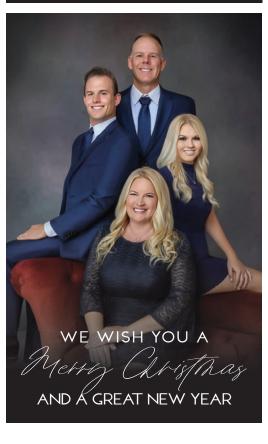
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HARBOUR LIGHT

For and about the PEOPLE of Huntington Harbour, since 1970

Published by Boris & Dorothy Ralphs

Volume L Number 6 December 2020

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On the Cover

From the 2019 Boat Parade, "Most Whimsical" winner, boat #36 "Sea Swirl Striper" by Steve Shimahara

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Sea Belles of the HHYC

by Ellie Winterfeld, Sea Belle Captain & Ships Hailer



Oktoberfest at HHYC.

2020 Sea Belles had their monthly meeting on October 7, 2020. We had an amazing turnout and so glad to see so many of our working ladies take the time to participate. The meeting was started at 11:00 a.m. by your Captain with a welcome speech and an introduction of new members. There were approximately 40 attendees at our meeting. It was really great to see our old and new members. We went over the Slate of Candidates for the 2021 year. Our meeting was kept short so we could proceed with our demonstration "Quick easy Appetizers for Cruising the Harbor" by Eve Jordon and Virginia Kellogg. The appetizers were beautifully prepared and no need to say -TASTY. Margie Armstrong had the lucky ticket that won the 50/50 raffle.

Our planned October 9th Oktoberfest had to be postponed to October 16. What a fabulous and fun event we had. 60 RSVP's were received. We had terrific gifts to raffle off and a prize was given for the best costume. David Johnston won best costume in the mens' category and Maria Anton for the ladies. The winner of our beer drinking contest was Matt Crochet. We dined on Bratwurst, Schnitzel, sauerkraut, mashed potatoes with gravy.

Anne & Dave Crawley coordinated a Sunday Bingo afternoon on October 18.

On the November 4th meeting we will be casting our votes for 2021 candidates that were nominated. One new candidate was added to fill the position of Ships Hailer -Michelle Brenner. We will also have our own Member, Margie Armstrong showing us how to create festive floral arrangements and centerpieces. Five centerpieces will be raffled off and don't forget, our fun 50/50. This promises to be a very interactive meeting.

On November 15, we will have our last bingo event for the 2020 year. It will cost \$20 to play -bring cash. Bar menu will be available. Time is 4:00 p.m. to register, 4:30 game starts. This will conclude our fundraising for the year. The Sea Belle's will then be able to contribute funds to enhance the HHYC kitchen.

On December 2, 2020, we will have our "Sea Belles Installation and Christmas Party". We will install our new Board for 2021 and proceed to our fabulous luncheon (TBD). After lunch there will be a \$25.00 gift card exchange which is always so much fun.

Currently, we are still following CDC guidelines in social distancing.

We hope that we have provided incentives for you to participate and join our Sea Belles. *Make sure you mark your calendars with the events scheduled.*

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A Hand to Help Them Soar, Robyne's Nest

by Barbara Wittick





Robyne's Nest provides resources, funds, and support to at-risk and homeless high school students in the Huntington Beach High School District and Newport Mesa High School. The organization was started to help high school students who have been abandoned, kicked out or are just being neglected by their parents or guardians. Their services have expanded to also help students whose parents are simply unable to provide for them.

Despite their difficult and unfavorable circumstances, these students don't drop out, turn to drugs or criminal activity and want to stay in school. They want to be part of something and to be helped and that is why they continue to go to school looking for some security, routine, and a place to belong. Unfortunately, they generally don't ask for the help they so desperately need.

Working in partnership with school districts only, students referred to us by administrators are motivated to get the education needed to have a better future than their past. Support given to these students ages 15-24 is long-term to ensure stability both emotionally and financially. Individual student care plans include housing, counseling, educational support, transportation, life skills education, food, clothing and safety.

Robyne's Nest proactively focuses on the maturing teen and helps them get on a good, strong path to become selfsustaining, productive members of our community. This proactive approach helps to keep our youth away from drugs, crime, homelessness, human trafficking, and early parenthood. We want to re-write their story for a better future. We have the opportunity and responsibility, as a community, to take care of these students and not leave them behind. It starts here, now, in these formative teenage years. Without the guidance, assistance and basic necessities to thrive and learn, they will only continue to struggle in adulthood.



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Help us Raise \$30K in 30-days!

Our biggest fundraiser of the year starts December 1st with a goal to raise \$30K in 30-days. Information on how to support this campaign and available volunteer opportunities with Robyne's Nest can be found at our website, robynesnest.org or by calling (714) 369-6102.

Huntington Harbour Philharmonic Committee

by Lara Anderson



The Foland family's famous "Butterfly Boat."



Last year's "Best Tribute to Theme" Winners the Jones Family.

Are you ready for the 2020 Huntington Harbour Boat Parade and Home Decorating Contests? Thank you to everyone who signed up to participate and the volunteers who make it happen. If you are planning on being out on the water on the parade nights to watch, please yield to the parade boats and give everyone plenty of room at the turns. Don't even think about joining the parade if you don't sign up right now at www.hhboatparade.org! Interlopers are not welcome. Our Parade Chairman Jeff Silver, Night Captain Calvin Free, and the Parade Escort boats will be working hard to keep the parade safe and orderly. Be sure to wave at Grand Marshal Erik Peterson as he goes by! The parade route map and more information can be found on our website www.hhboatparade.org.



Vote for your favorite boat for the People's Choice Award on Facebook on Saturday, December 12 and watch the virtual awards presentation live at 11 a.m. on Sunday, December 13 at www.facebook.com/huntingtonharbourboatparadehhpc.

There is also a People's Choice Award for the Home Decorating Contest! Voting will be based on the Facebook "likes" of decorated homes that have been entered and had photos submitted. Voting is open now until December 9. Visit www. facebook.com/cruiseoflightshhpc.

It's been an interesting year to say the least. Change is inevitable, and although the format it's delivered in isn't always welcome, being forced to adapt and innovate, rather than stay stuck on the way things have "always been done" makes us better and stronger in the long run.

As we are still unable to conduct (pun intended) our in-person programs, concerts, and volunteer activities, the Philharmonic Society of Orange County (PSOC) is developing an exciting online teaching tool modeled on the Music Mobile to keep youth music education programs going in the virtual learning environment.

Since 1975, the Committees of the PSOC have introduced the instruments of the orchestra through the use of Music Mobile vans. Trained volunteer docents lead individual classes in an adventure to discover the symphony orchestra with hand-on introductions to the various musical instruments. (Third graders at Harbour View Elementary have participated in this program for years.)

When the Music Mobile shifts online, students will get to know the instruments of the orchestra through a fun and engaging digital learning experience. These 10-12 minute lessons, with accompanying teacher resource guides, are designed for students learning in the classroom, home, or in a hybrid of the two. With the addition of printable activity guides, students will be able to take a break from screens and continue to learn about music away from the computer.

A Youth Music Education Survey conducted by the PSOC revealed out of 166 Orange County Schools surveyed, 19.3% responded they have "no music program!" Also as part of the same survey, while 65.7% of schools said they have participated in PSOC Music Education Programs, that leaves a lot more schools and students we could be reaching. We are hopeful the new virtual Music Mobile program will be able to reach more students than ever before.

The Music Mobile is financed through fundraising, but unfortunately this year we had to cancel our largest fundraiser here in Huntington Harbour, the Cruise of Lights®. The Music4Kids fund was established for times like this. Music4Kids has been given a wonderful anonymous gift of \$25,000 from a Past President of The Committees who is urging you to give a gift of your own. Your donation, large or small, will be matched dollarfor-dollar which could help turn her gift into \$50,000 or more and rebuild the Music4Kids fund for future use as needed. Music4Kids is a restricted fund that can only be used for our youth music programs. All donations are tax deductible. Download the donation form at: https:// www.philharmonicsociety.org/Volunteer/ pdf/Music4Kids_TributeFundForm.pdf

Happy holidays and hopefully we can all be together again in the New Year! Keep up with the latest updates and news on the Boat Parade and HHPC happenings by following us on Facebook: /huntingtonharbourboatparadehhpc and /cruiseoflightshhpc and on Instagram @ cruiseoflights and @hhboatparade.

HHPC: Marina Windjammers

by Pamela Barthold and Joanne Fernbach

The founder of the Philharmonic Marina Windjammers, Haydee Velazquez Tillotson, and her Husband John moved to Huntington Beach in 1969 from Los Angeles where her father served as the last Cuban Consul General. They moved to Huntington Harbour to be closer to John's work as a residential and commercial real estate developer and the Harbour's "affordable" area. Haydee and John had bought an off-water house on the Mistral side. At that time there were no waterfront homes on Mistral side, just empty lots with stakes indicating boundaries.

Haydee immediately became active in the Republican Woman's Federated Group as she has always been community oriented. At that time there was a HHPC group named Starboard on the Humboldt drive side of Humboldt Island, but they had gotten too big (30 was the max.). There were 5-6 women on this side hence she started the first Marina Windjammers group on the Mistral side of the islands. Haydee was assured that more would come, and they have, we are 40 members strong to date. She became president of the group in 1972. In 1976 they bought a waterfront lot on the Mistral side and built their current home.

Haydee was elected in 1974 as the Chairman for the Board of the Huntington Harbour Committee and the Boat Parade/Cruise of lights after the energy crisis of 1973 precipitated the cancellation of the Cruise of Lights the year before. It is one of the most successful fundraisers supporting the Orange County Philharmonic. The Cruise of lights was such a novel idea that people came from San Diego and from beyond the Valley. Before she came, they used private yachts to take people to see the lights and charged 50 cents. The next step was contracting with the "shore boats" from Catalina and they were still too small with only 30 capacity! Then they contracted with the commercial boats from San Diego and San Pedro. Sometimes the crowds were so big that the last boat didn't' go out until 10 p.m.. The funds raised by the Cruise of lights benefited the school's music programs. In those days they did not have the concert hall and were using

Santa Ana High School auditorium, so the funds were helping to pay for the concerts as there were no music education programs yet. The committees wanted to have music education, so the fundraisers were dedicated to education programs. They did bus elementary school kids to some concerts at first. She helped get the Music Mobile up and running and the first programs were extremely limited for 6th or 8th graders, a bit later for the 2nd graders. Later they wanted to start to do something for each grade level.

Haydee was also instrumental in creating many other fundraisers for the Philharmonic such as the "Boatique" A Holiday home tour by boat! Every member had to contribute one home made item. One member taught cross stitch to anyone who needed an idea. They raised some good funds, but they never tried that again. Haydee laughed about this fun idea. She also reminisced about what the Grand Marshal Ball looked like back then, a huge affair! They had over 400-500 attendees all dressed to the 9 in ball gowns and tuxedos. There were not any hotels around then, so they had their Ball at the Disney Hotel. But one year, the hotel cancelled because a large corporation wanted the date. The committee quickly contracted with the Beverly Hills Hotel and contracted buses to transport the well-dressed members to Beverly Hills and a grand time was had

Haydee has always been civic minded and active in our community. Along with her responsibilities in the Philharmonic she was also on the OC Planning Commission, HB Planning Commission,



Haydee Tillotson, Marina Windjammer founder, had a 50 year Anniversary with the Philharmonic.

Chamber of Commerce, Active in getting rid of a drug related area in Huntington Beach working with the city officials, State of California Legislative Woman of the year 1992, State of California Senate Woman of the year 1994, Pacific Liberty Bank, Founder/Vice Chairman 1998. Her favorite was the founding of Project Self-Sufficiency which helps single parents get back on their feet. They must go back to school, either career training or college. She loved watching young parents achieve beyond what they imagined with support from the Project. It is still near and dear to her heart.

We are so grateful to have such a strong and civil minded member in the Philharmonic Marina Windjammers and our Community! Happy 50th Anniversary with the Philharmonic!



HHPC: Sandpipers

by Lolly McHardy



Festive Sandpiper's enjoying Cocktails at Christmas party!



Sandpiper's enjoying Christmas Party at The Lundin's!

2020 has been, by all means, very challenging but it is coming to an end and we look forward to 2021 with a most positive attitude! We miss our meetings and interactions with our volunteers.

At this time, we would be going full force with Cruise of Lights, Boat parade, etc. so, we are reflecting on the times we spent together in a more happy 2019!

We are remembering our many Christmas parties at Mary and Herb Lundin's as we watched the Cruise of Lights boats go by with cocktails and great food!

We miss all the fun parties at Debbie and Rick Edwards house and remembering the Soup making competition between Santa Mike and Debbie.

So as we reflect, we count our blessings and look forward to the holidays and a better 2021!

We are doing Monthly Zoom meetings with our members trying to keep Philharmonic working!

The Sandpiper's are one of the six committees that comprise the HHPC! If you are interested in joining our fun and hardworking group, please call Tricia Pratto at (714) 614-5396 or email inthepink1031@gmail.com for more information about the Sandpipers.

Huntington Harbour Philharmonic Juniors

by Rachel Helgeson and Elizabeth Henry



Evans Henry cleaning up the Harbour.

Elizabeth Henry, Landon Gochman, Ben Menard, Jacob Menard, Volunteer, Ally Misterly, Bianca DeView, Luke Helgeson, Jack Helgeson get ready to clean up the Harbour with The Surfrider Foundation.

The HHP Juniors have adapted to new virus protocols in typical fashion: working to make their community a better place.

In September, there was a stop in application drop with several new and returning members bringing completed forms to Rachel Helgeson's driveway. In return we snapped a picture and gave them an individually wrapped cookie and a bottle of water! In total we have 25 members! We are so grateful for these

motivated and community minded high school students.

In October, 11 of us joined the Surfriders for a harbor clean-up. On a beautiful high tide, we kayaked toward the river storm drain and picked up over 100 pounds of trash, including a bright orange traffic cone and a pair of boxer shorts!

Throughout November into early December, the group will be collecting pantry staples for the students at Robynn's Nest. Items needed for this worthy group

include peanut butter, jelly, cereal, pasta, pasta sauce, boxed mashed potatoes, rice, packets of gravy, canned vegetables, fruit, meats, water only brownie mix, macaroni and cheese, as well as gift cards to Stater Brothers, 99cent store, Ralphs and Walmart. Donations are happily accepted, just contact Rachel Helgeson or Elizabeth Henry hhocjuniors@gmail.com and we will see that the items are picked up and delivered to Robynn's Nest.

HHPC: Islanders

by Cristi Ulrich

A short note from The Islanders, wishing you all a very safe and happy Holiday Season!

I know we are all looking forward to the Boat Parade and our theme this year is especially important given all the current unrest. So, bring out your red, white and blue in full bloom, and let's show our FABULOUS unity in Huntington Harbour. We hope that next year we will be back to our normal meetings and our normal fund-raising activities. I know that we all miss each other and we miss serving our neighborhood and OC children to our Philharmonic programs.

But for now, a very happy everything from our Islander Family to all Harbour Residents. A happy moment (pictured right) of us all together in another year, in another celebration. Celebrate safe this year and celebrate the Season. We can't wait for 202!!



Members at an Islander tea.

HHPC: Admiralty

by Grace Holdaway



2017 mini Boat Parade

Welcome to December 2020! What a year it has been for everyone. Admiralty has not been able to enjoy getting together and but we have been having our meetings on Zoom. We are all looking forward to 2021 and hopefully a life more normal than it has been and it will be wonderful to meet again in person.

The Boat Parade is still happening! However, the Cruise of Lights has been cancelled. So far there are 60 boats entered. If you have a boat, or even a Duffy, please decorate and enter! Let's make this a parade to remember!

All of the money raising events for PSOC has had to be cancelled so we are getting creative. The Huntington Harbour Philharmonic Society is having a Holiday Tamale Fundraiser. All proceeds will go to our Youth Education Program. You can order by December 7th and get those tamales on December 19th and 20th in time for your celebrations at home. Please contact pattyreilly@mindspring.com for more information.

During the September meeting we confirmed our new Board for 2020–21.

President: Anne Crowley VP/Parliamentarian: Mary Busché VP Membership/Annual Fund: Marie Edwards VP Cruise of Lights: Charmaine Rood, Janet Johnson VP Boat Parade: Roxanne Talley Recording Secretary: Ellie Winterfeld Corresponding Secretary: Loraine Garafalo E-mail Communications: Charmaine Rood Treasurer: Barbara Howland Public Relations: Grace Holdaway Grand Marshall Event: Charmaine Rood Hospitality: Mary Busché Music Education: Anne Crowley, Carol Ventura Special Projects: Charmaine Rood Holiday Boutique: Gail Sebring Attic Treasures: Janet Johnson House of Design: Carol Ventura Juniors Liaison: Gail Seabring Admiralty meets the third Thursday

Admiralty meets the third Thursday of each month, usually at 10:30 a.m. but sometimes in the evening. If you are interested in helping the Philharmonic Society of OC provide music education and experiences for our children, please contact VP Membership Marie Edward at (562) 900-8879 or by email at iamlove67@hotmail.com.

Anglers of Huntington Harbour

by Kathy Bayless



Anglers of Huntington Harbour 2021 Elected Officers: Phil Lupton, Bob Hetzler, Paula Hetzler, Helene Rowlette, Pam Myers, Connie Mandic, Linda Axel and Bob Mandic.

September and October TGIF's

The last Friday of each month for the past 56 years the Anglers of Huntington Harbour have gathered at one of their members waterfront homes for a TGIF. Each of the Anglers bring one of their favorite appetizers or desserts to be enjoyed by all. The past few months most of the Anglers are staying home during the pandemic and for the time being things have changed. Before 2020, we

all thought zoom was "to move toward or away from a photographic object." But now "Zoom" is a video conferencing technology. September 25th and October 30th the Anglers met online for the groups first Zoom TGIFs. Participants included Bruce and Kathy Bayless, Bob and Paula Hetzler, Charlie and Helene Rowlette, Jim Walton, Dwayne and Mary Lund, Bill Woodard, Janet Johnson, Tom and Gloria Hyams, Mary Busché and Jim Persons.

November TGIF, Annual Meeting and Election of Officers

Friday evening November 20th Anglers of Huntington Harbour met on Zoom for the organization's November TGIF, Annual Meeting, and Election of Officers. Attendees socialized online, enjoyed their own appetizers, conducted business and the election results were announced. Helene Rowlette was elected 2021 President, Pam Myers-1st Vice President/Fundraising, Phil Lupton-2nd Vice President/Kids Fishing Trip, Bob and Connie Mandic-Tournament Chairs, Bob Hetzler-Treasurer, Paula Hetzler-Secretary and Linda Axel-Parliamentarian.

Upcoming Events

In 2021 the Anglers of Huntington Harbour will be celebrating their 57th year in the Harbour. Hopefully, the Anglers TGIFs, Social Events, and Fishing Activities will be back in full swing.

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.



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Huntington Harbour Art Association

by Jackie Dvorman



L-R: Barbara Larson, HBAC Director Kate Hoffman, Barbara Steele, Donna Hieshima, Gerry Reed, Mayor Lyn Semeta, Barbara Simone, Rhea Black, Marsha Hendler, Carrol Wolf, Betty Viers, Jean Erstling, Pat McKenna, Kathleen Moore, Linda Sackin, Elise Masseling, Janet Johnson, Ginny Eide, Pam Smart, Leslie Murray, Karen Peoples, and new member-to-be, baby Addie Murray.

The day was perfect, warm and sunny when the HHAA members attended the opening of its annual Fiber Arts Show at the Huntington Beach Art Center in downtown Huntington Beach. Gallery Three was humming with the happy talk of friends admiring the work of its members, led by President, Pat McKenna.

Our Fiber Arts Show is usually held in a private home in the Harbour, but this year it is being held at the Huntington Beach Art Center in conjunction with its show, "Inspired," and is on display to the public through December 12. The show features work by 23 member artists. The work is creative, charming and delightful. The work is, as always, beautiful and even utilitarian and the gallery literally glows with all the bright, happy colors.

Quilts always get immediate attention because of their size and color. The first thing you see coming into the gallery is the 2020 HHAA Charity Raffle Quilt, "Fish School." The quilt was designed and made by four members: Linda Sackin, Kathleen Moore, Pat McKenna and Marsha

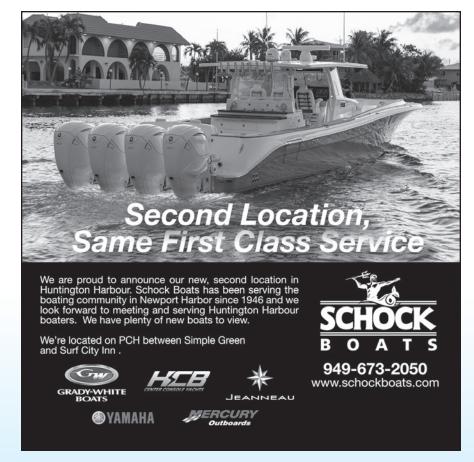
Hendler. The quilt has intense ocean colors of green, turquoise and blue with 6 pieced fish swimming. The proceeds from the raffle ticket sales will go to deserving art students in the community. Raffle tickets are available at the front desk of the Art Center and the drawing will be held at 3:00 on closing day, December 12.

Among the wide variety of items, the show features two displays showing a number of bags made in workshops. One display shows bags called snap bags, made using fabric and metal measure tapes. The other shows bags made from men's silk ties. All are ready to be carried with pride.

One of Marsha Hendler's quilts was made with the "liberated" quilting technique, featuring fish, and the other is in bright yellows featuring bees. Janet Johnson has a large piece called "Nature's Bounty" which includes knitted fish swimming through grasses and weeds, and another features quilted fish hanging from a fishing pole. Pat McKenna, known for her dress designs, entered a pieced vest in purples, blues and yellows.

Usually awards are given in many categories, but this year we will have only one, Viewers' Choice/Best of Show award. Visitors to the exhibit are encouraged to vote for their favorite. The winner of the award will be named at the end of the exhibition, the exhibit itself, and the venue, were exciting for all of us to see. We hope that the public has an opportunity to see the exhibit, either in person, with reservations, or virtually on line at the Huntington Beach Art Center's website. We hope that our show brings something new to the art community.

If you are interested in joining, or in knowing more about the HHAA, email our membership chair, Nancy Phillips, at nphillipster@gmail.com.



Ballet Etudes & Ballet Project TV Present the Nutcracker

Press Contact: Christine Wendl, cawendl@corecon.com, (714) 469-0142



Ballet Etudes, a nonprofit youth ballet company, with Ballet Project TV, will present a special cinematic version of the beloved ballet, "The Nutcracker." The cast invites you and your family to celebrate the beauty and pageantry of the holidays from the comfort of your home. "Ballet Etudes' The Nutcracker: a Pandemic Tale" performances will be pre-recorded and then released on Ballet Project TV's online broadcast network in December.

This year's production has a new artistic twist! As our society had to adapt to a new normal all year, we thought what if Clara had to do the same? In this year's special rendition, Clara has the Russian flu. Her

beloved Christmas Eve party has been canceled and she is confined to her home. See how Clara endures her Christmas Eve illness and what her journey entails.

Ballet Etudes motto is to "keep dancing" through the pandemic. "We have adapted to many things this year, but losing The Nutcracker is not going to be one of them," said Megan Pulfer, Ballet Etudes Film Producer and Director of Photography. "The dancers are very grateful to be able to perform this holiday favorite this year."

Eight magical presentations featuring Ballet Etudes cast members will air this December. This year's cast includes 76 children from Huntington Beach and surrounding cities. Plus, Principal Guest Artist, Edward Johnson, returns for his 14th year as Herr Drosselmeyer.

Broadcast Times:

Dec. 12 at 7 p.m., Dec. 13 at 2 & 7 p.m., Dec. 19 at 2 & 7 p.m., Dec. 20 at 2 p.m., Dec. 24 at 7 p.m., Dec. 26 at 2 p.m.

This enchanting, child friendly, 90 minute production is choreographed and directed by Ballet Etudes' Artistic Director, Sasha Robertson, and Madison Simons and Bridgette Burnett, Assistant Directors, all former cast members of Ballet Etudes' Nutcracker performances.

Tickets

Tickets are available in advance through the Ballet Project TV Marketplace at https://www.balletproject.tv/vendors/ ballet-etudes-marketplace/. Each ticket is \$25. Your purchase provides a one-time use link to view our production on the Ballet Project TV website on the date and time of your purchased ticket.

About Ballet Etudes

Ballet Etudes is Huntington Academy of Dance's resident non-profit youth ballet company. Their mission is to expose a new generation of children to the beauty, grace, and athleticism of ballet; and to offer this experience at affordable prices.







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Lifelong Relationships

Huntington Harbour Republican Women Federated

by Annette Eliot



L to R: Imelda Preciado, Charlotte Christiana, Joy Kinnu, Heidi Abel Emily Sanford, Mark Cohen, Susie Dunaway, Julie Holman, Amy Harman, Sue Phipps.

Election season is when Huntington Harbour Republican Women Federated comes alive. HHRWF amassed a huge number of volunteer hours working for President Donald Trump and Vice President Mike Pence, Supervisor Michelle Steel CD48, Senator John Moorlach SD37, Janet Nguyen AD72, Diane Dixon AD74 and numerous other local candidates. Our members were a tireless group of volunteers who were amazingly generous in supporting our Republican candidates by walking precincts, making

numerous phone calls to get-out-thevote, delivering and placing yard signs, assisting in the office, assisting the social media team, poll watching, doing mailers (postcards), and donating funds.

"HHRWF members went the extra mile, doing whatever was needed, to help our Republican candidates win" said Amy Harman, HHRWF President.

We are grateful for this exceptionally talented HHRWF army of volunteers, including: Julie Guite, Imelda Preciado, Heidi Abel, David Ho, Linda Kalicki,



Luanne Hallett, Heidi Abel, and Ester Candipan canvassing in HB (masks removed for photos).

Susie Dunaway, Emily Sanford, Ester Candipan, Amy Harman, Annette Eliot, Bev Rambo, Sue Phipps, Charlotte Christiana, Luanne Hallett, Marilyn Snyder, Julie Holman, Pat Holman, Mark Cohen, Dianne Varon, Myrna Potts, Sandy Demerre, Carole Spinak, Diana Gresty, Judy Graham, Joy Kinnu, Ellen Christiana, Eva Weisz, Diane McGlinchey, Charlene Taylor, Debb Clay, Peggy Kane, Barbara Boskovich, Charisa Flannery, Becky Selectman, Viki Swartz, Gayle Jeffries, Pat Burn, and Pat Biggerstaff.

Thank you to all our volunteers for your time, energy, and dedication to the 2020 election process. We appreciate you and our Republican candidates are grateful for your efforts.

Our Christmas meeting is TBD but promises to be a fun event. Please keep checking back to our Facebook page at Huntington Harbour Republican Women Federated for updates. Anyone interested in membership or more information please call Charlotte at (714) 846-4841.

Merry Christmas, Happy Hanukah, and Happy New Year!

Sue Phipps calling to GOTV.



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Huntington Harbour Garden Club

by Doreen Hill



L to R: Doreen Hill, Pam Smart, Kay Sullivan and Kay Goddard visiting The Secret Garden in H.B. Central Park East.



The entrance to the Secret Garden in Huntington Beach Central Park.

Some members of the Huntington Harbour Garden Club took the opportunity to play tourist in our own backyard by visiting "The Secret Garden" in Huntington Beach Central Park East. The October day was mild and the air quality good for a short walk in the park. Since 2014, volunteers from the HB Tree Society and city park personnel have refurbished this microhabitat with native plants, meandering smooth paths, and river rock streams, which makes it a wonderful place of beauty in which to wander. Recently, Mayor Lyn Semeta named The HB Tree Society the very first recipient of the H.B. Mayor's "Making a Difference Award". For more information on "The Secret Garden" and other Central Park projects that are making a difference in our community or to volunteer, check out their website at hbtrees.org

The HHGC is proud to be able to help support our local school gardens and Norma Brandel Gibbs Butterfly Park this year. We encourage the community to get involved in creating beauty in their own front and backyards, too. There are many local nurseries open, so we need to avail ourselves of their expertise and native plant choices such as Brita's Old Town Gardens in Seal Beach, Heavenly Vintage in Fountain Valley, Armstrong's Huntington Beach, M & M Nursery in Orange, and for a pleasant, Day Trip-Tree of Life Nursery in San Juan Capistranoopen 9 a.m.-3:30 p.m., closed Sundays.

For those cold days ahead and suggestions on more ways to enjoy a

variety of gardens around the world from the comfort of your home, we've compiled a list of garden tours. You can find links to these tours on the Harbour Light Magazine website: http://bit.ly/HHGC_Virtualtours

We are meeting, masked and physically distanced, on the third Tuesdays of each

month at 10 a.m., but outside at HB Central Park behind Park Bench Cafe, except during inclement weather. Feel free to join us. Have a wonderful holiday season! Any questions and to keep updated as to our activities, please call Doreen Hill at (714) 878-3011 or Membership chair, Connie Mandic (714) 377-0017.



La Familia

by Karen Branoff



Once again we will be having the credit card tree silent auction (see article for details).

Our La Famila board reports that they are planning to have a Holiday party and Fundraiser in the near future. The location and date are to be determined. We invite you to join our great group with a meaningful cause. Our gatherings are always lively and lots of fun. Each event we have helps to support Orangewood Children's Home.

La Familia and Las Amigas have held Christmas Tree Wonderland for 62 years. This has always been our most spectacular event and our major fundraiser of the year, helping to provide the children of Orangewood enhanced services and experiences not provided by Orange County. Unfortunately, due to Covid 19, we are not able to hold a "Mass Gathering" this year. We will miss the good times this year but have rescheduled the event to November 29, 2021, SAVE THE DATE!

Even during the pandemic, the children continue to need Orangewood services and mandatory placement is even more difficult. We hope you will continue to support the children this year.

Think about the amount you would have spent at the function and all of the

fun you have had over the years buying raffle tickets, bidding on the silent auction items and filling your table with friends and family. Try to give the amount you would have spent (or more) to Orangewood once again. In order to maintain some of the fun and excitement of CTW, we will enter each donor's card in a drawing for one of the most popular Silent Auction Items: THE CREDIT CARD TREE! Send your donation by November 1 to be entered to win.

Please send donations to the CTW Treasurer: Fran Connelly 6 Francheshi Place

Aliso Viejo CA 92656

Our La Casa President, Tim Branoff, reports that Orangewood board met in person in October and will do so for the foreseeable future. They discussed the fact that there will be no Tea or Christmas Tree Wonderland this year. La Familia helped finance two events last month: for Halloween, they built a "Scary Maze". They also held a Boxcar Derby where the children built their own cars to race. This was a grand success!

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The Different Flavors of Roth IRAs

Roth IRAs are the best thing since sliced bread, as the saying goes. The benefits are astounding: taxfree growth, tax-free withdrawals, and your heirs will get an additional 10 years of tax-free benefits. This flavor of TAX-FREE makes municipal bonds look pedestrian. The major negative is that you do not get an income tax deduction when you contribute. Let us look at the different flavors of Roth IRAs.

Roth IRA contribution - A person age 50 or older can contribute up to \$7,000 each year (2020 limit). However, you must have earned income (W-2 or selfemployment) to be able to contribute. Alimony, if taxable to you, is considered earned income. Further, you can't have too much income. For a married couple, if your income is above \$206,000, you cannot contribute to a Roth IRA; for singles, the limit is \$139,000.

Back Door Roth - If your income is too high, are you aced out? Contribute to a Traditional IRA and designate it as nondeductible. Then do a Roth Conversion (see below). Under the right conditions, this is a great alternative for high-income taxpayers to get money into a Roth IRA via "the back door." This strategy requires professional guidance as there are numerous potholes.

Roth Conversion - You transfer dollars (or other assets) from your Traditional IRA to your Roth IRA and report that amount as taxable income. Previously you received tax deductions for investing in your Traditional or Rollover IRA. Now, to remove the tax handcuffs, you must pay taxes to enable tax-free growth forevermore.

Inherited Roth IRAs - Any IRA, including Roths, inherited from your spouse can be rolled into your own IRA. You then receive tax-free growth for your lifetime. For your children or other heirs, they can hold the account an additional 10 years before they must liquidate it - tax-free!

Roth 401K - Some employers with 401K plans offer a "Roth option" to make after-tax contributions that grow tax-free. The allowable contributions in a Roth 401K are much higher than a Roth IRA. For 2020, you can contribute up to \$26,000 if you are age 50+. When you retire, you can roll your Roth 401K into your Roth IRA and your investments will remain in a tax-free account.

Parting thought: As this year ends, you may have enjoyed big tax savings by skipping your 2020 required minimum distribution (RMD). This may provide a unique opportunity to execute a Roth Conversion at substantially lower tax rates. Remember, we want to pay taxes at lower rates, not higher rates. This must be completed by December 31. If you would like to read our fact sheet "No 2020 RMD! Should I Do a Roth Conversion?", visit our webpage www.InspiredFinancial.biz/2020RothConversion.

We wish you a lifetime of maximizing experiences and minimizing taxes. Let us know if Inspired Financial can be an ingredient in your long-term financial success.

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, Cathy Thomas Cooks.com



Some like to eat ginger for its health benefits, proclaiming that it cures everything from nausea to sore throats. I adore it for its alluring flavors – its pleasant peppery bite balanced with a subtle-sweet finish. Cut into these knobby rhizomes and take in the spicy perfume. Ahhhh, it's a lovely scent.

These Double Dose cookies are always a hit; they're never a tastebud snooze. They show off both fresh ginger and crystallized ginger. The recipe is from my second cookbook, "Melissa's Everyday Cooking with Organic Produce" (Wiley, \$29.95).

When I was invited to speak at The James Beard House in New York City many years ago, we served these cookies along with Pixie tangerines. They disappeared in minutes.

Double Dose Ginger Cookies Yield: about 32 cookies

1 cup (2 sticks) unsalted butter (room temperature), 1 cup granulated sugar, 1/2 teaspoon salt, 2 large eggs, 1 1/2 teaspoons vanilla extract, 2 tablespoons finely minced fresh ginger, peeled or unpeeled, 2 1/2 cups all-purpose flour, 1/2 teaspoon baking soda, 3 ounces crystallized ginger (chopped into 1/8-inch pieces), Optional garnish: powdered sugar or melted coating chocolate

- 1. Preheat oven to 375 degrees. Line 2 baking sheets with parchment paper.
- 2. In a large bowl of electric mixer, beat butter, sugar and salt on mediumhigh speed until thoroughly blended and creamy, scraping down sides of bowl as needed with rubber spatula. Add eggs; mix well until blended. Add vanilla and fresh ginger, mix well until blended.
 - 3. In separate bowl, combine flour

and baking soda; stir with whisk. Add to butter mixture; mix until blended. Add crystallized ginger and mix until blended. Drop heaping tablespoons of dough 2 inches apart on parchment lined sheets. I use a small (2-tablespoon) ice cream scoop to form cookies, filling it not-quite full – so I get fewer cookies – about 28 total. The process goes faster with the scoop, but cookies most often require an additional minute or two of baking.

4. Flatten using back of spoon or clean hand to a 3/8-inch thickness. Bake 12 minutes or until lightly browned. Transfer parchment to cooling racks; cool completely. If desired, dust cookies lightly with powdered sugar. To get a fine powdery layer atop the cookies, place powdered sugar in sieve and shake sieve over single layer of cookies. Or dip half of each cookie in melted coating chocolate and allow to dry on parchment paper or waxed paper.

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.

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Happy Holidays from Bruce and Kathy



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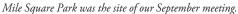
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Wanderlust Ski Club

by Leigh Ross







Members meeting with a view of the entrance to Newport in Corona del Mar.

The Best Ski Club in the West has had two club meetings in parks with great success. On September 16, the Club met at Mile Square Regional Park in Fountain Valley. Everyone brought chairs, practicing social distancing. Our hospitality gals arranged for an on site taco truck to set up a buffet style dinner. The meals were delicious. Our special beverage engineer was outstanding as usual.

Once a year we have a closed meeting to induct new members with their sponsors giving a short resume about them. We are very happy to now have 8 wonderful new

members added to the Best Ski Club in the West.

On October 21, we held our meeting on a green belt overlooking the beautiful entrance to Newport in Corona del Mar. It was a beautiful day, everyone brought comfortable chairs, practicing social distancing. Our Hospitality ladies, Kathy Yeargin and Harlene Chalabian provided pre-ordered individual box style dinners which were delicious.

Our annual 3 ski trips were discussed. January 10th through the 12th, will be at Mammoth. February 1st through

the 15th, will be at Snowmas, staying at the new beautiful Limelight. March 6th through the 13th, will be in Deer Vally staying at up scale facilities of the Silver Barron. This year is very tricky as the locations are continuing to change regulations and safety protocols. All of our advanced planning has to be constantly changed including restaurant reservations, check-in, number of people at locations, ski lift requirements, etc.

Anyway, we are a hardy, enterprising group and will continue to figure out how to make it happen. Take Care, Leigh Ross.

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SeaGate Yacht Club

by Jackie Sands and SC Cindy Broz Allen



SeaGate Yacht Club Commodore Francis Okino and Aurelia Okino.

As 2020 draws to a close, with most of us looking forward to a better 2021, SeaGate Yacht Club will have an entry in this year's Huntington Harbour boat parade, thanks to Robin and Jean Clark. Honorary Commodore and Roster Chairperson Bob McCormick and volunteer members are working to ready the FIN-TASTIC.

SeaGate Yacht Club had their first (and hopefully only) virtual happy hour on September 26th. The lucky guests

received, in advance, a hand delivered mystery box filled with yummy treats, riddles and trivia, and of course a bottle of wine. For those not yet familiar with Zoom, we had a practice session before the get-together. Many thanks to Sue Westover for being our Zoom trainer and hostess! At 5PM our Commodore, Francis Okino, welcomed everyone and invited our guests to open their mystery box, and raise their glasses for a toast. Everyone had an opportunity to share a joke or riddle, or

just tell how they are surviving during the pandemic. It was a great way to catch up and stay connected with the members of the club! Special thanks to Dean Knupp for chauffeuring during the deliveries, and to Event Hosts Nancy Knupp and Melinda Johnson-Pasqua for planning and executing this event.

On October 6, we held our virtual Annual Meeting hosted by Commodore Francis and Aurelia Okino. We voted for the 2021 Officers and 2021 appointed chairpersons were announced. Results: Francis Okino, Commodore Commodore position open, Commodore position open, Treasurer Jackie Sands, and Secretary Staff Commodore Cindy Broz Allen. Appointed chairs will be Membership John and Margaret Humphreys, Port Captain Craig Whitacre, Communications Pam Jackson, Webmaster Austin Dix, Ship Store Laura Roskelly & Ginger Hegler, Roster Hon. Commodore Bob McCormick, Judge Advocate Staff Commodore Dale Giali and Susan Westover and Fleet Surgeon Staff Commodore Dr. Mark Monroe.

May your Holidays be happy!

Huntington Harbour Boat Parade Duffy Participation Guide

by Jeff Silver, Boat Parade Chairman

Enter your Duffy in the HHPC Boat Parade December 12th and 13th!

All boats MUST be entered to participate. Our parade escorts will not allow unregistered boats to join the parade for safety reasons and to keep it orderly and on schedule. Only boats that enter are eligible for prizes.

- Duffy must be able to run for at least 4 hours on a single charge. (Ideally your Duffy is a model that has 12-16 batteries powering it.)
- Make sure batteries are topped off with distilled water and fully charged.
- Ensure all navigation lights are working.
- Remember to use LED lights when decorating for less draw on the batteries.

Enter online: www.HHBoatParade.org. A Mandatory Skipper's meeting will be held December 10th at 7:00 p.m.



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Assistance League Huntington Beach

by Diane Dwyer



As we leave the Thanksgiving season and enter the season of giving, it's time to reflect on what we are thankful for, what we have given back to our community and on what we can do to make a difference in our community during this challenging time.

Assistance League Huntington Beach is one of 120 chapters of Assistance League, a national 501(c)(3) organization whose mission is to "transform the lives of children and adults through community programs". As a 100% volunteer organization of over 300 members, we are dedicated to making a difference in the lives children and adults in Huntington Beach, Fountain Valley and Westminster.

What are we thankful for?

We are thankful for the support of our loyal customers who donate their new and gently used clothing, home goods, and more to our thrift shop and then shop. By donating and shopping, they make it possible for Assistance League to have the best thrift shop which in turn supports our programs.

We are thankful for our dedicated members who volunteer countless hours working in our thrift shop and participating in our many programs. They ensure that we are able to make a real difference in our community.

Last, but not least, we are thankful for the support we receive from our community partners, donors, sponsors and organizations such as the Chamber of Commerce, Huntington Beach Coordinating Council and the city of Huntington Beach. These individuals and organizations make it possible for Assistance League to become part of something bigger.

Thanks to our members, loyal customers, donors and sponsors, during the 2019-2020 year, we were able to give back so much to our community.

We are proud to say that this past

year, through our community programs, our members volunteered 45,921 hours, positively touching the lives of 18,577 children, homeless teens, college students, veterans, teachers, single parents and seniors.

Challenging The COVID-19 Environment has greatly impacted our budget and ability to carry out our programs. Closing our Thrift Shop in mid-March until mid-August, along with cancelling our Treasures by the Sea® fundraiser has necessitated the reduction of our 2020-2021 budget by 75%. With schools just getting back into the business of education, our Operation School Bell program (clothing children) along with our Links to Learning (supporting teachers) and Scholarship programs (supporting students) have been adversely affected.

So, how can you help Assistance League give back during this difficult year?

Shop with us at our Thrift Shop at 8071 Slater Ave (just east of Beach Blvd). You can support our programs by donating to and shopping at our Thrift Shop. Our

Thrift Shop is filled with great bargains on clothing for children and adults, home goods, jewelry, linens, books, art, and a great vintage collection. Our Corner Boutique has a fabulous collection of designer clothing by brands such as Chicos, shoes, jewelry, and unique items.

The holidays are a favorite time at our Thrift Shop. During December, shop for your favorite holiday merchandise. Due to the current COVID-19 restrictions, our hours are limited to: Wednesday, 11 am – 2 pm and Saturdays 11 am – 1 pm. Donation days are set for two days each month. As times passes, the plan is to increase the shopping hours.

Become a volunteer: To learn how, go to our website: www.ALHB.org and click on the Volunteer tab

Make a cash donation to Assistance League of Huntington Beach.

To make a donation, go to our website homepage: www.ALHB.org and click on Donate Here to Support Our Programs.

To learn more about other opportunities to support us, visit our website: www. ALHB.org



Surfrider Foundation

by Roberta Wynashe & KC Fockler, Co-Chairs

Thirty-six years ago, a group of surfers from Malibu, California, were concerned about the health risks associated with environmental threats posed by escalating coastal development at their favorite surf spot. They took action. Not even they could have envisioned the history they were making when they succeeded in protecting their beloved surf spot.

Since its inception in 1984, the Surfrider Foundation has evolved into one of the largest non-profit grassroots organizations with a volunteer-activist network dedicated to its mission to protect and enjoy the world's oceans, waves and beaches.

Today, the Surfrider Foundation is measurably stronger, with more force and movement than ever before. It has 80 chapters, including 96 student clubs, and more than 1 million supporters, volunteers and activists fighting over 100 active campaigns around the country. Armed with a model to defend the coast, the organization has a record of 600 victories since 2006.

Filled with times of uncertainty, it hasn't been easy. The Surfrider Foundation's long-term success and growth is a tribute to its founder's vision, that taking on an environmental battle may not be easy, but with constant pressure, endlessly applied, it can be won. And the key to this is what makes the organization unique, for instance, the chapter in Huntington Beach/Seal Beach, CA.

The Pacific Coast Chapter (HB) of National Charity League has supported us through these times, providing homemade face masks for the Surfrider volunteers. They have done multiple private beach cleanups and had NCL-PCC Ticktocker Day as part of their focus of having selected Surfrider as their charity of choice for the year. With hundreds of volunteer hours dedicated to cleaning up the beaches at Huntington Beach, they are helping move the mission of Surfrider forward while cementing the fact they are the number one cleanup group of 2020.

The Chapter is run by Co-Chairs KC Fockler and Roberta Wynashe. It has a core group of almost 30 Volunteers with a paid membership that approaches 800 members, and almost 3000 people



Trash picked up from 2013-2020 by volunteers.

who subscribe to their monthly emails. The chapter has eight campaigns and programs which may be of interest to anyone who wants to become an Ocean Steward. Their local programs include:

- Beach Cleanups
- Blue Water Task Force Water Testing
- Educational outreach
- Help Your Harbor Cleanups
- Hold Onto Your Butts Cigarette Butt Recycle Program



NCL Class of 2026 volunteer trash pick for Surfrider Foundation.

- Ocean Friendly Gardens
- Ocean Friendly Restaurants
- Rise Above Plastics

For more information on the Chapter and their programs, or to schedule a 30 person or less private cleanup, please contact KC or Roberta at chair@hsb. surfrider.org

To donate to the chapter or become a member, please go to: www.hsbsurfrider. org. Surfrider is a 501 (c)(3) Organization.



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Sea Isle Garden Club

by Caron Mount, Pictures by Cindy Allen



Marsha's house 2019, standing: Mary AnnBrinket, Cindy Allen, Dorothy Ralphs, Linda Sackin, Cathy Kelly, Carolyn Platt, Susan La Pittus, Lu Mendenhall, Donna Davis, Adrienne DeWolf, seated: Lucille Mascoli, Anne Blayden, Caron Mount, Bonnie Specht, Jean Worden, Marsha Hendler, Jackie Neil, Jan Nagele.

We all know the Dickens story of Ebenezer Scrooge and the 3 spirits who paid him a visit. It was all about changing your life and thinking of others, instead of focusing on yourself and things you wanted. The Sea Isle Garden Club began in 2003 with the purpose of thinking about the whole community and giving them something that they would enjoy for years for years: The Edinger Parkway.

We worked hard and accomplished our main goal. But in the process, we also learned how to celebrate the end of each year in style with a holiday luncheon and gift exchange. Like Ebenezer, the spirit of holidays past, took us to several locations, but the members always enjoyed celebrating the accomplishments of the year. Early on, in 2004, 2005 and 2006, our co-founder, Anne White, began the tradition at her Trinidad home, even one year having couples for a dinner party.

In 2007, 2016, and 2017, Co-founder Dorothy Ralphs hosted our holiday luncheons, in her Seagate home, and the gift exchange was embraced with a tradition of stealing a gift that a member had already opened.

In 2008, Santa even showed up for the event, and still we had no shame, the green sequined hat was the item most stolen. That year, with luncheon seating on the waterfront patio of Janet Littlejohn, a seagull got into the act, flying off with one of the red balls, which had been set as a table decoration. Several years of our holiday festivities were held at the Seacliff Country Club and Bahia Corinthian Yacht Club, 2012, 2013, and 2014, yet we were uninhibited in our thievery, with a leopard print scarf, and sparkly red hat being the coveted items. We did finally

limit a gift to just two 'steals', before it was 'frozen' with the final thief.

There were four years that Carolyn Platt hosted our gathering, 2009, 2010, 2011, and 2015, always an elegant event at her Trinidad home. So many stolen gifts: pillows, a particular purple purse, jewelry, plates. Nothing was off limits.

For the last two years, one of our newer members, Marsha Hendler, has opened her beautifully decorated Humboldt Island home to us, and the crime continues. One would think after enjoying a delicious catered luncheon, we'd be content to just say, "Happy holidays" and leave, but not so.

Now to the spirit of the holidays in our present year; and what a year it has been! Since much has changed, why not try a gift exchange without stealing, but giving back. Several of us know of a gift we stole in the past, and we know the person from whom we took it. So on December 9th, when we would have had our regular luncheon scheduled at Marsha's home, we will instead deliver a gift back to a person who had it, even if just for a few minutes, and would so much want it returned.

Because of this past misbehavior, Caron

Mount organized the variation on the gift exchange, with helpful elf, Mary Ann Brinket, whereby secret gift-givers will send out beautifully wrapped packages, (or online-boxed orders) to Sea Isle members. It will be interesting to see what items reappear back in the hands of our members.

Looking forward to the spirit of holidays in the future, our club will continue the task we set out to do before the new Sunset Marina bridge was rebuilt. That is the refurbishing of the pathways crossing our Edinger Parkway from the street to the bike path. Each intersection at Countess, Bravata, Trinidad, Montego, Bimini and Bonaire originally had one or two pathways across the berm to the bike path. Many have been overgrown, and others need to have borders redefined to protect them from the great growth of the ground cover and plants that have come in by the wind and birds, often blocking access of the many walkers, bikers, and joggers who enjoy the strip along the north side.

So happy holidays to all, and we hope you are looking forward, with the Sea Isle Garden Club, to a wonderful 2021.



In 2008 Santa joined the club on Janet Littlejohn's patio.





Huntington Harbour Philharmonic Committee's

HUNTINGTON HARBOUR 58th Annual BOAT PARADE

Erik Peterson Grand Marshal

BOATS WANTED December 12 & 13

Rain or Shine or Pandemic the Parade will go on. Join us to make the 2020 Parade the Biggest Ever!

FUN AND PRIZES Sign up NOW

2020 CALENDAR OF EVENTS

See website for more information as it becomes available. hhboatparade.org or email: hhboatparade@gmail.com

Monday, December 7 Wednesday, December 9 Thursday, December 10 Thursday, December 10 Friday, December 11 Saturday, December 12

Sunday, December 13

Due Date Home Decorating Entries, include 1-3 Photos Judging Waterfront and Off Water Homes - Virtual Due Date Boat Decorating Entries

Boat Parade Skipper's Meeting, 7 p.m. Location TBD

Trophy Presentation for Waterfront and Off Water Home Winners

Boat Parade and Judging

Trophy Presentation - Virtual. Sunday's Boat Parade

WE NEED YOUR SUPPORT especially this year!

For more information, to sign up, or to DONATE online, visit our website at: hhboatparade.org

Flying Dutchman Guild of the Segerstrom Center

by Leigh Ross

The Flying Dutchman had their recent meeting at Seabridge Park which had picnic tables and a comfortable setting under the trees. Everyone brought their own chairs for the socially distanced event.

There were 18 members and two guests in attendance. We enjoyed a delicious boxed lunch catered by Suzanne's. A big thank you to Karyn Sanderson for organizing the picnic. It was wonderful to get together again after so long an absence.

Karyn has volunteered her home for our annual toys for tots drop off on November 30 at 6 pm. Come and enjoy a glass of wine and appetizers while we socially distance with our fellow members.



Flying Dutchman members at the Seabridge Park meeting.

What stress?

by Cindy Shaw

Stress is a normal part of life, a natural response to pressures from others or ourselves. 2020 has certainly added external stress to so many of our lives. Now, more than ever it is so important to pay attention to both self care and stress management. What can we do right now?

Smile like my blue parrotfish friend, just because. We can share smiles from distance and warm others days as well as ours.

Find things to make you smile or laugh, maybe the comics daily or some of the online joke sharing. Smiles and laughter both decrease physiological stress responses immediately.

Acknowledge what you are feeling, you are not alone. Find an outlet among friends and family or try a mindfulness mediation. There are many good apps, one I like is CALM.

Nature is proven to be one of the best outlets to allow your mind to wander away from intense daily stress. We live in a beautiful area, go outside.

Stay Active! A healthy fitness, activity routine is repeatedly proven to have one of the most significant impacts on our thoughts and emotions as well as our bodies. A brisk walk or consistent stretch time will make a difference. Move in ways you enjoy!

Learn your limits and respect them. Listen when your mind and body talk to you, don't wait until they are screaming. Rest and activity are both part of what we all need.

Make Time to Take Time and Smile!





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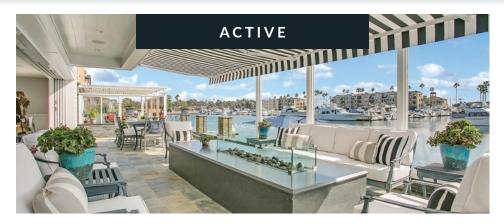
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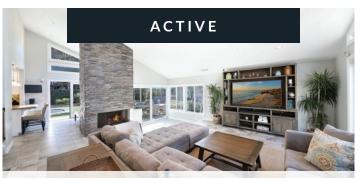
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