

June 2021

HARBOUR LIGHT

The Original Magazine for the people of Huntington Harbour

Volume LI

Our 51st Year in the Harbour

No. 3

*The Harbour is starting to open up
and things are happening...*

*HHYC "Concert on the Bay" & Open House
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Published by Boris & Dorothy Ralphs

Volume LI Number 3
June 2021

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Harbour Rod & Reel Club

by Scot Campbell



Jeff, Rob and Don with their record bluefin.

Harbour Rod & Reel Club Member Rob Webster made the catch of a lifetime this past July with an IGFA line class world record Pacific Bluefin Tuna. Rob's bluefin weighed 215 pounds and the catch was made on IGFA conforming 30 pound line class dacon line. Rob, a long time member of both the HRRC and the Avalon Tuna Club, has a beautiful 40' Cabo, Magellan, that he often fishes all around the Southern California bight. Rob had entered Magellan in the Tuna Club's annual Tuna Derby along with two close friends, Don Butts and Jeff Tom. After a long trip around the outer Tanner and Cortez banks, Rob and crew finally found the big tuna they were hunting underneath San Clemente Island. While Rob is usually driving the boat for his friends to catch fish, this time Don and

Jeff said "it's your turn." Using a fishing kite/balloon rig, a dead flying fish bait was positioned in the middle of a school of breaking bluefin with a bite coming almost immediately. After a nearly 2 1/2 hour battle, great boat driving by Don allowed Rob to position the tuna for Jeff to make a heroic gaff shot. After a weigh-in at the historic green pier in Avalon, a stunned Rob and crew realized that the catch was not only a new club record for the HRRC and Tuna Club, but it was also a new IGFA world record as well. Congrats Rob, Don and Jeff on a spectacular catch.

Are you interested in joining the Harbour Rod & Reel Club? Contact us through our website at: www.hrrconline.com/membership-request-form.

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August 2021 issue is July 5th

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Sea Isle Garden Club

by Carón Mount



Our first Matijilla Poppy bloom with many buds ready to follow suit.

All of us had received our vaccines, so members of Sea Isle Garden Club thoroughly enjoyed our luncheon on April 14, at the home of Carón Mount, on her waterfront patio. It was our regular meeting day, the second Wednesday of the month, and coincidentally, it turned out to be National Garden Day. Not only that, but the expected drizzle was replaced with lovely sunshine with a slight breeze. Lolly McHardy and Marsha Hendler brought fragrant roses for the tables. There was so much excitement in just getting together. We didn't have a meeting, just enjoyed catching up as well as the chicken Alfredo, salad, and Carón's homemade sourdough bread. Dessert was a strawberry margarita flan cake, reminiscent of our 2009 Fiesta Fund Raiser, where we had over 120 Harbourites enjoying the kickoff of raising matching funds with the City of Huntington Beach for the Edinger Parkway. So many residents helped make the Parkway possible.

May 1st our first Matijilla Poppy bloomed, with many buds ready to join it. You can see the poppies still at the Bimini intersection, and at Bonaire. The poppies are west of the succulents, near the bougainvillea, which they seem to really like. The white "Do not cut the Poppies" flags, which were placed before the city landscaping crew came through, saved these and the ones at Bonaire. No flags were put at our big stand, at the beginning of bike/walking path before the crew came through, thinking that group was so well established. We thought those California natives could withstand about anything. They are surviving, but they may not have blooms this year, except for the ones



L to R, top: Lolly McHardy, Cathy Kelly, Dorothy Ralphs, Linda Sackin, Lu Mendenhall – Middle: Carón Mount, Marsha Hendler, Cindy Broz Allen – Lower: Anne Blayden, Maria Lockie, and Jean Worden.

along the walkway side. There are some blooms there, though not easily visible from the street.

Our pride of Madeira, the beautiful purple stocks, have not recovered from the December pruning, but they will recover. The red hot pokers, and dainty pink and white guara are giving us much to enjoy.

So, unless you are the driver, take a look to see what is showing its color in June.

Once September arrives, our Sea Isle Garden Club should return with our regular schedule of the second Wednesday the month, continuing on our work of stewardship for the Edinger Parkway.

If you wish to join us, please give a call to any of our members, and for your convenience, here is the number for Carón Mount, (714) 377-8522.

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Huntington Harbour Philharmonic Committee

by Lara Anderson



Some HHPC members participating in the Ducky Regatta, L-R, top to bottom: Roberta Swain, Pamela Barthold, Karen Ridout, Maggie Van Eck, Barbara Sentell, Joanne Fernbach, Kelly Haynes

We are back in person and going full speed ahead with not only our postponed events making a long-anticipated comeback, but some exciting new events that are coming in hot! Make sure you're following us on Facebook at CruiseofLightsHHPC or on Instagram at CruiseofLights to keep up with all the latest news and happenings!

If you're reading this in time to join us, sign up right now at www.cruiseoflights.org for our Virtual Literary Afternoon with the always engaging and entertaining local author, historian, and raconteur Chris Epting on June 7. We have some amazing silent auction items and opportunity prizes!

For all of you who enjoyed the Philharmonic House of Design and the Holiday House of Design over the years, a new event is debuting June 11, 12, and 13 that you won't want to miss in partnership with Jonathons Coastal Living, a beautiful furnishings and accessories showroom in Fountain Valley. STYLIN & DESIGNIN will feature over 15 top designers from Southern California who will take you on a behind the scenes look at how to style your home like a high-end designer! They will create vignettes of stunning bedrooms and table decor and present master classes on design. Text DESIGN2021 to 41444 for the class schedule and to register. General admission is free, and your shopping is guilt-free because a portion of the proceeds benefit the Philharmonic Society of Orange County! Plus, we'll have some of your favorite vendors waiting to welcome you in an outdoor boutique.

Thanks to everyone who adopted a duck for the inaugural Ducky Regatta and bought tamales for Cinco de Mayo. Over 540 tamales were sold raising over \$1000. Our Seal Beach group had a

successful Virtual Wine Tasting in March with Babcock Winery and raised over \$8000 to keep youth music education programs going! Look for the flyer in this magazine about our upcoming Golf Classic, registration opens in July.

As we move forward into our new fiscal year, we elected new Officers and a Chairperson. Trinidad Island resident Roberta Swain will lead HHPC for the 2021/22 season. Like many of our members, Roberta is a former teacher who saw firsthand the impact of the music programs we help fund had on her students. Roberta shares, "I initially became aware of PSOC when I attended a 5th grade concert while teaching 5th grade about twenty years ago. I made the decision to become a volunteer for those same concerts when I retired from teaching. Before accepting the position of Chair of the HHPC, I served as President of the Marina Windjammers group and held various positions on the HHPC board."

"As incoming Chair, I will encourage people to volunteer to help out in the activities of the HHPC including the boat parade, the Cruise of Lights®, Holiday Boutique and other activities throughout the year. All of these activities involve raising funds which are used to provide youth music education programs through the Philharmonic Society of Orange County, and grants to local schools, public and private, to support their music enrichment programs."

Want to get in on the fun? Join one of the six Huntington Harbour Philharmonic Committee groups and receive our monthly e-newsletter, invitations to events, discounts on concert tickets, and much more. Ask your nearest HHPC member on how to join, or call our office in the Huntington Harbour Mall at (714) 840-7542.

2021-2022 HHPC Officers

Chairman

Roberta Swain (MW)
1st VC Chairman-Elect
Marlene Nielsen (I)

Exec. VC Parliamentarian

Barbara Sentell & Maggie
Van Eck (MW)

2nd VC Ways & Means

Lolly Mc Hardy (S) & Kim Weddon (I)

3rd VC Cruise of Lights®

Lolly McHardy (S), Marlene
Nielsen (I) & Kim Weddon (I)

Assistant Cruise of Lights®

Patty Reilly (T)

4th VC Membership/Annual Fund

Ellen Martin (T) Annual Fund

5th VC Public Relations

Lara Anderson (MW)

Administrator/PR

Charmaine Rood (A)

6th VC Boat Parade

Jeff Silver (I)

Assistant Boat Parade

Madeline Fields (T&I)
Recording Secretary
Carol Ventura (A)

Corresponding Secretary

Roni Fell (T)

Treasurer

Sharon Larson (I)

Assistant Treasurer

Madeline Fields (T&I)

Grand Marshal Event

Jeanie Gibson (I)

Music Education, Music Mobile

Lisa Weller (MW)

Music Education, Ushering

Karen Tribble (SB)

Special Projects, Boutique

Kelly Haynes (MW) &
Karen Ridout (MW)

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Louise Dubos (SB) & Susan Lipman (S)

Committee Liasion

Pam Barthold (MW)

Hospitality

Linda Axel (T)

MW-Marina Windjammers, T-Trinidad
Island, SP-Sandpipers, A-Admiralty,
I-Islanders, SB-Seal Beach

HHPC: Islanders

by Cristi Ulrich



A beautiful view, overlooking Coral Cay beach during our in-person meeting.



Discussing upcoming programs at the beautiful home of Elizabeth Henry.

The Islanders celebrated their first in person meeting at the Beautiful home of Elizabeth Henry. It was perfectly joyous to reunite with this wonderful group. We met outside overlooking the Coral Cay beach and waterfront and there was a smile on everyone's face!!

All upcoming programs and recent past events sponsored by the Philharmonic were discussed. The Islanders were particularly excited that the Juniors: Sail Away 2, our virtual fundraiser allowed us to raise nearly \$6000. Thank you to

everyone who participated in the event. We are so grateful for your support.

We were all excited to contribute to the "Rubber Ducky Regatta" and "Stylin N Designin" event to be held June 11-13, at Jonathons Coastal Living. This one sounds so fun! A virtual literary afternoon with Chris Epting will be on Monday, June 7 at 3pm. This event benefits the Philharmonic Youth Music Education Programs. There is zero expense for this event, 100% of the profits are kept. What

a fun and profitable way to support music education in our area.

Finally, we cannot wait for the Grand Marshall event on October 23 at Seacliff Country Club. This evening is sure to be exciting.

We are all looking forward to our next meeting at the home of our gorgeous leader, Lauren Claus. Happy summer to everyone and we are all blessed to be together in person and willing and able to support music education for kids and adults alike! XXOO



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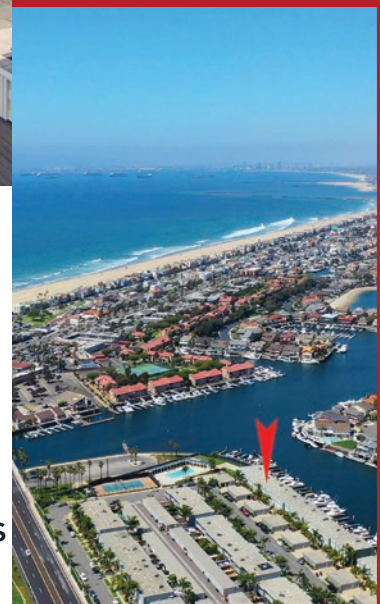
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Huntington Harbour Philharmonic Juniors

by Rachel Helgeson and Elizabeth Henry



Adam Cargasacchi



Elijah Guptill



Evans Henry



Heidi Maxson



Jack Helgeson



Landon Gochman



Sophia Dwyer



Will Younger

It has been said many times, for a variety of reasons, but the Class of 2021 is in a class of its own. This group of teens has spent the last year doing all the work required of high school seniors, with very little of the fun and fanfare associated with being upper classmen and women.

The senior members of the Huntington Harbour Philharmonic Juniors have stood out even more. They have shown up, masked up, and physically distanced to do the work they were asked to do. They have kayaked to clean the harbor; gathered and distributed gratitude baskets to front line health care workers at local hospitals; and even managed to raise money virtually for the HHPC.

Despite it all, or maybe because of it, let's agree that these young men and women are a class like no other.

Adam Cargasacchi loved working the Cruise of Lights during the holidays. Adam is a varsity football player, he played the sport for all four years he was an Oiler. Adam has decided to attend Chapman University and study Business.

Sophia Dwyer enjoyed being part of the fashion show; she enjoyed the new experiences it allowed everyone in the organization. She has been a member of her high school's ASB and soccer team. Extracurricular activities include painting, barrel racing (on her horse Enzo), and modelling. She plans to attend the University of Washington in the Fall, where she will study philosophy and law.

Jack Helgeson was a keen model in the annual fashion show. He will attend the Richmond American International University in London, where he will study Economics and finance. An avid investor, he wakes early during the week to follow the markets.

Evans Henry plans on working in the Fall and attending Goldenwest College part time. He is interested in history, the military, gaming, and engineering. His favorite philharmonic activities include working the Cruise of Lights. He was a lieutenant for the 2020 Huntington Harbour Boat Parade, which was a highlight.

Landon Gochman was inspired his Freshman year working the soup kitchen. It is important to Landon that people not go hungry. Next year, he hopes to be studying aerospace and political science at UCI or CSULB. Landon is interested in learning more about crisis situations and ways that socioeconomic issues effect society.

Elijah Guptill lists the fashion show as his favorite activity. This Fall, he will attend Cal Poly San Luis Obispo where he will study mathematics and other STEM related disciplines. In the future, he sees himself working in the field of mathematics and fractals; attempting to solve the biggest questions posed by the problems of the millennium.

Heidi Maxson is an enthusiastic rower. Her love of water sports also explains why her favorite HHPJ activity was the annual

harbor clean up; or as she writes "we were in kayaks and not just walking around." Next year she will attend Bucknell University in Pennsylvania. Heidi's long term life goals include working in the medical field.

Avery Schaffner HHPJ highlights include the fashion show; and harbor clean up because the harbor is so special to her. A varsity swimmer, Avery has been team captain for two years. She is also involved in Doctors of Tomorrow and has been a part of the state lifeguard community. In the Fall, Avery will be attending Texas Christian University majoring in pre-med. In ten years, Avery will be practicing medicine as a plastic surgeon or anesthesiologist.

Will Stauffer has enjoyed working on the Cruise of Lights; he likes helping the public and being a part of the larger organization. He is attending Cal Poly San Luis Obispo, where he will study mechanical engineering. In ten years, he will be working as a mechanical engineer and perhaps be completing his MBA.

Will Younger most enjoyed working the Cruise of Lights with his friends and seeing all the people in a holiday mood. In addition, in addition to the Juniors he has also volunteered with the Special Olympics. He plans on attending Oregon State where he will study nuclear engineering. Will's hobbies include Astronomy, Dungeons and Dragons, and nuclear energy.

HHPC: Sandpipers

by Lolly Mchardy

Sandpipers were excited to host our "Installation Luncheon" at the home of Co-President Nicole Stewart in Seal Beach on Thursday, May 20th. It was our first meeting since the pandemic.

We were happy to participate in the HHPC Duckathon and looking forward to the Virtual Literary afternoon on June 7th with best selling author Chris Epting.

We are ready and eager to start with our Fundraising efforts to keep music in our schools. And more importantly, we can meet with our fellow members.

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



Sandpipers at a past meeting.

HHPC: Trinidad Group

by Patty Reilly



Members poolside at the luncheon hosted by Trinidad President Elizabeth Larripa.

It's difficult to comprehend that Trinidad members are completing another year as part of the Huntington Harbour Philharmonic Committee and Philharmonic Society of Orange County. This year (hope never to experience again) was quite unusual as we missed being together, we felt lost as we were unable to volunteer to docent at any youth concert or youth program; unable visit any of our local schools with the music mobile, missed out volunteering our time at the Holiday Boutique, Attic Treasurers or Cruise of Lights®, and most importantly to attend or plan any social gatherings. Through all this we did keep our merry and dedicated group informed, involved, inspired and together through monthly Zoom meetings, participating in fundraising activities, enjoying a spectacular Boat Parade and ended our

year with a fabulous alfresco luncheon provided by our President, Elizabeth Larripa, who once again delighted us all with her culinary talents. Eleven of us gathered around Elizabeth's beautiful backyard pool to meet for the first time in over a year. As you can imagine there was a lot of hello fist and elbow bumping, happy faces-we know this as we took our masks off as we ate and drank, we did a lot of eating. We all had a great time and look forward to next year where we plan to resume our normal activities with our significant others, as well as, welcoming in our 2021-22 Trinidad officers. Next year we will welcome back Pam Myers and Ellen Martin as our co-presidents. Their board will consist of: Parliamentarian-Elizabeth Larripa; VP Boat Parade-Deborah Farion; VP Cruise of Lights®-Patty Reilly; Asst. Office Staffing-Sharon Courtway; VP

Membership/Annual Fund- Ellen Martin & Linda Axel; Recording Secretary-Dee Holte; Corresponding Secretary-Linda Cohen; Treasurer-Pam Myers; Hospitality-Linda Axel; Social-Patty Reilly; Public Relations-Tharice Opalewski; Committee Events Liaison-Patty Reilly; Holiday Boutique-Elizabeth Larripa; Juniors Liaison-Linda Axel. This month begins our annual renewing membership, you should have received both the Trinidad and PSOC applications, be sure to complete them and send your two checks to Ellen Martin, you don't want to miss out on the great year ahead!

If you like to learn more about our group, contact Membership Chair, Ellen Martin at ellinhuntington@yahoo.com. She would love to tell you all about us!

HHPC: Marina Windjammers

by Pamela Barthold



The Co-Chairs of Huntington Harbour Philharmonic Committee, Maggie Van Eck and Barbara Sentell.

Friends, Co-workers, neighbors and Presidential Co-Chairs of the HHPC, Maggie Van Eck and Barbara Sentell, have known and worked side by side with each other for over 37 years. They first met as teachers in the same district teaching for over 25 years together. They are dedicated to their craft of education and vowed to continue to support children when they retired in 2009 for Barbara and 2010 for Maggie. When they were teaching Barbara's neighbor would see her bringing her students to the 5th grade concerts at Segerstrom center and always ask her to volunteer one day when she retired. For Barbara this was a natural transition from teaching to retirement to volunteer with the Philharmonic as she switched roles and now ushered those same classes, she once taught to the seats she once sat in with her classes. Music is in her family with her brother being a professional musician and her sister creating the

well-known, children's theater company "Imagination Machine" which goes out to schools in Orange county, Riverside, LA and San Diego bringing music to schools. When Maggie retired the next year, she was thrilled to join her friend and passion to volunteer with the Philharmonic to share her love of philanthropic causes and children.

Through their 12 years together in the Philharmonic Society of Orange County they have been very active with the Marina Windjammers holding various positions. They truly are partners in their philanthropic adventures hence share the positions together which works perfectly for these seasoned travelers. As one is off traveling the world the other can step up and take the lead role. Jointly they have been Marina Windjammer's co-Chairs of the Boat Parade, Co-Chairs of Membership, Co-Chairs of Annual Funds, Co-Presidents of Marina Windjammers,

Co-Parliamentarians, and now Co-Presidents of the Huntington Harbor Committee. They do occasionally take separate roles as Barbara for many years was Chair for the Marina Windjammers and HHPC House of Design and Maggie was Secretary of HHPC.

This year was an especially challenging year to be President of the Huntington Harbor Committee with all of us in lock down. It was uncharted territory for the entire organization. But Barbara and Maggie handled it brilliantly with their flexibility and communication. They worked tirelessly with all the HHPC groups to pivot and keep up with the ever-changing events. They were thrilled to work with the Boat Parade Committee as it was able to modify the event to have a safe and successful event that is beloved by the Harbour community.

Throughout the year they made many changes to keep up with our ever-changing world. They introduced Zoom meetings, problem solved and modified how they did things in the past. Communication was especially important this year, so they worked with Charmaine Rood, HHPC's Public Relations Administrator, who tirelessly created a monthly newsletter of all the pertinent information of the Philharmonic Committee, HHPC, and local group events. This enabled members to be up to date and current

Barbara and Maggie credit the enthusiastic and talented women of the Huntington Harbour Philharmonic Committee for making it a truly amazing, fun year. Maggie and Barbara both agree, "It was a pleasure and honor to work with them to support the Philharmonic Committee's mission to bring high quality music programs to our children".

Now that their term is coming to a close, they are looking forward to being docents for the children at the various Philharmonic events especially at Segerstrom Center concerts, and to get back in the Music Mobile van as well as to see the implementation of the virtual Music Mobile as it is introduced to the school campuses in Orange County. But most of all, they look forward to reacquainting with their friends of the Philharmonic with in person monthly meetings, lunches, boutiques, fundraisers, and events.



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SeaGate Yacht Club

by Jr. Staff Commodore Erlene Pace



SGYC Flag Officers and Members aboard the FIN-TASTIC.

SeaGate Yacht Club celebrated their long awaited 44th and 45th Opening Day on April 24th. Thanks to the Event Hosts, Jr. Staff Commodore Erlene Pace and Michael Pace, who coordinated the event from Lake Havasu City, Arizona. The Boat Parade was organized by SGYC's 2020 and 2021 Commodore Francis Okino. Special thanks to our parade escort the OC Sheriff's Harbor Patrol boat. Power, sail, and electric boats were welcomed. Our participating boats, all decked out with flags and burgees were: FIN-TASTIC-Robin and Jean Clark;

YORKSHIRE ROSE-Ray and Jan Nagele; ROMIDA-Mark and Lina Monroe; SEA CLOUD-Kevin and Candace Cloud; AT LAST-Dean and Nancy Knupp; LUCKY CHANGE II-Richard and Judie Kappes; RO III-Floyd and Mira D'Angelo; ENCORE II-Elliot and Debra Wainer; LOVE DANCER-Josef Davydovits and Felicia Emad; FULL DECK-Ron and Lisa Ratkelis; OHM RUN-Vaughn and Pat Jenkes; DUFFY'S TAVERN-Roger and Lynne Wilhelm, JACK & DIANE-Jack and Diane Wiegand; GREAT LIFE-Sam Juergens and Tom Linden. Members

and guests were greeted at the Bonaire Clubhouse after the Boat Parade by Joanne McCormick and Margaret Humphreys. Refreshments to get the party started were provided by Port Captain Craig Whitacre and Kristi Whitacre.

The opening day ceremony was held outside by the yardarm with 100 attendees. Jr. Staff Commodore Erlene Pace introduced the Staff Commodores and partners in attendance. The Naval Sea Cadets of Seal Beach Presented and Secured the Colors. Honorary Commodore Bob McCormick led us in the Pledge of Allegiance, then Susan Westover-Giali and Staff Commodore (SC) Dale Giali sang the National Anthem. Cathy Kelly gave a heartfelt Invocation. SC John Humphreys rang the Eight Bells for those members who had passed in the last two years. Members of the Armed Forces, including the Space Force, were also honored. Erlene Pace introduced SGYC's 2020 and 2021 Commodore Francis Okino, who hoisted the Commodore's flag. Francis then took over as Master of Ceremonies and introduced the Flag Officers: Jr. Staff Commodore Erlene Pace, Treasurer Jackie Sands and Secretary Staff Commodore Cindy Broz Allen. SC Ray Nagele assisted in hoisting each flag, which was hoisted smoothly without a snag, and ended with loud cannon fire by Michael Pace. Francis also introduced our 2021 appointed Board: Communications Pam Jackson; Port Captain Craig Whitacre; Fleet Surgeon SC Dr. Mark Monroe; Judge Advocate SC Dale Giali and Sue Westover-Giali; Membership SC John and Margaret Humphreys; Ship's Store Laura Roskelly and Ginger Hegler; Roster SC Cindy Broz Allen and Bob McCormick and Webmaster Austin Dix. Commodore Francis Okino then presented Burgees to the new members, Richard Boatwright and Tanya Scheer, Lyle and Linda Theile, William Greene and Patricia Kirk, and Jack and Diane Wiegand. IOBG Treasurer District 10 and Staff Commodore Josef Davydovits performed the Induction of Jr. Staff Commodore Erlene Pace and Commodore Francis Okino to the International Order of the Blue Gavel. SC John Humphreys declared the ice had melted, the harbor was free of debris and ready for boating of all manner then hoisted the Club Burgee. Photography was provided by Aurelia Okino and Catering by "The Twins Taqueria" of Victorville. Many thanks to the members who helped decorate and cleanup the Clubhouse.








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La Familia

by Karen Branoff

It sure is good to see everyone's shining faces again! Our La Casa President, Tim Branoff, reports that the Orangewood board met in person last month.

Tim let us know that the La Casa/La Familia group helped Orangewood Children's home recently by buying them 2 TVs, 4 toy chests and a game table. We also supported them by sponsoring Easter Brunch, Bicycle Day, a Hiking field trip, movies, and a cultural cooking class. The staff at Orangewood has requested diaper bags.

The staff requested our support with building an art room. A local salon owner, Kelsey Clay, has offered her time free of charge to help the girls at orangewood. She is expanding her business and plans to dedicate her Sundays to philanthropic efforts, specifically helping disadvantaged children and women. You can check out her salon's website: akahairsalon.com At our last report there were 37 children housed at Orangewood. They reported that they have had no positive COVID tests in weeks.

Our La Familia group has scheduled our first in-person board meeting in quite a while for June 7 at 11:00. We are meeting at The Rack House in the Huntington Harbour Mall. Everyone is welcome to come.

We are planning a late summer gathering for all to attend. Traditionally this has been a chance to meet and talk to the staff at Orangewood. Location to be determined.

Plans for the 2021 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



is planned for November 21, 2021. SAVE THE DATE!

Our gatherings are always lively and lots of fun. We charge a small amount for each event and the money goes to support Orangewood Children's Home. Also, 100% of our dues goes directly to support this amazing philanthropy.

The children at Orangewood continue to need our services. Thank you all for continuing to support La Familia.

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Cathy Thomas Cooks

by Cathy Thomas, Food Columnist - orangecoast.com



Oh boy, the tomatoes are just about to kick in. Space is limited in my yard, so when I plant my yearly tomato crop, I think about flavor, color and yield. I used to plant a rainbow of both large heirlooms and cherry tomatoes, but as I've

aged, tomato greed has taken hold. I love the mountains of goodness that cherry tomatoes produce, hundreds of delicious, petite orbs.

I plant yellow Sun Golds and fire-engine red Sweet 100's; this year, indigo

Dancing with Smurfs join the lineup. Sweet and herbaceous, each variety is accented with its own subtle flavor profile.

You can use any variety of full-flavored, ripe tomatoes in this Tomato Salad with Mangoes and Blue Cheese. Cherry tomatoes work beautifully, as do wedges of larger tomatoes – or a combination of both. This salad shows off their irresistible side by combining them with sweet-tart mangoes and torn fresh basil. Blue cheese adds a just-right salty element that balances the dish to perfection.

Tomato Salad With Mangoes And Blue Cheese (Yield: 8 generous servings)

Dressing: 1/2 cup extra-virgin olive oil, 1/2 cup crumbled blue cheese, 3 tablespoons balsamic vinegar, 1 teaspoon cider vinegar, 1 teaspoon salt, 1 large shallot, minced

Salad: 2 to 3 cups mixed baby greens, 4 heirloom tomatoes, sliced or cut into large wedges or 3 to 4 cups of small cherry tomatoes (halved), 3 mangos peeled and diced, 10 large, fresh basil leaves, torn into pieces, plus 1 sprig basil for garnish

Optional garnish: 1/2 cup mixed microgreens (tiny, immature greens)

1. In a 4-cup measuring cup with a handle or in a small bowl, combine oil and blue cheese. Using tines of fork, press some of the cheese against side of container to mash it into the oil. Stir in vinegars, salt and shallot. Set aside.

2. Line platter or individual shallow bowls with baby greens. Top and tomatoes. Add diced mangoes, placing some on top of tomatoes and some along the edges. Top with basil. Stir dressing and spoon over tomatoes and mangoes. Any leftover dressing can be refrigerated and used for another salad, either with assorted greens or sliced fruit (such as apples or tangerines) atop mixed lettuces. Source: "Melissa's Everyday Cooking with Organic Produce" by Cathy Thomas (Wiley, \$29.95)

Cathy Thomas is an award-winning food columnist. She writes for Orange Coast Magazine and Orange County Register. She has lived in Huntington Beach for decades. Read more about her culinary escapades and sign up to receive her monthly e-newsletter at CathyThomasCooks.com, a website for food lovers and cooks.



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Huntington Harbour Garden Club

by Doreen Hill



Young Hummingbirds, their nest on Pam Smart's patio, are nearly ready to fly!

One of our members, Pam Smart, has been lucky enough to watch a pair of hummingbirds build their tiny, intricate nest and raise their babies on her patio. Pictured are the two babies ready to fly the nest. Many of you have hummingbird feeders and enjoy watching these birds. It is important to change the nectar every two or three days in hot weather and at least once a week in milder weather with a simple mixture of white cane sugar (avoid organic or brown sugar, as it may contain molasses which has iron and is toxic to these birds) and water in a 1:4 ratio, as spoiled nectar can be toxic. No red dye necessary either. See homesteadandchill.com for more information.

In addition to the nectar in feeders, hummingbirds consume about half their body weight in bugs and nectar, feeding every 10-15 minutes and visiting 1,000-2,000 flowers throughout the day. They eat a variety of bugs, including beetles, ants, aphids, gnats, mosquitoes, and wasps, so let's encourage the health of hummingbirds and be careful of their tiny nests this time of year.

We have an unusual resource for our Springtime garden planting right here in Huntington Beach, The Seed Library at the Huntington Beach Central Library. Longtime HHGC member, Barbara Simone's daughter and granddaughter are two of the volunteers that manage and maintain this unique service. In May, some of you may have seen the article published by "The Daily Pilot" about The Seed Library. Patrons can check out up to 4 packets a month and are encouraged, but not required, to save and donate seeds as well.

Recently, while searching for environmentally friendly products to use in the garden, I ran across an article on lifehacker.com that talked about ways that vinegar can be used in the garden entitled, "10 Ways You Should Be Using Vinegar in Your Garden". The most intriguing use was soaking seeds by covering seeds in a small bowl with water and adding one to

three tablespoons of vinegar; leaving them to soak 8-12 hours, but no longer than 24 hours. The acidity of the vinegar helps to germinate the seeds, similar to the way ingested seeds pass through an animal's stomach acid. Another use is taking old rags and soaking them in vinegar and placing them around the perimeter of the garden to ward off animals, such as rabbits, deer and raccoons. Even snakes don't like the smell of vinegar. Your acid-loving plants, such as azaleas, hydrangeas and gardenias, will benefit from a mixture of one cup of vinegar to one cup of water. Lastly, you can mix an anti-fungal spray for mildew or mold with three tablespoons of apple cider vinegar to one gallon of water or a spray of pure vinegar on the leaves only of unwanted weeds.

Enjoy the health benefits of gardening and check out some seeds for your vegetable or flower gardens from the H.B. Seed Library. Our club continues to meet virtually via Zoom the third Tuesday of each month through June, resuming in-person hopefully in September. Contact Doreen Hill for information about the HHGC at (714) 878-3011.



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Huntington Harbour Yacht Club

by Lisa Johnston

HHYC Presents "Concert on the Bay" & Open House

Huntington Harbour Yacht Club (HHYC) is slowly returning to normal operations in accordance with all Orange County health guidelines. To celebrate this return with the community we are providing live music for boaters to enjoy as part of our annual open house.

HHYC Presents "Concert on the Bay" & Open House

Sunday, June 13

OPEN HOUSE TOURS
12 noon to 4 p.m.

LIVE MUSIC on the back patio
"Concert on the Bay"
from 2 p.m. to 6 p.m.

HHYC offers a wide range of boating and social activities for individuals and



families in Huntington Harbour and the greater area. If you enjoy boating and social activities, we hope you will consider the HHYC.

On Sunday, June 13 from 2 p.m. to 6 p.m. our neighbors in the Harbour will be invited to listen to the live music as long as they come by water vessel. Docks will be reserved for HHYC members and those taking club tours only.

If interested in our open house tours, please come by boat or car. If you come by boat you will be allowed to use the docks during your tour of the club. If you would like to reserve a time for a tour, please e-mail: vicecommandore@hhyc.org.

If you would like more information about becoming a member please visit our website at hhyc.org. We hope to see you on the water Sunday June 13th.

Huntington Harbour Yacht Club Sea Belles

by Ellie Winterfeld, Parliamentarian/Ships Hailer



Having a great time at Bingo!

News from the Ships Hailer

Sea Belles had another great meeting on April 7th with 28 members in attendance. Our Captain called the meeting to order at 11:00 am and welcomed past Commodores wives, Sea Belle's Captains and recognized those who are having birthdays in the month of April. Linda asked Officers to give their reports. Our next regular Sea Belle's meeting will

be on May 5, starting at 11:00 am. We will have food catered in for the regular price of \$15.00. More information will be provided on your e-vite.

On Sunday, April 25th we had our much anticipated bingo. Approximately 40 guests attended and we had many winners. The jackpot was won by Dedra Finninger. Sea Belle's made a profit of \$512 which will go towards our club.

Thank you to Rita Epperson for calling the bingo numbers and to Judy Cassidy for checking the numbers. Also, a big thanks to everyone that participated.

MARK YOU CALENDARS:

1. The next Sea Belles' meeting will be on May 5th at 11:00. Lunch will be catered at \$15.00 - Evite will have all the particulars. Chris Epting will speak again on "The Hidden History of Huntington Beach".

2. May 16th from 2 pm-5 pm PAINT AND UNWINE. Terry who is the instructor can only have 40 participants so sign up as soon as possible. This is a fun event and is a fundraiser as well. The cost is \$25.00 pp which includes all supplies needed to paint. The cut off date is May 10th to allow the artist to have enough supplies on hand. More information will be available at the May meeting.

3. June 5th, "HHYC Opening Day". More information to follow.

NO BINGO in May.

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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Three Lessons in Investing...Reaffirmed!

Humanity has experienced a great deal over the past eighteen months which has led to a major shift in our world view in nearly every sense. And while so much has changed in the way we think, live, and interact, perhaps much of who we are stayed the same. For me, many of the truisms I heard growing up seem to ring truer than ever: blood is thicker than water; united we stand, divided we fall; take the time to walk a mile in someone else's shoes. Maybe some of these same adages feel reaffirmed for you too, or perhaps this experience has reasserted some age-old lessons of your own.

Either way, there is no denying that this intense, collective experience has touched each of our lives so uniquely yet so universally. And when it comes to our lives as investors, this past year and a half in the market is no different. The stock market has reaffirmed many core lessons we all can relate to, so I've set out to share my Top Three lessons in investing, reaffirmed!

Investing is a tool, trading is a gamble. There have always been and always will be noise about the next hot stock to buy. This past year, we experienced an intense version of this chatter through the meteoric rise and subsequent fall of GameStop and AMC stock. If you bought GME or AMC at their peak of Reddit popularity in late January, you've since incurred over 50% in losses. Over the same period, if you had simply invested in a fund that tracked the S&P 500, you would have gained over 14%. Simply put, focusing on the time horizon of your goals and choosing funds that match your risk tolerance has historically garnered results...with much less drama!

The patient investor always prevails. We have all seen the driver who constantly shifts to the lane that is moving quicker in bumper-to-bumper traffic, only to then find themselves at a standstill; investors that try to

time the peaks and valleys of the market tend to face a similar fate. Market timers have the intensely difficult job of needing to be right twice; they need to know when to get out at the very top, and when to get back in at the very bottom. By the end of March 2020, the S&P 500 was down almost 20% for the year. It then skyrocketed to 56% in gains over the next 12 months; the patient investor absorbed this bounce back with no guesswork required.

Understanding risk tolerance is a recipe for a good night's sleep. It is important to understand your identity as an investor. How do you react when the market hits record highs? How about record lows? The more attuned you are to the gut reaction you may have to dramatic shifts in the market, the better you can align your portfolio to your risk tolerance. Now is an excellent time to think introspectively about how you felt through this past year. Did you have to fight the urge to move all your investments to cash? Or perhaps you piled money into the market as indices took a nosedive. Understanding your inclinations in extreme market environments ensures you are invested in a portfolio that not only aligns with your goals but provides you the "sleep-at-night" factor, too.

Maybe you find yourself nodding along to these lessons, or perhaps you have learned (or, relearned) some of your own this past year and a half!

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.

Flying Dutchman Guild of the Segerstrom Center

by Ellen Goodwin



Bill and Bobbitt enjoying dessert from Gelato Paradiso.



Ellen Goodwin, Kathy Thomas and Judy Ross at the installation meeting.

The Flying Dutchman members held their installation for the newly elected members at the beautiful home of Chris and Marlene Nielsen. It was a lovely evening with everyone seated outside overlooking the water. The new Board consists of Jacki Wirta, Chairman, Gail Sebring, Membership, Jeanie Gibson, Ways and Means, Merle McCormick,

Treasurer, Bobbitt Williams, Recording Secretary, Karyn Sanderson, Hospitality, Ellen Goodwin, Publicity, and Dorothy Ralphs, Parliamentarian. Bristol Farms, catered the delicious dinner and we were served dessert donated by Gelati Paradiso.

It was a real treat to see everyone now that the virus seems to be in remission and

we are in the lower tier for transmission. We are looking forward to an exciting year and attending as many concerts as we can. We are a couples support group for the Center at Segerstrom Center for the Arts in Costa Mesa. We are always looking for interested couples that would like to join us. Please contact Gail Sebring for further information.

Rafts for Rails

by Jesse Potter, Bolsa Chica Conservancy



Ridgway's Rail Observed on one of the nesting rafts at the Bolsa Chica Ecological Reserve. Image captured by an installed monitoring camera.

Kek-kek-kek! If you're lucky you may have heard this unusual call while walking near a salt marsh such as the Bolsa Chica Ecological Reserve. Living in these salt marsh habitats is the federally endangered Ridgway's Rail (*Rallus obsoletus*), a roughly chicken-sized wading bird with feathers of warm brown, dark brown, and white. The Ridgway's Rail primarily

inhabits salt marshes with plenty of cordgrass or other tall vegetation, a rare habitat in southern California. Rails are considered poor fliers, so the presence of tall vegetation is crucial to their success because it allows them to take shelter from potential predators during high tide. Without a place to hide during high tide, the Ridgway's Rail is an easy target

for birds of prey, coyotes, and feral cats. Because of major habitat loss, populations of this species are, unfortunately, dwindling.

To combat the decline of this species, various organizations across California have constructed and installed artificial nesting rafts to provide the Ridgway's Rail a safe place to shelter and nest during high tide. Just this March, the Bolsa Chica Conservancy, in partnership with the California Department of Fish and Wildlife, installed five nesting rafts on the Bolsa Chica Ecological Reserve. Since their installation, Ridgway's Rails have already been observed in three out of five of the nesting platforms! All of this was made possible with the help of rail expert and Natural Resource Director of the Orange County Water District Dick Zembal, Bolsa Chica Ecological Reserve Manager Melissa Loebel, and volunteers from the Huntington Beach Rotary Club. With any luck, the rafts will prove a success and aid in assisting the populations of this endangered species on the Bolsa Chica Ecological Reserve.

Huntington Harbour Junior Etiquette Program

by Doria C. Meral & Kerri Wasylenko

Etiquette in a changing world is HHJEP's new direction. Since the pandemic in March of 2020, HHJEP has been diligent about doing our best to keep our program fresh and relevant in today's world.

HHJEP has some very exciting news. We recently joined the Huntington Beach Chamber of Commerce (HBCOC). We were warmly welcomed and asked to be a featured speaker at their A.M. connect. We of course immediately contacted Mrs. Dawn Mc Cormack, a longtime friend and the owner of Timeless Treasures Boutiques. Dawn is an outstanding business woman and public speaker, who is now officially HHJEP's Public Speaker. Dawn did a phenomenal job presenting to the board and their members. I don't know how she does it; she just finished a pop-up show and two days later created our Power Point presentation and presented at the HBCOC on February 12th at 8:00 am. We are grateful and thankful to have her on our HHJEP Team.

There is more exciting news, we are overjoyed to be partnering with Sue Prescott of Sue Prescott Events. Sue has taught Cotillion in South County for the last eleven years and is a professional event planner.

We had our second pop-up class this year featuring the talents of our HHJEP Team, Sue Prescott Events and Nancy Hoogenboom, President of the International Etiquette Society. We held our "Family Dining Etiquette and Table Manners" class via Zoom on March 27th from 1:00 pm to 2:00 pm. Together we learned how to set a table, table manners, tips on everyday dining experiences, and social dining situations. These skills were meant to help all ages work on social and personal development.

We are grateful to be featuring our new website, designed by Victoria Alberty-deGodeo, our new webmaster from www.HBWebDesign.com. Please visit our new website at www.HHJEP.org and drop us a note.

HHJEP's President and Headmistress Doria C. Meral, is now a member of the International Etiquette Society which is a global organization of etiquette instructors. With Mrs. Meral's new experiences and studies, HHJEP held



At the "Teacher Appreciation Tea" with former Mayor Lyn Semeta (top right).

their first "Teacher Appreciation Tea" on May 1st at Mc Kenna's Tea Cottage in Seal Beach. We were honored to have former Mayor Lyn Semeta and Gina Clayton-Tarvin as our dignitaries, along with HHJEP teachers. HHJEP is now offering the "Art of Afternoon Tea." This class is meant to refine social graces and skills, manners and protocols for all ages; available for semi-private and groups. This is a perfect gift for family, friends,

fundraisers, birthday's, retirement parties, corporate team building, and wedding/baby showers. For further information please contact Doria C. Meral at (949) 200-0549 or visit our website at www.HHJEP.org.

We are currently teaching social skills classes for Ms. Tarvin's 6th grade class this week and we are looking forward to offering our in-person classes in the fall at Harbour View Elementary School.

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Assistance League Huntington Beach

by Diane Dwyer



Front of the Thrift Shop at 8071 Slater Avenue



From 2018, the Thrift Shop Team Toasting a Successful Reopening.

Saluting Our Amazing Thrift Shop Team Successfully Working Their Way Through the Pandemic

This year, as we continue to celebrate 70 years of service, we also celebrate our amazing volunteers. April was National Volunteer Month and although we honor all our volunteers, we want to honor our thrift shop volunteers who have managed to work through so many issues related to the pandemic.

Key to our success and ability to support our community is our thrift shop. The thrift shop is our main source of revenue allowing us to normally give back over \$1million to children and adults in Huntington Beach, Fountain Valley and Westminster.

Since the pandemic hit a year ago, our ability to support our community was immediately impacted. Not only did we have to cancel our spring fundraiser Treasures by the Sea®, but we had to close our thrift shop. Closing the thrift shop meant our key revenue source was shuttered forcing us to pivot into a whole new world of doing business and supporting our community.

So...how did we weave in and out of the many restrictions of COVID-19?

Our amazing Thrift Shop manager Susan Bjork, a Huntington Harbour resident, and members of her team immediately took charge and made sure all aspects were evaluated as to what would be needed to keep Assistance League Thrift Shop a viable player in our resource development world.

Here is what Susan and her team had to consider:

Challenges – The unknowns and sorting out the facts. The pandemic was a new challenge to the CDC, State and local health departments. They were uncertain what to do. The information provided the public was ever changing. Depending on the source, some of the information was more fear based than fact based. Sometimes there were difference of opinions and conflicting information. Finding the most current, fact-based information took time and effort.

Predicting the future and developing a plan. The team's focus was trying to understand what was happening and the most reasonable predictions for the future. That was the guide as a plans were developed and altered to keep our members and customers safe and healthy while working or shopping in the thrift shop. Susan not only needed to find information, but also needed to make sure there was continual honest, respectful, positive communication to our members and our customers. It was important to let members to know they were valued, wanted and needed. It was also important to let members and customers know a priority was their health, safety and well-being. It was important to develop trust so members would come back to work and be willing to try things that were a little different; be flexible.

Keys to Success - What kept Susan and her team going through such a difficult year? Persistence, positive attitude, flexibility, adaptability, and trust in our members. Once again, member volunteers proved that we can overcome adversity and achieve success when we work cooperatively together. Faith and persistent support from family, friends, and the community kept the team moving from one hurdle to another.

On April 7th, our Thrift Shop re-opened happy customers two days a week with the hope of being open more days as the city moves to safer zones.

We so appreciate all of our volunteers as well as our community. We thank our fabulous Assistance League Thrift Shop team - many of whom live in Huntington Harbour. Over sixty-five thrift shop volunteers make up the team and have all played a role in the successful reopening of our Thrift Shop.

This will probably change, but our Thrift Shop is currently open on Wednesdays and Saturdays, 11 am – 3 pm and is located at 8071 Slater Avenue (corner of Beach & Slater). Donation days vary, but are published on Facebook, Instagram and in Thrift Shop customer emails.

Find out more about Assistance League at www.ALHB.org. Like us on Facebook and follow us on Instagram.

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Huntington Beach Council on Aging

by Grace Mayeda, HBCOA Board Member



Huntington Beach Council on Aging “ON COURSE” Golf Tournament

Kick off your summer with a nice day on a beautiful golf course! HBCOA cordially invites you to its’ 29th annual ON COURSE Golf Tournament with Title Sponsor First Bank. Proceeds go toward the HBCOA mission to provide life-enriching services aimed at fostering independence and active aging for local seniors.

Tournament Details

When: Friday, June 25, 2021

Where: Meadowlark Golf Course, 16782 Graham Street, Huntington Beach (at Warner & Graham)

Format: Fun “scramble” style, no handicap is needed

Registration & Putting Contest: 10:30 a.m.

Delicious Boxed Lunch: 11:00 a.m.

Shotgun Start: 12 noon

Dinner Reception: socially distanced gathering following tournament

Cost: \$140/golfer (includes green fees, golf cart, lunch and dinner)

Surprises: Raffle including a chance to win great prizes such as a Callaway golf bag, driver or gift certificates to local businesses.

How to Sign-Up: Go to www.hbcoa.or/golf or call the HBCOA office at (714) 374-1524 for further assistance

What have we accomplished this past year?

Last year, COVID-19 severely impacted many seniors from all walks of life, and the demand for assistance rose significantly. Although the doors of the Senior Center were closed to the public for over one year, there was considerable activity behind them as the staff handled the urgent needs of the growing number of local vulnerable seniors. Care Managers were very busy handling concerns associated with nutrition and necessary supplies (face masks, gloves, and antibacterial products) and made daily touch-base calls to seniors isolating at home. Transportation service requests via “Surf City Seniors On The Go” were prioritized for ongoing medical care appointments such as dialysis and cancer treatments, doctors’ appointments, and grocery shopping needs.

In addition, Meals on Wheels OC continued to provide nutrition for hundreds of seniors weekly in a speedy and safe drive-by process in the Senior Center’s parking lot. In a single month alone (April 2020), Meals On Wheels OC provided approximately 50,000 frozen meals throughout their 26 sites! The HBCOA helped to sponsor much needed recreational activities that were provided during this time. Twice-monthly “Senior Center in a Box” kits were distributed via a special drive-through; this continued through 2021. Over 4,500 of these activity kits have been given out. Two outdoor drive-in concerts allowed

over 300 people to enjoy live music in a safe environment. A drive-through Resource Fair with a variety of vendors offered information on health and wellness while seniors remained safely in their vehicles, and a special holiday event (with refreshments, photo booth and activity kits of small Christmas trees, New Year’s Eve hats, etc.) closed out the year. Finally, beginning in January 2021, over 3,000 seniors who faced barriers getting a COVID-19 vaccination due to technology issues (lack of phone and/or computer), language or lack of transportation, were helped with booking a vaccination appointment!

How can you help?

HBCOA’s many revenue generating activities had been cancelled last year out of necessity with the temporary closure of the Senior Center. This is your opportunity to help us continue this vital work for the local senior community! So please join us at this year’s ON COURSE Golf Tournament. Simply register at www.hbcoa.or/golf or call the HBCOA office at (714) 374-1524 for further assistance. If you are interested in a sponsorship or would like to donate items for the golfer bags or silent auction, please contact Debbie Killey at (714) 330-3069 or email info@hbcoa.org. The Huntington Beach Council on Aging is a non-profit 501(c)3 organization (Tax ID# 51-0179431).

What Spells Relief for Low Back Pain

by Cindy Shaw, PT, OCS

If you've ever suffered from a bout of low back pain, then you know that finding relief is often your main goal. With low back pain sending 2.5 million Americans to hospital emergency rooms every year, that's a lot of people seeking treatment options to relieve the pain. Medications—or combinations of medications—are often the standard of care for low back pain, particularly in the emergency department setting. But according to recent research, including an *Annals of Emergency Medicine* study, certain commonly prescribed combinations of drugs proved no more effective in alleviating pain than non-steroidal anti-inflammatory drugs alone or no medications at all. Besides proving relatively ineffective in managing back pain, some commonly prescribed medications come with a long list of side effects from drowsiness to nausea for many patients. What about surgery? As it turns out, researchers have found that some surgical procedures for back pain are no more effective than sham procedures (used as a scientific control in clinical studies, these faked surgical procedures omit the step thought to be therapeutically necessary). In fact, a study that was published in the journal

"Pain Medicine" revealed comparable long-term outcomes regardless of whether patients were assigned to the procedure or sham procedure cohort. (Thanks to APTA for data.)

Luckily, patients are beginning to see the benefits of pursuing safe alternatives to medications and surgery. A physical therapy regimen for low back pain is designed to reduce soft tissue pain, improve function and build muscle strength. Although studies show that the long-term outcomes of surgery and physical therapy are similar for the low back pain patient population, the short-term risks differ. Surgical procedures for low back pain are invasive and like any surgery, come with the risk of infection, nerve damage and blood clots. However, similar outcomes can be achieved with an active, standardized physical therapy regimen without the high price tag and prospect of complications. PTs design programs for low back pain that involve general conditioning, lower extremity strengthening exercises and postural education.

An approach that starts with skilled assessment to determine why you are having low back pain is critical. Hands



on care to treat soft tissue, posture and other dysfunctions can make a rapid and effective improvement. Combining this with a therapeutic exercise program designed to meet your individual injury, history and goals creates an excellent well-rounded approach. Yes, as a PT I am biased, but in over 40 years of practice specializing in low back pain I know this is an effective, lasting, noninvasive approach.

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Huntington Harbour Republican Women Federated

by Annette Eliot



L to R: Fred Whitaker, Annette Eliot, Nancy Cheskey, and Congressman Mike Garcia at the April meeting.

The Huntington Harbour Republican Women Federated (HHRWF) were honored to have Congressman Mike Garcia, CA-25, and Hon. Fred Whitaker, OCGOP Chairman, speak at their April dinner meeting. We had a fun meeting, held at Old Ranch Country Club, with a three-course dinner, patriotic wreaths on silent

auction, and a jewelry boutique that included blingy GOP pins. With restrictions lifted, the COVID-19 distanced room was full at almost 100 people in attendance to hear these two Republican powerhouses speak about Republican elections.

Congressman Garcia, CA-25, flipped a seat in 2020 not held by a Republican

in 22 years. Both Whitaker and Garcia agreed the Republican message of lower taxes, conservative values, fiscal responsibility, and smaller government is resonating with Californian's. Whitaker referenced the recent success of the recall Newsom campaign as proof that Republicans are not the only group choosing the Republican messaging; Democrats and "No Party Preference" are moving over to the Republican side on the issues and away from the radical left agenda. The California Governor recall election in November will be the next focus with Republican sites on winning back the governorship from Newsom. Both Congressman Garcia and Whitaker, stressed they are starting now to campaign for the 2022 election and building a strong grassroots army ready to win for Republican candidates in California. Want to join them? Go to www.ocgop.org

The subject of our May 26 meeting was about the important issue of human trafficking. The featured speaker was from the U. S. Department of Homeland Security. In addition, a representative from the Orange County Republican Party discussed the party's important new grassroots Precinct Program. For more information or to sign-up for the precinct program go to www.ocgop.org/precinctteam.

If you would like to attend a future meeting please contact Charlotte at (714) 846-4841. You can also find us on Facebook at facebook.com/HuntingtonHarbourRWF.

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Anglers of Huntington Harbour

by Kathy Bayless

2020 will be remembered as the year of the Anglers of Huntington Harbour quarantines, postponed and cancelled events, ZOOM board meetings and ZOOM TGIF's. Now that most members have been vaccinated, the long-awaited activities and events of the organization are now beginning to be planned and scheduled for the balance of 2021.

April TGIF

Friday evening April 30th 45 Huntington Harbour Anglers members and guests attended the first face to face TGIF in over a year at the beautiful Davenport Island waterfront home of Mike and Pam Myers. Normally members bring their favorite appetizer or dessert to be enjoyed by all. To celebrate getting back together socially, this TGIF was catered by Naples Rib Company and Mike Myers also provided multiple slabs of succulent barbecue ribs he had home smoked. Attendees enjoyed the BBQ feast as a sit-down dinner on the Myers expansive waterfront patio overlooking Christiana Bay. To top off the evening delicious Nothing Bundt Cake Bundtins were served for dessert. It was great that 6 Angler past presidents



Anglers of Huntington Harbour April TGIF hosts Mike and Pam Myers.

were in attendance including Bruce Bayless, Carmen Morrow, Jim Walton, Jim Persons, Nick Peoples and Linda Axel. Members in attendance who were celebrating April birthdays were Bruce Bayless, Terri Feterik, Tom Fipp, Sue McGraw and Jim Walton who was presented a special cake to celebrate a milestone birthday.

Upcoming Events

In 2021 the Anglers are celebrating their 57th year in the Harbour. Anglers TGIF's, social events and fishing activities

are being planned and scheduled for the balance of the year. So far on the calendar is the July TGIF at the waterfront home of Linda Sackin July 30th and a Newport Beach Christmas Boat Parade dinner and watching party at the Bahia Corinthian Yacht Club Saturday evening December 18th. 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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Trinidad Ladies Club

by Cindy Shaw



President Debbie Wood and Historian Cindy Shaw.



Board meeting social distance style.

This year has again made social gatherings difficult but friendship in our neighborhood and the connectedness to help each other remains strong in Trinidad Ladies Club. We have managed

a few socially distanced meetings and gatherings in our beautiful Trinidad park. Picnic lunches, shared news, and smiling eyes make the effort so worthwhile. We hope to meet in the park again Tuesday

May 4th about 11am. Stop by and join us. Our hopes are for a new officer installation and welcome back celebration by September. Keep reaching out to those around you and stay safe.

Huntington Harbour Art Association

by Doreen Hill



Designer Judith Hendler (L) and Pat McKenna (R) and her 2nd place Cocoon Cloak.

Huntington Beach Art Center, 538 Main Street, is a unique gallery currently open with limited capacity and worthy of our community support. Their website can be found at www.huntingtonbeachartcenter.org.

The 2021 Judith Hendler Design Competition-Cocoon Cloak Exhibition awards were given May 1st. Three of our members entered the design competition: Marsha Hendler (no relation), Janet Johnson, and Pat McKenna. The competition is inspired by traditional multi-functional garments like the

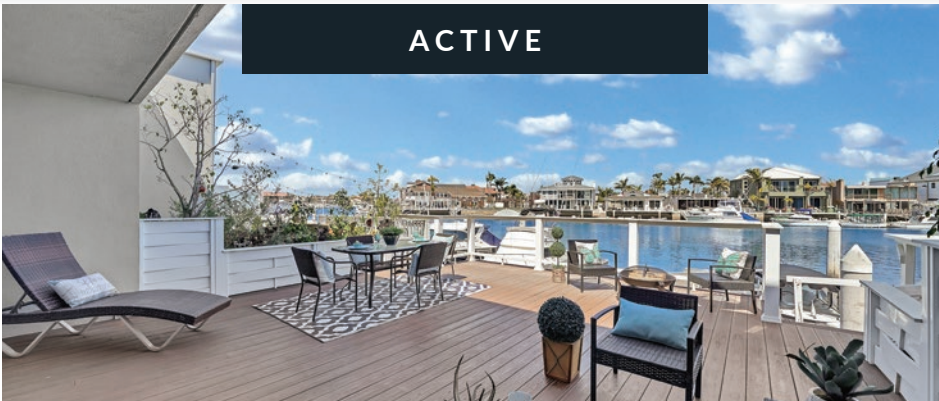
Poncho, Caftan, and Tunic. The design requirements include re-used, recycled, and/or upcycled materials. Judith Hendler is a famous designer, originally a graphic artist, she became known for recycling discarded material into her jewelry designs, www.judithhendler.com Our H.H.A.A. President, Pat McKenna, won 2nd place with her design that used old wool sweaters which were felted and surged together. Janet Johnson was awarded 3rd place with her entry that used antique doilies with red. Marsha's design featured various animal prints. The

exhibition will be from May 4th through June 12 and requires reservations to view, (714) 374-1650.

Currently, the H.B. Art Center is accepting submissions for "Surfing the Pacific Rim," themed contemporary surf art, and design concepts for a future online exhibition, but check out deadlines on their website.

As we navigate how to return safely to some sort of "normalcy", some of our members have recently participated in an outdoor acrylic pour painting workshop thanks to Janet Johnson's tutelage. We are looking forward to some activities in May that include an excursion to San Pedro to see "Crafted at the Port" a free, unique shopping experience of handcrafted goods by several hundred individual artisans. Also, on the way, we look forward to viewing the 25th Street Mosaic www.juliebendermosaics.com.

Our annual "Show and Tell" luncheon was held outdoors on May 25th as a picnic in H.B. Central Park. We shared our various talents and projects from the past year, including U.F.O's (Unfinished objects of art) from last year that should be finished now, especially after this past year of being home. Photos to come in the next issue of Harbour Lights!



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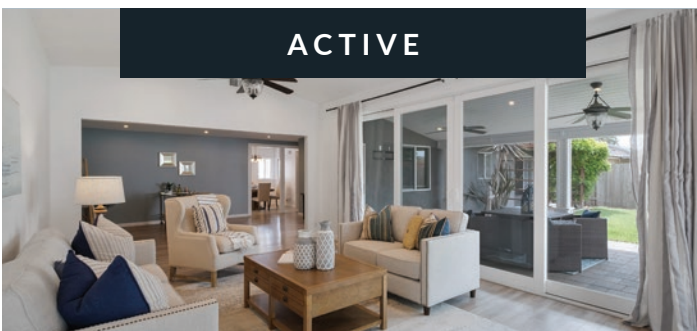


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