

February 2021

# HARBOUR LIGHT

*The Original Magazine for the people of Huntington Harbour*

Volume LI

Our 51st Year in the Harbour

No. 1

*The Great Blue Heron,  
one of Bolsa Chica's  
most iconic birds.*



Photographer: Shabnam Mozafari

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# #1

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# HARBOUR LIGHT

For and about the PEOPLE of  
Huntington Harbour, since 1970

Published by Boris & Dorothy Ralphs

Volume LI Number 1  
February 2021

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## On the Cover

Great Blue Herons can be seen wading in the shallow waters and tall grass looking for a meal, these beautiful birds can also be seen nesting in the palm trees leftover from the Bolsa Chica Gun Club. Bolsa Chica is one of the premier birding locations in southern California with 186 regularly occurring bird species and 116 less frequently seen species. [www.bolsachica.org](http://www.bolsachica.org)

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# Huntington Harbour Garden Club

by Doreen Hill



Photo taken by Doreen Hill.

The Huntington Harbour Garden Club, like other clubs and organizations, has had to adapt to the world in a pandemic. Fortunately, the technology of our times allows us to communicate with our family and friends via Zoom, email, and phone.

Our weather here allows us to individually enjoy the outdoors in Huntington Beach, such as Shipley Nature Center, open to the public on Saturdays 9-1, Bolsa Chica Wetlands, open from 6 a.m. to 8 p.m., H.B Central Park, the Urban Forest at 6681 Ellis Ave., and the Norma Brandel Gibbs Butterfly Park at Graham and Heil to name a few local spots.

Some gardening tasks to do at the start of this new year, as found on [finegardening.com](http://finegardening.com), are:

- Divide and replant perennials such as lily of the Nile, daylilies, or sea lavender.
- Plant edibles such as lettuce, spinach, peas, beans, garlic, onions, and shallots.
- Potatoes can be planted year-round. Cut in pieces with two eyes and dry for a few

days before planting about 8-12 inches apart. Lettuce can be planted on top.

- Plant your Poinsettias out in the garden.
- Freshen up your seed supply in bird feeders.
- Prune Fig trees and grapes
- Clean/disinfect your tools with isopropyl rubbing alcohol

Another excellent resource is the UCCE Master Gardeners of Orange County at [mgorange.ucanr.edu](http://mgorange.ucanr.edu). On Thursdays at 8:30 a.m.- 9:30 a.m. on KUCI 88.9 FM, they have a program called "In the Garden with UCCE Master Gardeners".

Here's to a safe and healthy 2021 in our gardens! Gardening and friendships continue, despite the world's circumstances of this past and new year!

Call our Membership Chair, Connie Mandic at (714) 377-0017 or President Doreen Hill at (714)878-3011 for more information about our club.

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### DEADLINE for the

**April 2021 issue is March 1st**

Please send articles and pictures to:

[harbourlightmagazine@gmail.com](mailto:harbourlightmagazine@gmail.com)

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



# Assistance League Huntington Beach

by Frances Meyers, VP Membership



February is traditionally a time of year for reflecting; sharing and feeling 'the' love. So, it seems appropriate to share a vision of the 1950s black and white television series "The Lone Ranger". Do you remember watching our hero, the Lone Ranger, riding his trusty stallion and appearing on the scene just in time to help a grateful stranger? Having been helped by the Lone Ranger, the grateful stranger is left in a trail of dust, asking: "Who was that masked man? I didn't get a chance to thank him."

Here we are 70 years later, wondering who is that masked person doing all these good deeds. No longer a stranger, no

longer a lone hero, and a recipient of so many "Thank You's" from the community. Well, you've probably guessed that the masked heroes include over 300 members who volunteer at Assistance League of Huntington Beach. This nonprofit organization has been "transforming lives and strengthening the community" since 1950.

As the Lone Ranger appears on his trusty stallion, the Assistance League of Huntington Beach rides on the laurels of its trusty thrift shop which is housed in the membership-owned building located on Slater Avenue in Huntington Beach. Over the years, your donations of clothes, antiques, books, boutique clothing, jewelry, and housewares have been resold in the thrift shop which is run by 100% volunteers. This allows the profit to be returned to the community. The thrift shop is where you will find our mask and apron wearing volunteers volunteering as skilled merchandise retailers.

The COVID-19 pandemic has caused temporary closures resulting in less revenue from the thrift shop. Yet, our resourceful members have organized fundraising and grant committees that

provide easy ways for the community to donate funds that will help us provide clothing, scholarships and more for families and students in the community.

We are not 'lone' rangers. Our membership includes our chapter, DreamCatchers and Assisteens® auxiliaries, and Beach Blossoms who not only work in our thrift shop, but manage our community programs. Our chapter board, committee chairs, and co-chairs work with our volunteers to make us successful. The membership is united by our mission statement: Assistance League volunteers transforming the lives of children and adults through community programs.

We achieve our mission through programs like: Operation School Bell®, Operation New Beginnings, Operation Bear Hug, Operation Share, Links to Learning HB, Alzheimer's Family Center, Silver Anchor, Support Our Seniors, Therapeutic Riding Center, Nursing and Veteran scholarship programs, and, Assisteens - Birthday in an Envelope. You will find our mask wearing volunteers actively working throughout the community.

So, in these challenging times of COVID-19, you are still seeing wonderful deeds being done daily. If you are still asking "Who is that masked person?" doing the good deeds, it is probably an Assistance League volunteer wearing both an apron and a mask. A smile and a sincere "Thank You" are their trademarks. It is this spirit of volunteerism that unites the community.

But... we could not do it without all of YOU, our customers, donors, sponsors and supporters. It is YOU (the volunteer, the helper, the customer, the donor) that makes a difference! Each person is part of the community. You give the donations that are sold at the Thrift Shop. You attend the fundraisers, participate in the auctions, and provide the grants. You care for your families, you pay it forward, you smile, you work hard. You care about the stranger and the greater community. You, like the Lone Ranger, take pride in both giving and serving. So, at last, we can say: "Thank You" to the masked person. We know who You are!

To learn more, visit our website [ALHB.org](http://ALHB.org) and like our Facebook page.

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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.



*HSB Surfrider Board, and Core Volunteers at our private cleanup in Seal Beach.*

## What We Fight For



### Plastic Pollution

Reducing the impact of plastics in the marine environments that surround us.



### Ocean Protection

Defending our oceans from challenges threatening the vitality of the ecosystem.



### Beach Access

Working with decision-makers to ensure full and fair beach access for all to enjoy.



### Coastal Preservation

Taking on issues that threaten our beaches and natural shorelines.



### Clean Water

Protecting the health and sustainability of our planet's most precious resource.

# HERE'S TO 2021!

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# Huntington Harbour Philharmonic Committee

by Lara Anderson



Off-Water Home Decorating winner, the home of Mary Ann and Rey Frlekin.

The all-volunteer 58th annual Huntington Harbour Boat Parade “America Strong! Revel in the Rhythm!” demonstrated just how strong the holiday spirit is in Huntington Harbour! It was an epic parade with 77 boats signed up to participate (a few dropped out for various reasons). Grand Marshal Erik Peterson chose the theme last summer, which seemed even more poignant by December, when we were the only official local boat parade left standing after other cities cancelled theirs.

Parade Assistant Madeline Fields reports, “Everyone loved it! Still getting rave reviews like ‘beautiful and uplifting’, ‘beautiful show on the water,’ and one elderly waterfront homeowner said, ‘It really perked me up and brightened my holiday, because I’ve been missing my family during this pandemic.’ We should all be proud to have been part of it!”

Also impressive, despite not being able to hold our major fundraiser the Cruise of Lights® and bring the public out on large boats to view decorated homes from the water to raise money for youth music programs, the Harbour still delivered amazing light displays and provided tough competition for the decorating contest judges. (The judges for both homes and boats are not Harbour residents so they are impartial.) Congratulations to all the award winners this year.

While Parade Chairman Jeff Silver, Captains Calvin Free and Paul Haase, and all the on-the-water volunteers got the boats organized and kept the parade going smoothly on both nights, we tried a whole bunch of new things to adapt to the circumstances. Some went better than others, but we managed to pull off the “People’s Choice Awards” voting this year! (Last year we tried to do a vote by text and crashed the system.)

If you’d like to see photos of the winning homes, photos are posted under “photos” on our Facebook page: [CruiseofLightsHHPC](#). A photo gallery of all the boats and trophy winners is under “photos” on the boat parade’s Facebook page: [HuntingtonHarbourBoatParadeHHPC](#) with pictures taken by our wonderful photographers, Scott and Kelly Bourquin. Matt Liffreing (of City of Huntington Beach HBTB Channel 3 fame) and his crew got an incredible video of the entire boat parade from the judging dock. You can find the link to it on the boat parade Facebook page and on [www.HHBoatParade.org](#).

While everything is still in a state of uncertainty at this time and we are still having our meetings via Zoom, we are optimistic we will be able to hold some in-person events this year. We have now proven it’s possible to do a socially distanced, non-crowd forming boat parade, so put December 11 & 12 on your calendars for the 59th Annual Huntington Harbour Boat Parade. (The theme will be chosen by the 2021 Grand Marshal who is yet to be determined.)

We remain committed to supporting youth music programs and thank you for your continued support. Thanks to our virtual MUSICMATTERS fundraiser last year and generous donations from people like you, we are able to provide over \$15,000 in grants to local schools to keep their music programs going (more on that next issue!)

### Boat Parade Thanks!

We have many to thank but the success of our 2020 Parade depends on the efficiency and dedication of these wonderful volunteers keeping us safe on the water.

### Grand Marshal

Erik Peterson

### Parade Captains

Calvin Free      Paul Haase

### Night Captains

Dave Speakman      Jeff Silver  
 Jim Miller      Larry French  
 Norm Huniu      Taylor Nielsen  
 Sharie Sneddon

### Lieutenants

Chris Janelli      Cody Cozart  
 Darren Morris      Jim DeClerck  
 Larry Moore      Luke Campbell  
 Robert Yohr      Rudy Lopez  
 Scott Coler      Spike Sojka  
 Tim Fagen      Warren Jackson

### Skippers

Bradley Coots      Casey McKeon  
 Dale Bofabo      Dory Chandler  
 Evans Henry      Gary Montanez  
 Ken Parlee      Mark Headland  
 Mark Mejia      Mike Marsh  
 Monte Kay Yohr      Roy Nielsen  
 Shannon Coler      Tony Williams  
 Val Miles

### Loaned Boats

Dean Oliver      Matt Crochette  
 Scot Campbell      Willingham  
 Freedom Boat Club

## Boat Parade Committee:

### Chairman:

Jeff Silver

### Assistant Boat Parade:

Charmaine Rood  
 Madeline Fields

### Committee:

Barbara Sentell  
 Debbie Edwards  
 Deborah Fairon  
 Lara Anderson  
 Lolly McHardy  
 Maggie VanEck  
 Roberta Swain  
 Robin Gray-Hite  
 Robin Silver  
 Roxanne Talley  
 Sharon Larson

# 2020 HHPC Boat Parade and Home Decorating Winners

## *Huntington Harbour Boat Parade Winners*

People's Choice Award, Facebook: #7 "Play-N Hookey" by Bill Larkin  
Sweepstakes: #55 "Busted Budget" by Jon Kellner, Donna Kellner, Steve Ho, Shelley Ho, Nate Ho & Vivienne Ho  
Best Tribute to Theme: #5 "Guardian" by John & Monique Lucas. Sponsored by AES, Huntington Beach  
Best Display of Originality: #29 "Adios" by Rod & Susi Ondatje  
Most Beautiful: #48 "America Jane" by Russ & Jodee Turk  
Judges Special Trophy: #2 "All Bite" by The Anderson Family  
Best Tribute to Holiday Season: #3 "Liv'n d' Life" by Larry & Sheri Gottlieb  
Best First Time Entry: #33 "Little Shenanigans" by Steve & Brandy Hyham  
Best Yacht Club: #20 "Luna Sea II" by Dean Oliver. Sponsored by Huntington Harbour Yacht Club  
Best Commercial Entry: #18 "La Vie Vivante" by Michael Van Voorhis. Sponsored by Seven Gables, Huntington Harbour  
Award of Excellence: #28 "Tudo Bem" by Alex & Kristin Drago  
Award of Excellence: #40 "Nauti Buoys" by Roger & Sarah King  
Award of Excellence: #49 "Knotta Yacht" by Pat & Sally Hearle



*Best Yacht Club Winner - "Luna Sea II" by Dean Oliver, HHYC Sponsor*



*People's Choice Award, Facebook - "Play-N Hookey" by Bill Larkin*



*Judges Special Trophy Winner - The Crowley Family*



*Judges Special Trophy & People's Choice Facebook Winner - The Jones Family*

## *Waterfront Home Winners*

People's Choice Award, Facebook: The Jones Family  
Sweepstakes: Alan & Marlene Dauger  
Best Tribute to Theme: Diane & Ernie Quijada  
Most Beautiful: George Prajin & Samantha Garcia  
Judges Special Trophy: The Jones Family  
Best Tribute to Holiday Season: Candy & Rob Hoover

## *Waterfront Condo/Townhome Winners*

Sweepstakes: Seabridge Condos, Jody & Heidi Campbell  
Best Tribute to Theme: Bill & Mary Misloski

## *Off-Water Home Winners*

People's Choice Award, Facebook: The Frlekin Family  
Sweepstakes: Leslie Shaffer & Richard Litsinger  
Best Tribute to Theme: Bob, Connie & Kelly Mandic  
Most Beautiful: Paul & Joyce Nikolau  
Judges Special Trophy: The Crowley Family  
Best Tribute to Holiday Season: The Frlekin Family



# 2020 HHPC Donors and Underwriters

*"Thank You" to our generous Donors and Underwriters for making this year a success.*

---

## HHPC and HH Boat Parade Donors and Underwriters

D.D. Dunlap Companies - Huntington Harbour Place  
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Jim Doulames - SE Pipeline Construction  
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Roosters Foundation of Orange County  
Team de la Haye - Ross, Mary & John de la Haye  
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## Super Yacht Gift \$1000

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HHPC Past Chairmen  
Past Grand Marshals

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Eye Gen Vision Center	Francine Accetta
George Prajin & Samantha Garcia	
Mr. & Mrs. Ken Lester	Paul & Joyce Nikolau
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HHPC Sandpiper	HHPC Trinidad Group
Haydee Tillotson	Jarrick Family
Jenny Huntsinger	Joan Foote
Joanne Fernbach	John Bazzo
Kim Cosenza	Lee Swearingen
Linda Armor	Madeline Fields
Mary Ann Crowley	Michelle Brenner

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## Catamaran Gift \$100 Continued

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Rebecca Castillo	Rob & Jean Cloyd
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Sandra Engel	Scott & Kelly Bourquin
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## Gondola Gift \$50

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Ted Rodriguez	Todd & Roberta Swain

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## Special Thank You

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Lara Anderson	Marlene Nielsen
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Michael & Lolly McHardy	Nikki Berry Richards
Patty Reilly	Robert & Gail Sebring
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Trader Joe's Huntington Harbour	
Orange County Sheriff's Dept - Harbor Patrol	
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# HHPC: Admiralty

by Grace Holdaway



*Glenn Holdaway with his Grammy Nomination Certificate.*

In a normal year Admiralty would be looking back on a busy December filled with the Cruise of Lights and celebration. As we all know so well, we are not in a normal time and it is almost a year since we began to fully recognize how much our life would be changing. Perhaps you are like me and did not celebrate your Holiday season with your families, let alone your friends. So I have been thinking just what has remained a constant that brightens every day. MUSIC! Hopefully many have taken advantage of the programs the Philharmonic has been streaming.

I want to tell you about a young man that went through our Orange County schools; learned to play the trumpet and after college became professional including a Grammy nomination in 2020. He is Glenn Holdaway and is my grandson. When the music venues stopped for musicians he looked around saw something he could do to help fellow musicians and a local restaurant that friends just purchased in March. The

result was "Music on The Block" that has been happening every Thursday night since March. It is held in a cul-de-sac in Los Alamitos and has grown from just a handful of people attending to several hundred now coming to listen and dance. Glenn brings in different musicians and has varied Genre's each week. People order food from the restaurant; it is delivered to the street during the concert helping to keep this small business alive. He has given musicians a platform and help save a neighborhood restaurant. The plus is that once a week we get together safely outside and enjoy really great concerts.

I believe this illustrates how important our Philharmonic Society groups are in supporting music education.

Admiralty meets every third Thursday and is currently holding Zoom meetings. If you are interested in joining our group please call our VP Membership: Marie Edwards (562)900-8879 or email iamlove67@hotmail.com.

# HHPC: Sandpipers

by Lolly McHardy

Goodbye 2020! We made it to 2021! We had to find creative ways to achieve our goals in 2020!

Co-Presidents Teri Adams and Lolly McHardy made sure we had our monthly Zoom meetings and had Zoom Happy hours to keep in touch with our Sandpiper members!

Fundraising was certainly a challenge but we made it happen. We didn't have our Cruise of Lights, but Sandpipers with the help of Kim Weddon and Madeline Fields, and Mike McHardy decorated the HHYC for our successful Boat Parade!

We are looking forward to 2021 and ready to get back to normal with our meetings, fundraising and events.

The Sandpiper's are one of the six committees that comprise the HHPC. Sandpiper monthly meetings are held in the afternoon on the 3rd Thursday of the month. If you are interested in joining our fun group, please call Tricia Prado at (714) 614-5396 or email at in the pink1031@gmail.com for more information!



*Lolly McHardy and Pat Jenkes having fun taking the Christmas lights down at the HHYC. All tangled up!*



# HHPC: Marina Windjammer

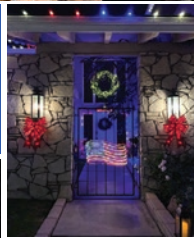
by Pamela Barthold



Judges' Special Trophy winner Lara, Andrew, Storm, Shay Anderson



Sweepstakes winner Leslie Shaffer and Richard Litsinger



Best Tribute to Theme Connie & Bob Mandic



What an amazing end to a trying year! Philharmonic Marina Windjammers in true fashion lent their support and time to insure the 58th Annual Huntington Harbour Boat Parade was a huge success! Many Marina Windjammer homeowners decorated their homes & boats and had a fabulous time amongst the 77 boats in the boat parade! Three of our very own Marina Windjammers were recipients of the oh so coveted awards. Mr. Bob and Connie Mandic won, "Best Tribute to Theme" for their outstanding America Strong theme, lighting up their off-water home in red, white, & Blue from top to bottom, even their palm trees were lit! You made us proud to be Americans with your beautifully red, white and blue holiday home! With a more historical American Revel in the Rhythm theme, the Andersons (Lara, Andrew, Storm & Shay) didn't just dress their boat up, they

dressed up in period costumes from the award-winning Broadway play, Hamilton. They treated all of us to a concert with their talented daughter, Storm singing "King George" all the way through the Harbour! Wow, What a delight. This is why they captured, "the Judges' Special Trophy", Awesome job! Leslie Shaffer and her husband Richard Litsinger went all out designing their home this year. They had handmade American themed Holiday soldiers all in a row with sprinkles of snowflakes and musical notes, reindeers and even Santa flying through the air with his sled being pulled by an American Eagle! Their décor was just outstanding and was the "Sweepstakes" winner! Leslie is no stranger to decorating their home and boat in the Harbour for the holidays, her father and mother, Jim and Donna Shaffer have dedicated over 50 years to the Huntington Harbour Philharmonic

and their events. Donna Shaffer had her girl scout troop decorate a boat entry in the late 60's and early 70's. Donna has worked tirelessly for decades working the phones for the cruise of lights ticket sales, directing parking in the winter cold for the cruise ticket holders to embark on to the boats for the cruise of lights, and hosted a few social events during this festive time. How wonderful for this amazing family to carry on the tradition and support the Boat Parade, Cruise of lights and the Philharmonic.

A special thank you to our Maggie Van Eck and Barbara Sentell (Cochairs HHPC) the boat parade zoom meeting hosts and Lara Anderson for doing an outstanding job with public relations & marketing as well as many behind the scenes jobs to help make 2020 end on a high note with the boat parade! Thank you, Roberta Swain our Marina Windjammer boat parade Chair, for insuring all the trophies where engraved with the winner's names to recognize their amazing accomplishments for the outstanding designs of their homes and boats!

A very special thank you to Mr. Erik Peterson for being the Grand Marshal for this very special year. It will be a year to be written with a huge asterisk in the history books. Noting how you commandeered it away from the storm to make it a huge success with over 77 boats amongst a heavy current of obstacles.



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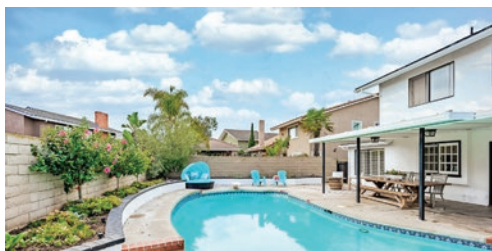
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# Huntington Harbour Philharmonic Juniors

by Rachel Helgeson & Elizabeth Henry



HHP Junior Advisor, Rachel Helgeson, organizes donations to Robyne's Nest.



HHP Junior Adam Carasacchi makes a pre holiday delivery to Robyne's Nest.

Along with the entire planet we are grateful to have 2020 behind us. But as we all know the crisis that plagued most of last year did not end on December 31, 2020. In person meetings are still banned, most students are still learning online

only, and the vaccine is slowly beginning to provide protection for those who need it. As the HHP Juniors entered the new year the hard choice was made to cancel the long planned fashion show fund raiser which was to be held in March.

The most over used word of last year, "unprecedented" has been replaced with the over usage of the word "resilient." But that is the only way to describe this group of teens who have had to reimagine what should have been a fun and exciting season in their lives. They have met the task remarkably well. In December, we gathered carloads of pantry items for Robyne's Nest. Those who delivered the cases of ramen, tuna, gift cards, and other non-perishables were met with gratitude for their generosity and hard work.

Last year, when we were forced to postpone and then cancel the 2020 fund raiser, we were fortunate to have gathered a great collection of live and silent auction items. Items we had hoped to offer at this year's event. As a result of this year's cancellation, we are hoping (another popular COVID-times word) to offer an exciting online fundraiser with all those wonderful donations. We also hope to profile our excellent class of senior graduates as we would traditionally do at our fashion show. We will be announcing our revised plans soon.

Always aware of our mandate to create community minded young adults, we continue to find opportunities to volunteer in the community. We are looking forward to continuing that work as those occasions present themselves.



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

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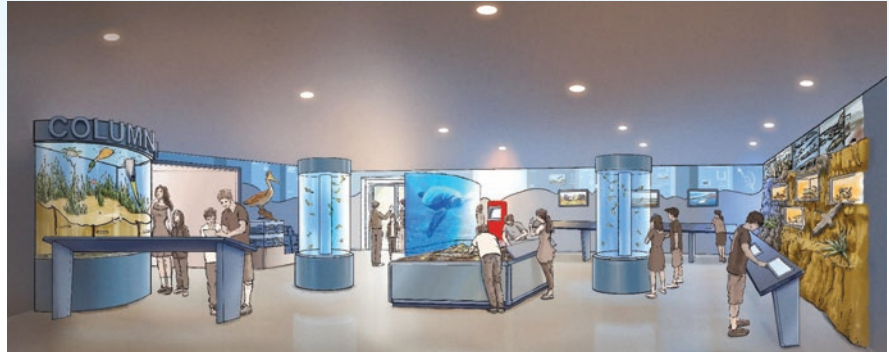
# Bolsa Chica Conservancy

by Eric Paquette, Operations Manager

Perhaps the biggest and most exciting news coming out of the COVID pandemic is the Conservancy being awarded a \$689,000 grant from the Wildlife Conservation Board to be used for the complete renovation of the Conservancy's nearly 26 year old Interpretive Center! The funding for this much-needed makeover is the product of voter-approved Proposition 68 back in 2018, and was approved by the Wildlife Conservation Board.

More recently, the Conservancy overcame the challenging hurdle of acquiring a Coastal Development Permit to begin work on the long-overdue improvement project. After two years of paperwork, bureaucracy, and meetings, the Coastal Commission unanimously approved the Conservancy's interpretive center improvement project; the Conservancy received the good news on Wednesday, September 9th 2020!

The Conservancy is gearing up to replace its current center with an updated and improved modular building that will entice the public to experience and learn about wetland ecosystems. The improvements will include: updated and improved interpretive signs and



*Interpretive Center interior rendering.*

displays, larger classroom and laboratory space for education groups, and a new additional unit which will include public restrooms, storage, and administrative offices for Conservancy staff and interns. In addition to new interpretive displays, the renovation will also update the Conservancy's marine and terrestrial animal exhibits with new, upgraded tanks and aquariums for the resident animal ambassadors. Lastly, the Conservancy will construct a new outdoor common area for the public and those participating in any one of our programs to enjoy during their visit to the Bolsa Chica Wetlands.

The Conservancy looks to break ground

on this exciting new project in 2021, and be completed in time for when programs are allowed to resume. For questions or additional information on this exciting new project contact Operations Manager, Eric Paquette, [eric@bolsachica.org](mailto:eric@bolsachica.org) or (714) 846-1114.

Make a gift to support the Bolsa Chica Conservancy; your donation ensures the continued availability of coastal education and restoration programs for students, families, and bird lovers of all ages! Donate online at [Bolsachica.org](http://Bolsachica.org) or mail your check to; Bolsa Chica Conservancy 3842 Warner Avenue, Huntington Beach, California 92649.

# SBS Students Place Well in “Mask Message” Contest

by Vanessa Frei



*Henry's mask design won “Honorable Mention” in OC Health Care Agency's “Mask Message” contest.*

With many teachers, parents and students struggling with changing school re-opening models, the OC Health Care Agency offered a fun, creative contest for Orange County students to enter with the chance to win needed technology supplies for their schools. The OC Health Care Agency held a Mask Message contest and was overwhelmed by the response. With over 600 entries, the OCHCA judges were very impressed by the creativity, heart and



*Henry's mask design.*

soul that students poured into their work. The students focused on the importance of wearing a mask at school and in the community in three categories—mask art, written essay, and social video.

St. Bonaventure Catholic School, located just down the street, had the first place winner in the written essay contest and an Honorable Mention for mask design. SBS second grader, Henry, was recognized by Dr. Clayton Chau, Director of OCHCA on a special Zoom with

his parents, 2nd grade class, and school administration. Dr. Chau commended Henry on his civic engagement and said he was “beacon of light and tomorrow will be brighter.” St. Bonaventure Catholic School was honored with a \$7,000 technology grant and Henry's mask design is being created for all 575 students and faculty.

A silver lining that has emerged as a result of the pandemic may be found in the new technology based tools that schools and educators are using to enhance the way they deliver curriculum to their students. At St. Bonaventure Catholic School SWIVL robot technology is being used to deliver synchronous instruction while offering full five day a week in-person instruction and a virtual track. This grant will assist in enhancing student learning experiences at SBS. The OCHCA contest had a profound impact in our community by helping normalize mask wearing thus keeping everyone safe. In the words a future leader, “spread kindness not the virus.”



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# Cathy Thomas Cooks

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

Pandemic grocery shopping has its challenges. I try to strategize so that I get everything I need once a week. That usually means that at week's end, all the lettuce has been consumed. So, I plan on end-of-week salads that don't require lettuce.

Japanese-style cucumber salad is one choice: it's a light and refreshing side dish or starter. One of the first preparation steps involves salting the cucumber slices and letting them drain for an hour or so to extract excess water. It's not a difficult procedure but does require some time. When I'm in a hurry, I've been known to skip that step. The cucumber slices don't absorb the dressing as well when they don't go through the salting step, but they are nice and crunchy.

## Japanese Cucumber Salad (4 to 6 servings)

1 1/2 tablespoons sesame seeds, 1 1/2 hothouse cucumbers, 1 1/2 teaspoons kosher salt, 2 tablespoons seasoned rice vinegar (see cook's notes), 2 tablespoons roasted sesame oil, optional: 1/4 teaspoon dried red pepper flakes

Cook's notes: If your rice vinegar isn't the "seasoned" variety, add a pinch of granulated sugar along with the vinegar.

1. Toast sesame seeds in a dry small skillet on medium-high heat. Shake handle to redistribute as they start to lightly brown. When nicely browned, transfer to small bowl.

2. Remove alternate lengthwise strips of cucumber (this is called "zebra-ing") with a swivel bladed peeler or knife - and then cut into thin crosswise slices. Place

in bowl and vigorously toss with salt. Place in colander in sink or over bowl. Weight with zipper-style plastic bag filled with ice. (My French grandmother used a saucer topped with a large can of tomatoes.) Allow it to drain for about 1 hour.

3. Meanwhile stir together vinegar, sesame oil and pepper flakes in medium bowl. Rinse cucumber slices with cold water and pat dry with paper towels or clean kitchen towel. Toss cucumbers with vinegar mixture and sesame seeds. Serve or refrigerate up to 1 day.

*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).*



# Raki

by Ashley Lee-Maldonado (Owner)



L to R: Avery Nelsen (Long Beach State Volleyball), Taylor Valerio (RAKI athlete), Ashley Lee-Maldonado (Long Beach State & University of Hawaii Volleyball), Ian Pokorny (RAKI athlete), Bella Kompaniez (RAKI athlete), Matt Maldonado (Former Nike OTC Track athlete, Husband of RAKI owner), Taylor Richards (BYU & USA Volleyball)

Happy 2021 Harbour Lights Family! We hope everyone is doing well and starting the year off strong!

Want your child to stay fit, active, and mentally strong? RAKI (rock-ee) Volleyball is one on one training that mentors young athletes into mature adults. Now more than ever, kids need a bright spot on their schedule for the week. We have adapted very well to COVID-19 restrictions and offer one on one lessons as well as semi-privates.

My name is Ashley Lee-Maldonado. I absolutely love working with athletes and their parents. Everyday I look forward to seeing my athletes smile, especially when it's about volleyball, school, or life. I created RAKI Volleyball when I was 17 as a side job. I started with 1 lesson per week and have grown.

Growing up, I was always short. I was 5'0" my freshman year of high school and currently I'm 5'8" with shoes! Everyone always told me "NO." NO you will never play Division 1. NO you will not be good at volleyball. NO you cannot make the team. I was only 15 and already had enough NO's to crush all my dreams. I never took NO for an answer and it led me to where I am now.

It was when I was 15 that Hall of Fame Honoree, Gene Selznick took me under his wing, gave me a chance and taught me a whole new level of volleyball. USA Volleyball states, "Gene Selznick was one of the most talented volleyball players on both the indoor and beach courts, he was the All-Time Great Male Player." And this he was. He showed me what it felt like to have a volleyball mentor and someone who really cared despite what I looked like. "Young people need models, not critics"-John Wooden.

With the great mentors in my life it led me to playing for two Division 1 colleges, Long Beach State and The University of Hawaii (Beach Volleyball). I then went on to play professionally in Switzerland for NUC Volleyball. I coached collegiately for the Beach Volleyball team at Concordia University while achieving a Masters in Coaching and Athletic Administration.

I want to continue on the legacy and give athletes a chance. At RAKI Volleyball, we believe that everyone is different. Every athlete will bring their

own personality and skill set. We hand pick our coaches and train them to adjust to the athletes skill sets. RAKI is a place to learn new skills, enhance prior skills, and to mentor athletes to shine with confidence. I absolutely love my job and the coaches I work with.

If you'd like to book a lessons, contact us at: Call/text: (714) 496-4610, Email: Hello@RAKIVolleyball.com, Instagram: @RAKIVolleyball or visit our website: RAKIVolleyball.com. We are happy to answer any questions.



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# Huntington Harbour Junior Etiquette Program

by Doria C. Merical and Susan Lipman

We would like to wish you all a Happy New Year! We started our new year off with a pop-up class on January 2nd, featuring the “Art of Writing Thank You Notes.” It was a fun and interactive class with children 6 to 10 years of age. We were delighted to put our Zoom training to the test and thrilled that the children and their parents enjoyed our class and topics. Class was led by Mrs. Merical, Mrs. Lipman, Mrs. Busche and Miss Sara. We will be offering pop-up classes throughout the year, so please visit our Facebook page for updates.

We are excited to present “Party Protocol & Social Skills” via Zoom on Saturday February 20th, 27th, March 6th and 13th. Sessions for children ages 6 to 10 will be from 2:00pm to 3:00pm and ages 11 to 16 from 3:30 pm to 4:45pm. This course will consist of learning how to properly plan a party starting with the guest list, invitations, budget, theme, music, decorations, menu, welcoming guests, appropriate conversation, proper dining etiquette and table settings. Students can utilize their new skills with their very own families. Please email us at Doria@HHJEP.org to be invited via Evite.

Our HHJEP all volunteer Board of Directors and Consultants, along with our volunteers are working diligently to bring our students an engaging, entertaining and fun educational on-line experience. We are currently holding in-services for our teaching staff to become more creative and proficient at teaching virtually. With that said, we have a new addition to our HHJEP family.

Miss Shannel Goettman holds Bachelor’s degrees in Psychology and Sociology from UCSB. While there, she was a founding member of The Friends of Rachel Club which works to better the lives of people through random acts of kindness. She is a Beauty and Fashion blogger and influencer with over 11,000+ followers

on Instagram. Shannel is a wonderful role model who radiates charm, warmth, kindness, sophistication and self-confidence. We are delighted to have her volunteer as our Personal Grooming and Fashion Consultant. You will be seeing great things from her and in the future of HHJEP. Shannel is currently working as a Senior Executive in the corporate world.

For information and details about volunteering, please contact Doria C. Merical at (949) 200-0549, Doria@HHJEP.org, www.HHJEP.org or Mary Busché at (714) 846-7281.







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## *Set Financial Intentions, Not Resolutions*

After 2020 and the rocky start to 2021, keeping lofty resolutions for this year might feel like a stretch, when just getting through the day can feel like a success! Instead, use the turning of the calendar as a time to reflect on what adaptations from 2020 you'd like to keep going forward. Also, rather than setting resolutions, try setting intentions. Here's how that might look in your financial life.

**1. What to keep from 2020.** Take some time to reflect on what happened in your life in 2020, what adaptations you made, and how they impacted you financially. For example, by being unable to travel, eat out, or go to live performances, many people found they spent less than before and saw their savings grow. How can you preserve some of this newfound financial flexibility once things return to normal? While there will certainly be some pent-up demand for experiences then, resist going back to old habits, especially if you like your higher bank account balance. Maybe eat out once a week instead of four times a week and spending more time watching movies or having family game night at home can provide entertainment. Do you need as many new clothes if you're likely to continue mostly working from home? Reflect on your adaptations this year and determine which ones might be worth keeping and that can help you make faster progress towards your financial goals.

**2. Set financial intentions, not resolutions.** It's a healthy practice to take stock of our lives periodically and assess what needs to change or ways we'd like to grow. Setting New Year's resolutions can feel good at first, like turning a new page or getting a fresh start. However, a large majority of resolutions fail after the first month or two, likely because many of them address things we feel are wrong with our lives or that we "should" be doing. Resolutions tend to be all or nothing and we feel shame

if we fail and are therefore more likely to abandon them (how are you doing on the ones you set in early January?). Instead, why not set more general and flexible intentions? Intentions have more compassionate energy because they don't tie us to an outcome. They ask that we bring mindfulness to our actions and focus on change. With this framing, it's easier to view lapses as normal because we are human and keep trying. Intentions also tend to arise from our values, so we are more likely to be motivated to pursue them.

Examples of financial intentions might be:

- Increase my financial literacy
- Achieve financial independence
- Enhance my earning power

Whether you feel inspired to set (or revise) audacious New Year's resolutions or not, remember to be kind to yourself and accept that things don't always go as planned. If you are still feeling shell-shocked from 2020, try using reflections on what to keep and more values-aligned intentions as you move into the new year with hope and excitement. As Socrates says in *The Way of the Peaceful Warrior*: "The secret of change is to focus all your energy, not on fighting the old, but on building the new".

These are complicated times and if you would like professional, reliable guidance in the year ahead, we would be happy to chat to see if our services are a fit for you.

*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.*



# La Familia

by Karen Branoff



*In combination with the Huntington Harbour Yacht Club, we collected over 200 items to Orangewood Children's Home.*

Our La Familia group has been busy behind the closed doors of Covid this year. We miss the friendship and camaraderie of our fun events and look forward to getting together again soon.

In December we combined efforts with the Huntington Harbour Yacht Club and held a toy drive for the holiday season. We were able to collect and donate over 200 items to Orangewood Children's Home. The children made ornaments and gave them to us in appreciation for the donation.

We are planning to have a St. Patrick's Day Event on Saturday March 13th at the home of Dave and Ann Crowley. Get ready to get your "green" on! Details to follow. Our gatherings are always lively and lots of fun. Every event we have goes to support Orangewood Children's Home. Also, 100% of our dues goes directly to support this amazing philanthropy.

Plans for next year's Christmas Tree Wonderland are being discussed. 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. This amazing event will be held at the Hilton in Costa Mesa on November 21, 2021, save the date!

Sparky has been busy delivering the 2021 membership directory, if you haven't received yours, let her know.

If you would like to support this lively and meaningful group, please let us know. We are so grateful for our philanthropy minded members. Thank you, once again, to Don and Ellen Goodwin, who donated \$50,000 to this worthy cause.

Our La Casa President, Tim Branoff, reports that the Orangewood board met via ZOOM last month. In December, our La Casa group was able to purchase a Santa suit, movie tickets for 2 groups, winter wonderland cookies, gifts, stocking stuffers and a New Year's Eve party for the residents. There are currently 25 kids living at the home with one in quarantine.

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. Please send donations to the CTW Treasurer:

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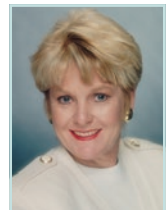
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# Sea Isle Garden Club

by Caron Mount

Amongst all the celebrations of the seasons, you may have noticed the trimmings of the trees, plants, and shrubs along our 11-year-old Edinger Parkway. The City of Huntington Beach hired a crew to cut back the airspace under the trees, severely prune the shrubs, hack away the tall shoots of the “century” succulents, and cut down the flowers. The ground cover was sprayed with weed killer along the curbs about 3 weeks before the crew came to pull out the dead material.

But never fear, the magnificent purple stocks of Pride of Madeira will come back in the spring, as will the low-lying pink and white butterfly guara, the tall lavender Rock Purslane, the bright clusters of pink Joey Kangaroo Paws, the wild and wandering branches of magenta Bougainvillea, and the fried egg-looking Matijilla poppies. The new stocks of Pride of Madeira will develop thick woody branches and die off in another 5-6 years, but it naturally resends itself. The Matijilla poppies will be encouraged by the smoke and ash we had blowing into the Harbour this fall, as it’s a natural trigger to germinate new poppy seeds. All these plants were specifically selected for our Parkway because they are Californian natives, and/or are drought tolerant.



*The cut-off woody stock of the Pride of Madeira with the new small plants starting behind.*

As you can see by the picture, the cut-off woody stock of the Pride of Madeira and the new small plants starting behind it, even in December.

When our Sea Isle Garden Club begins meeting this year, we will be more than ready to get started on our pathways. They have become overgrown during the last few years, and people will want to continue to have an easy route to the walkway on the fence side of the parkway. Carolyn Platt and Dorothy Ralphs had conducted meetings with city representatives to work

on this, then the Edinger Sunset Marina Bridge began construction and we put the project on hold.

We will resume our meetings on the second Tuesday each month, meeting in the Seagate Clubhouse, members’ homes, or on excursions. Our officers will continue with their jobs: Adrienne DeWolfe and Lu Mendenhall, Co-Presidents; Cindy Allen, Secretary; MaryAnn Brinket, Treasurer; Caron Mount and Dorothy Ralphs, Edinger Parkway Liaisons.

*One of the overgrown pathways. Clearing the pathways is one of the projects for 2021.*





# Anglers of Huntington Harbour

by Kathy Bayless



The HOPE white sea bass grow out pen in Huntington Harbour.

## Purpose

Founded in 1965, the Anglers of Huntington Harbour are celebrating their 57th year in the Harbour. In 2008 under the leadership of then President Kathy Bayless the organization became the Anglers of Huntington Harbour, Inc., a 501-C3 tax exempt corporation with the purpose of fostering an interest in sport fishing on our coast by providing the introduction, education, instruction and rules of sportsmanship to at-risk children in our community; and to support the conservation, preservation and enhancement of our marine environment by contributing to the research, education and safeguarding of natural resources.

## Philanthropies

The Anglers of Huntington Harbour primary philanthropy is the annual Kids Fishing Trip for at risk children in our community that started in 1971 with the chartering of a boat and taking 50 or so kids deep sea fishing with Anglers instructing and mentoring them and that tradition has continued for 50 years. In 1992 the Anglers partnered with the Huntington Beach Schools At-Risk

program for the Kids Fishing Trip to be used as an incentive to motivate children that have fallen behind to get back on track. This life changing event is made possible with donations from the Anglers generous members.

The Anglers of Huntington Harbour also provide philanthropic support with donations to other organizations with a similar purpose. In 2020 donations were made to HOPE, Ocean Institute and Get Inspired. HOPE or Harbour Ocean Preservation Enhancement was incorporated by the Anglers own Bob Hetzler in 1995 to help replenish the white seabass population and the white sea bass grow out pen was installed in the Harbour behind the fire station. Bob continues to be the HOPE president and other Anglers of Huntington Harbour members on the HOPE board include Bruce Bayless and Jim Walton.

The Anglers also made donations to the Ocean Institute in Dana Point where its Ocean Education Center educates children, teachers, parents, and visitors with over 60 in depth marine science programs. The goal of the Get Inspired Seabass in the Class program at Huntington Beach High School is to preserve the ocean habitat by giving children real life exposure to aquaculture, growing white seabass in a controlled environment, and then releasing them into the ocean.

## Upcoming Events

In 2021 the Anglers of Huntington Harbour will be celebrating their 57th year in the Harbour. Hopefully, the Anglers TGIF's, 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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# Remember when?



October 20, 2007



Sea Isle Garden Club lunch on Edinger Parkway 2018



Edinger Ave., from ground breaking to plaque dedication.



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*Thank you to our Community for your generosity and support of the Edinger Parkway*

Donor Recognition Plaque 2012



# Trader Joe's Grand Opening 2009



July 18, 2005



July 9, 2006



July 14, 2007

## Summer Concerts in the Park



# Huntington Harbour Art Association

by Jackie Dvorman



L-R: Linda Sackin, Ginny Elde, Elaine Skaggs, Pam Smart, Rhea Black, Pat McKenna, Kathleen Moore, Gerry Reed, and Karen Peoples.

The Art Association was pleased to hold its annual Fiber Arts Show at the Huntington Beach Art Center in downtown Huntington Beach. Visitors to the exhibit voted one of Marsha Hendler's quilts as their favorite, awarding her the

Viewers' Choice Award. The Charity Raffle Quilt, "Fish School", a lively design made by four members, Pat McKenna, Linda Sackin, Kathleen Moore, and Marsha Hendler, was won by our President, Pat McKenna, at a drawing on

the final day of the show. The proceeds from the raffle ticket sales will go to deserving art students.

A holiday workshop was held at Elaine Skaggs' home where the group made charming Victorian angels. Each had a beautiful porcelain doll head and clothing made from various fabrics, ribbons, feather boas, a fur cape and feather wings. We also had a small Fall luncheon in Barbara Larson's driveway. Several members brought items that they had made to "show and tell". Kathleen Moore's showed her ornaments made of melted plastic bottles, and others made of gourds; Pam Smart showed off some of her acrylic pour paintings; Pat McKenna modeled a beautiful jacket that she made while she was still in high school (and it still fits!); and Elaine Skaggs talked about the Victorian angel workshop.

We are hoping to resume workshops soon, depending on Covid-19 restrictions on group gatherings. Highly anticipated is a repeat of the Raw Edge Applique workshop, a favorite of the group, and we are looking forward to creating and designing together very soon. In the meantime, members are finding new talents and making new creations at home.

If you are interested in joining, or learning more about HHAA, please contact our membership chair, Nancy Phillips, at [nphillipster@gmail.com](mailto:nphillipster@gmail.com).



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# Fitness with a side of dysfunction?

by Cindy Shaw

This time of year, many people are focused on fitness so it's worth taking a look at what fitness really means. The dictionary defines fit as "sound physically and mentally, healthy." Using that definition, many "fitness" routines fall short of the goal. If you don't enjoy running and dread every workout, you're probably falling short of the "sound mentally" portion. Exercise should be enjoyable, reduce stress, and leave you feeling better, not worse.

## No Pain no Gain?

Exercise should also leave you feeling better physically. If you can take a brisk walk or run a good time in a 5k, but have aches and pains for days after, you're not "sound physically." If you are increasing your workouts, but your joint pain is increasing right along with it, you're not "sound physically" either. Sure, some muscle soreness and fatigue after a hard workout is normal. But if you're having pain that doesn't go away, sore joints, or trouble moving after exercise, you're probably developing movement dysfunction along with your fitness.

## Movement Dysfunction

Go back to the dictionary and you'll find that dysfunction is "impaired or abnormal functioning." So movement dysfunction is impaired or abnormal movement. When someone has a movement problem like a sore joint, limited range of motion, or strength loss the brain finds a way to get the body to do what it wants. That usually means moving in a way that is less than optimal. For a while, it works. But eventually it leads to injury. As a concrete example, think of someone who has trouble bending one knee. When one knee bends further than the other as they squat down, it will cause one side of the pelvis to drop lower than the other, then the spine bends towards the high side to stay balanced. Now the spine has to bend to the side and twist to keep you upright. This works for a while, but repetitions add up so does the risk for a back injury. Taking meds for workouts, or pain and soreness that don't go away after can be warning signs of a movement dysfunction. Getting minor problems fixed early means fewer visits to the PT, less pain, and not having your workouts put on hold by injury.

## Start Your Year With an Annual Movement Screen

Your car needs regular maintenance, so you probably have a mechanic. Your eyes and teeth are important, so you see your optometrist and dentist regularly. You get an annual physical from your family physician. You might even be getting ready to see your accountant to get your yearly income tax done. What about your physical therapist? Do you and your family have one? If not, you should. Your body is a lot like your car. It's got multiple systems, all of which are complex, and all of which have to be working well for it to function. Physical therapists are experts in maintaining, diagnosing, and treating the movement system. Like the braking or ignition system in a car, most people only think of the movement system when it's not working the way it should. Don't Neglect Your Movement System. Similar to the systems in your car, problems with your movement system are much easier to deal with if they're caught and treated early. This prevents small issues from becoming larger ones. For example, if you have a little bit of weakness, and balance that's not quite up to par, improving those



*The Starfish is an invertebrate, they don't have to worry about back problems.*

early could prevent a sprained ankle, or a fall and a broken wrist. An annual movement screen from your physical therapist can find small issues that you may not have noticed with your strength, balance, flexibility, or coordination. Many of these minor issues can be fixed with a few exercises at home, or with just a few visits.

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# SeaGate Yacht Club

by Jackie Sands

2020 Hindsight  
by Jackie Sands

It's 2021, 2020 is done!  
Here is hoping the new year,  
Will bring us more fun!

SGYC is planning  
Events for the year  
In hopes that "covid"  
We will no longer hear,

Soon we can meet to  
Party and dance!  
With nothing to fear!

We're waiting, we're hoping  
We'll be ready with plans

For a happy new year!

## SEAGATE YACHT CLUB FIN-TASTIC DECORATING PARTY



Picture Collage by SC Cindy Broz Allen: SeaGate Yacht Club's Honorary Commodore and Roster Chairperson Bob McCormick and volunteer members worked to ready Robin and Jean Clark's FIN-TASTIC, for the Huntington Harbour Boat Parade.





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