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ISLAND LIVING

A PRIVATE SOCIAL PUBLICATION EXCLUSIVELY FOR THE RESIDENTS OF BALBOA ISLAND • SEPTEMBER 2017

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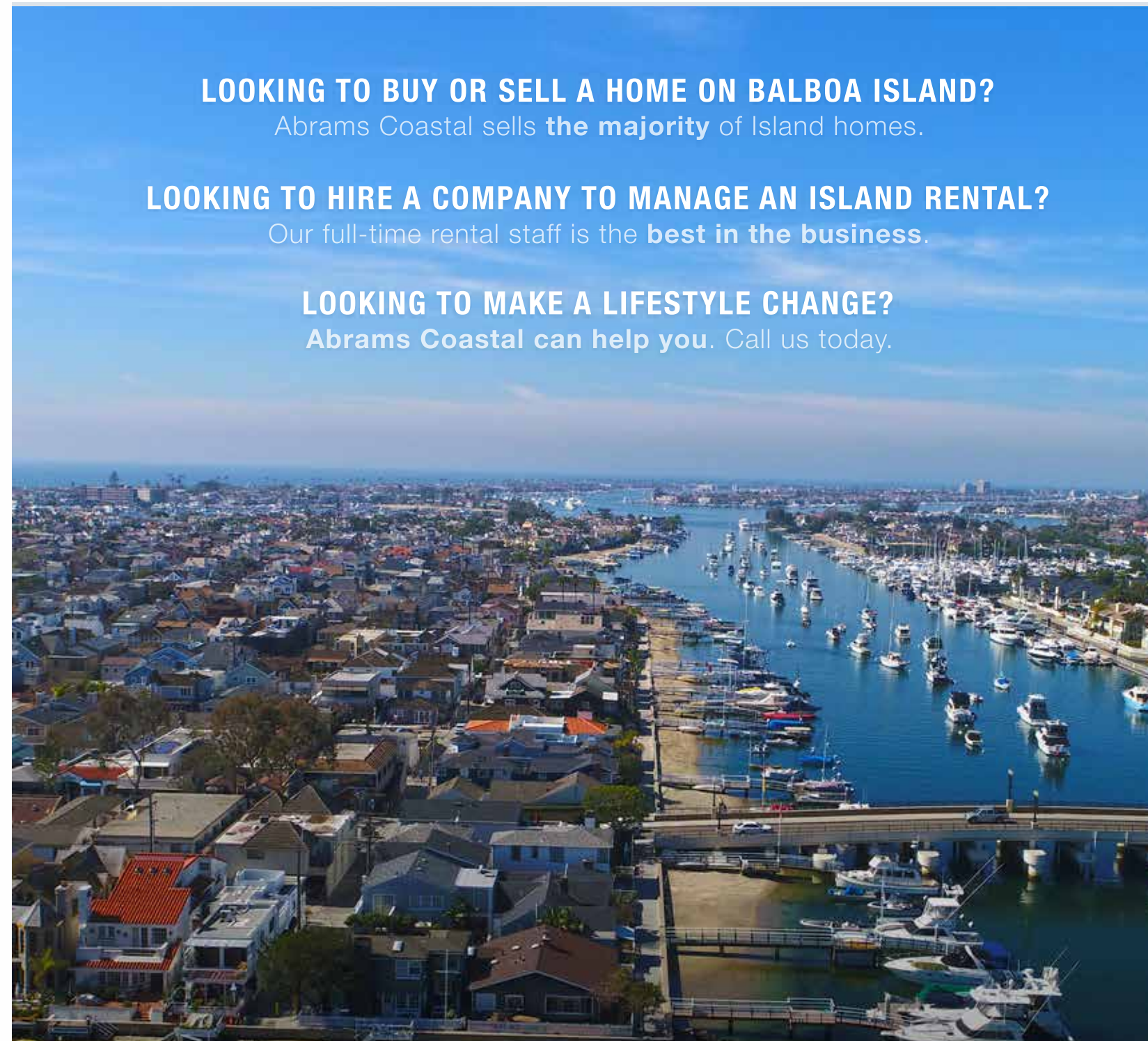
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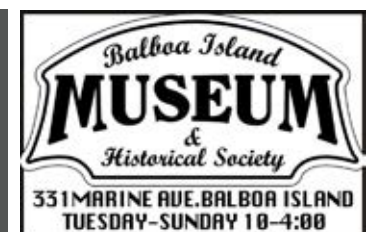
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dear residents,



The lazy days of summer have come to an end. The kids have returned to school and the hustle and bustle of schedules have resumed their usual breakneck pace.

As I reflect on summer that has quickly passed by, I am thankful for the memories that have been made with family and friends. A wonderful summer it was. More humid than we are used to but the blessings always present.

As we look back, we now have only memories to share....

Please help us welcome the *Werner Family* as our special family feature this month and wishing them all the best for their 50th wedding anniversary. In addition, you will enjoy a special article about 100-year-old Pete Bonin and 88-year-old Bill Stewart who were honored at the WWII Museum in New Orleans, celebrations of the re-opening of the "Little Island Bridge," and our annual Sand Castle contest.

This month we are requesting your help in locating any and all **Veterans** who live in our community. We would like to thank those for their extraordinary service with a special tribute. We will be gathering content for our upcoming feature for Veterans Day. Please contact me at George.latos@N2pub.com.

Don't forget to RSVP to our Social event coming up on **September 25th, 2017**. This event will be held at the Resort at Pelican Hill at the Coliseum Pool and Grill. Details and invitation inside.

We sincerely hope you are enjoying *Balboa Island Living* each month. We do our best to find stories about your friends and neighbors that will be of interest to you. We are always looking for stories to share and hope that we bring you unique content each month about the residents of **Balboa Island**. If you have an idea for a story please reach out to us, we would love to hear from you.

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Enjoy the final days of summer!

All the Best
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Do you have a creative side? We are always looking for residents to be involved, follow up on leads, right great stories and send us ideas. Let's celebrate the great things happening in your community! No contribution is too small. If you'd like to be involved feel free to email George.latos@n2pub.com with your pictures, suggestions or requests.

save the date

Balboa Island Neighborhood Social Event

The Resort at Pelican Hill- Coliseum Bar & Grill
Monday, September 25, 2017, from 5:30 - 7:30 p.m.
Complimentary Wine and Hors D'oeuvres
Complimentary Parking
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Adult affair
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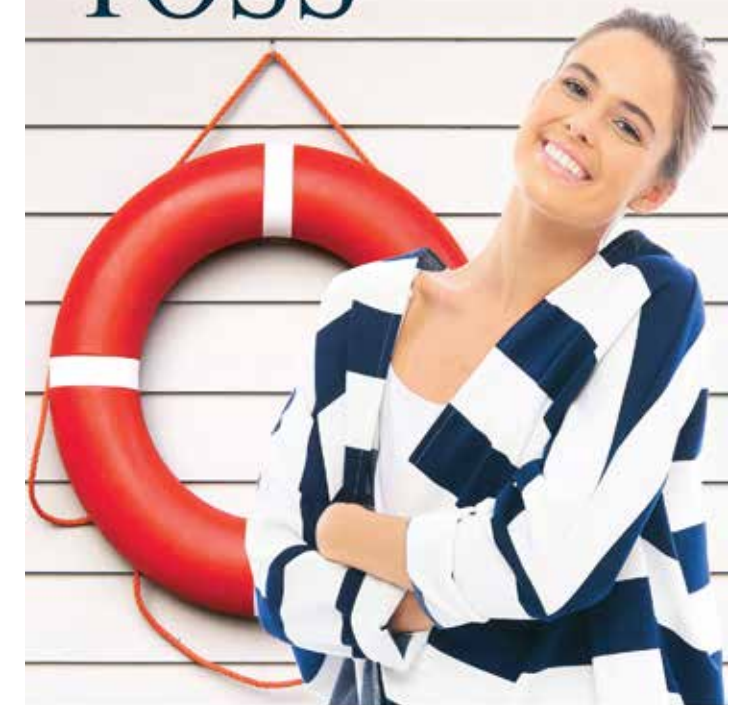


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Mayor Kevin Muldoon



Little Island Bridge OPENS

Photos by George Latos

About 200 people gathered to celebrate the ribbon cutting and reopening of the Park Ave Bridge. The event included some of the Islands more colorful and unusual classic cars as well as our classic 1920 American LaFrance Fire Truck and a motorcycle escort.

The event included a presentation of the colors by a local Boy Scout Troop 339 and a blessing from Monsignor Lawrence Baird.

Former Mayor and City Council Member Diane Dixon, Council Members: Brad Avery, Jeff Herdman, Will O'Neill, Scott Peotter and Mayor Pro Tem Duffy Duffield & Chamber President Steve Rosan-



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Mayor Pro Tem Duffy Duffield and Former Mayor Diane Dixon



Former BIIA President Lee Pearl and Pat Nangle



Councilman and Balboa Island resident Jeff Herdman in the 1920 American LaFrance



Marcy Cook and friends

sky also were present. Former Councilman Ed Selich drove his classic 1948 MG TC in the cavalcade.

Mayor Kevin Muldoon addressed the crowd as did our Assemblyman Matt Harper, Public Works Director Dave Webb and BIIA President Jack Callahan.

The original bridge was built in 1929 for \$25,000 and its replacement took 18 months at a cost of \$7,000,000,

Councilman Jeff Herdman recalled jumping off the bridge as a youth and set the record straight indicating that for his 62-year residency on the little island he has always referred to it as the Little Island Bride. The crowd agreed.



Lee and Sue Pearl in their 1971 Olds 442 Convertible



Terry and Patty Janssen in their 1967 Corvette Stingray



First car over the new bridge Mayor Kevin Muldoon and Tim MacDonald in the 1956 Shelby Cobra



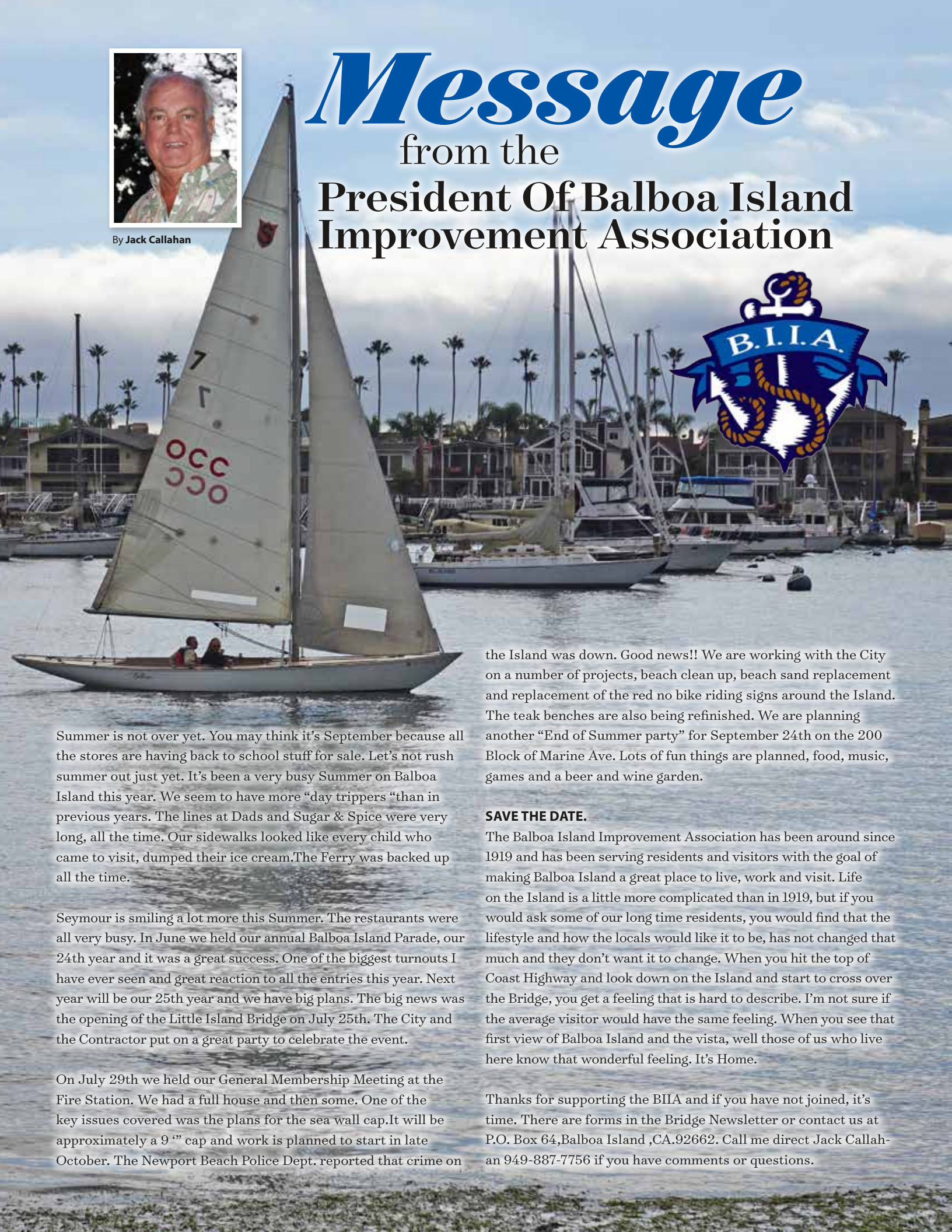
Councilman Jeff Herdman and Sally Herdman



By Jack Callahan

Message

from the
**President Of Balboa Island
Improvement Association**



Summer is not over yet. You may think it's September because all the stores are having back to school stuff for sale. Let's not rush summer out just yet. It's been a very busy Summer on Balboa Island this year. We seem to have more "day trippers" than in previous years. The lines at Dads and Sugar & Spice were very long, all the time. Our sidewalks looked like every child who came to visit, dumped their ice cream. The Ferry was backed up all the time.

Seymour is smiling a lot more this Summer. The restaurants were all very busy. In June we held our annual Balboa Island Parade, our 24th year and it was a great success. One of the biggest turnouts I have ever seen and great reaction to all the entries this year. Next year will be our 25th year and we have big plans. The big news was the opening of the Little Island Bridge on July 25th. The City and the Contractor put on a great party to celebrate the event.

On July 29th we held our General Membership Meeting at the Fire Station. We had a full house and then some. One of the key issues covered was the plans for the sea wall cap. It will be approximately a 9" cap and work is planned to start in late October. The Newport Beach Police Dept. reported that crime on

the Island was down. Good news!! We are working with the City on a number of projects, beach clean up, beach sand replacement and replacement of the red no bike riding signs around the Island. The teak benches are also being refinished. We are planning another "End of Summer party" for September 24th on the 200 Block of Marine Ave. Lots of fun things are planned, food, music, games and a beer and wine garden.

SAVE THE DATE.

The Balboa Island Improvement Association has been around since 1919 and has been serving residents and visitors with the goal of making Balboa Island a great place to live, work and visit. Life on the Island is a little more complicated than in 1919, but if you would ask some of our long time residents, you would find that the lifestyle and how the locals would like it to be, has not changed that much and they don't want it to change. When you hit the top of Coast Highway and look down on the Island and start to cross over the Bridge, you get a feeling that is hard to describe. I'm not sure if the average visitor would have the same feeling. When you see that first view of Balboa Island and the vista, well those of us who live here know that wonderful feeling. It's Home.

Thanks for supporting the BIIA and if you have not joined, it's time. There are forms in the Bridge Newsletter or contact us at P.O. Box 64, Balboa Island, CA.92662. Call me direct Jack Callahan 949-887-7756 if you have comments or questions.

Special Tribute To Our **VETERANS**

Honoring all who served that live in our community. Please contact us for a special tribute in our Balboa Island Living publication.

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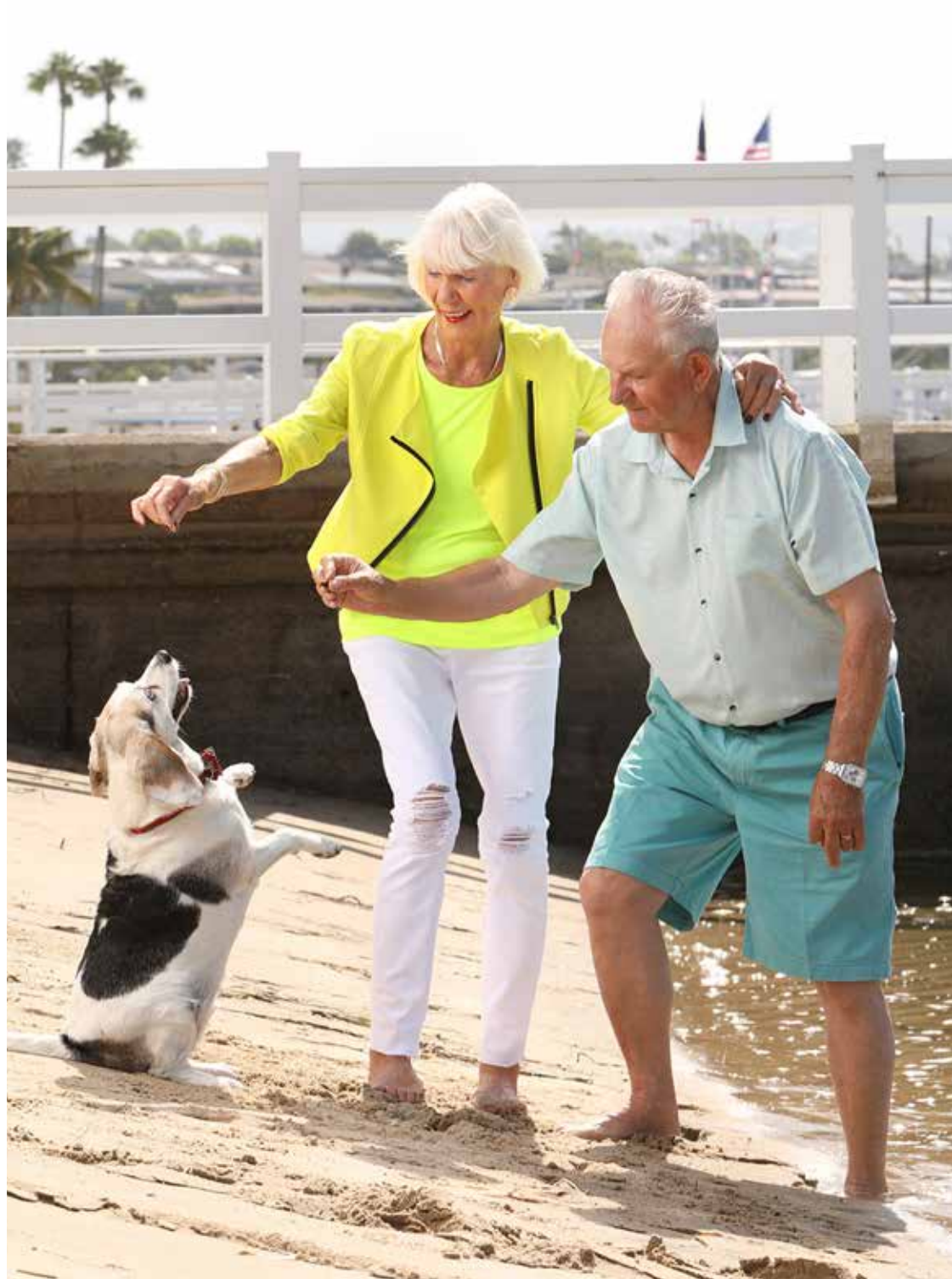
Anke and Hardy were both born and raised near Cologne, Germany. Today they are in awe and still can't believe that they have arrived in this Paradise Village of Balboa Island after 50 years of adventurous voyage over hill and dale. They're also thankful to God to proudly celebrate a big 50th wedding anniversary.

This happy Balboa couple recalled that the war and post-WW-II years were tough on our parents, yet we as kids made the best of it. Even the bombers flying overhead were an interesting spectacle in our village as we played in burned out weapons carriers and in the woods and streams.

We watched as cautious American tanks bypassed defenses and friendly soldiers gave us kids candy and confiscated watches. Later we went from farm to farm to beg for milk and apples, traded rabbits for hand-made skis, worked in the fields to harvest potatoes, wore recycled parachute clothing and shoes. We were poor yet did not realize it. Also, generous care packages from our relatives in the US made quite a difference, even the direct trade for a large hand made pretzel for Hardy's 7th birthday.

1950's Start Your Engines!

Note that Hardy's Family Tree had strong branches in Mid-West farming communities since the 1800's. So it was no wonder that, after achieving journeyman status in the steel industry, he immigrated from Western Germany to Illinois. Of course only after the NSA checked him out thoroughly for about a year. Off to America in 1959 ((paid an extra \$50 to fly by jet plane)



Meet The Wurners!

Hardy & Anke Wurner and Beagle Charlie
119 Grand Canal, Balboa Island



he worked for Caterpillar briefly and was stunned by a massive lay-off. He quickly joined the US Air Force to learn language, customs, culture and SOS. Where do you think they sent him? To Germany of course where Hardy later worked for the Stars & Stripes newspaper in logistics---sounds better than just as a driver. At a relative's house party Hardy suddenly meets Anke, this beautiful blond girl of his dreams. To make it short, they married in 1966 'in a fever'. Pharmacist Anke labored to make ends meet by also jobbing as a media developer. Danke, Germany, for all your Gemuetlichkeit! Where is adventure, opportunity and the sun?

Needles and Pins late 1960's

Ojai, California, 'here we come' in 1968 receiving solid help from several people, including brother John and even our super landlords Floyd and Lydia. Now, according to Anke and Hardy, the

good but tough life really begins working 2-3 jobs at times: Stints as a seamstress in a sweatshop with speeding machine needles often piercing her fingers, selling avocados and roustabouting in the oil patch to name a few job opportunities.

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Our American Dream unfolded: We bought our first house in Ventura, just in time for our happiest moment, the arrival of our Son Andrew! Of course, that meant, even more, work with 'night shifts' here and preparing for bigger roles than oil patch roustabout: Numerous Evening College classes under the GI Bill.

Hot and Heavy 1970 to 2017

We experienced the first of many happy transfers and moved to Glendale in 1971, working in Mechanical Engineering yet kept taking night classes to earn our American Dream. Top Engineer Gene remarked: "Isn't it strange that we work side-by-side while I flew right over you in 1945 as a turret gunner in a B-17 bomber?"

Anyway, Glendale was beautiful yet much too hot for us in the Summer and we moved to Costa Mesa and Huntington Beach in the 70's to cool off. There we started a flower shop, restaurant, catering/wedding service, plus our first antique business. Anke is an antiques expert and states that a real antique has to be over 100 years old--otherwise its a collectible (this is what she calls her husband). Of course Hardy counters with Groucho Marx: "I got married by a Judge--I should have asked for a Jury!"

Disaster struck: Transfer to Bakersfield!!! We escaped to the beaches and mountains to find 'our' California. On one of those super hot Kern River days (radio in the Valley calls those torches strangely 'mild'), I asked Anke: "Where would you REALLY like to live?" Anke answered without hesitation: "My dream is Balboa Island!"

Based on Walt Disney's "If you can dream it---you can do it" we bought this 1933 Balboa Island duplex in 1984 even though our realtor warned us: "Who'd want to live on this muddy old Canal?"

We scraped the bottom of the barrel and desperately rented out our on little home to make the payments. After a few years, we enjoyed a five-year exotic assignment to Cameroon, West Africa. During our next assignment in Houston (super neighbors yet worse weather than Africa's rain forest). Anke operated three large antique import shops and Hardy consulted off and on in Aberdeen, Scotland. Our FINAL return to this Destiny Island luckily happened in 2013. And yes, even the record shattering bridge replacement did not shatter our dreams! Where in the world would you ever hope to meet your Mayor, your Councilman and your Public Works Director in your tiny front yard?



During all these years, our son Andrew was more than able to 'hold the fort' on Balboa and went from CDM High, UCI to graduate from UCSF as a DDS in 1999. We are very proud to finally register the first doctor in the family! Believe it or not, he meets this beautiful Norwegian girl Ine and they get married, have three real super fine children who even speak English and they all live happily in Norway. Ine practices as an MD in a big Hospital and Andy has his own Dental Practice now. Lucky for us, they all LOVE California and especially Newport Harbor's amenities including paddle boarding, kayaking, swimming and walks. So we visit each other every year like a true international Family and greet with a hearty "Skol".

Village People

Now that we have completed our major remodel here (must have taken even longer than the bridge construction) we can visit our favorite restaurants like the lively Village Inn, Wilma's, the Royal Hen. As proud citizens and members we frequent the impressive American Legion Post 291 to enjoy friends, top notch music, activities---just participated in the Old Glory Boat Parade on Skipper Tim's Ketch 'Fairwind'. We also enjoy rewarding family fun times plus karaoke sessions at the Newport Harbor Elks. There is always more to improve nearby: Upgrade our vacation rentals, create time to volunteer, make even more friends also for our Beagle Charlie, so much to learn and enjoy about the amazing 100+ years of history here. Hopefully we'll get to enjoy the superb OASIS Center again soon---are we Seniors already?



Yes, we are thankful that we have arrived on our Paradise Island! This most unique corner of the world where there is so much to do and see all within walking distance, just like in an authentic village:* Friends, neighbors, soon to be friends, also Beagle Charlie who's much better known than we are.

- * Most interesting homes and flowers and boardwalk action plus lots of living history.
- * Hard working volunteers with art events, parades, breakfasts and concerts
- * Outstanding Balboa Museum with most interesting exhibitions, speakers, tours and Local Color news.
- * Colorful St. John Vianney Chapel with special presentations and even our 'very own' Post Office Zip.
- * Historical Ferry to the Fun Zone, 'The Wedge', Landing Restaurant and a must, the Saloon Bar.
- * Last not least, enjoy our fine glossy B.I. Living magazine plus Island/Little Island newsletters.

True, parking can be a hassle, we'll soon miss bridge building news and we have to be considerate to our close neighbors, which all adds to the immense charm of our village life. Balboans can be proud of visitor feedback from Tustin to Texas to Tuscany: "We would give this destination six stars if we could!"

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DIAMOND

home of the month



Stunning custom masterpiece ideally located in a great water view “heart of the Island” location on Balboa Island. This beautiful Cape Cod inspired design seamlessly blends Newport Beach living with the classic architecture and style of Nantucket. The unique and creative floor plan offers all the best of the Island indoor/outdoor lifestyle—beginning with a large elevated front patio that leads into the expansive great room with gorgeous wood floors and fine detail throughout, as well as a private interior courtyard accessed by sliding folding doors. The gourmet kitchen offers a large island, marble countertops, abundant cabinet space, and more. The balance of the second floor includes a luxurious master bedroom with balcony, two guest rooms, two baths, and an office or den. The third floor presents a comfortable loft area, as well as a large roof deck.

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CARNIVAL and Taste Of Balboa Island

Sunday, September 24th
1 - 5 pm

All Island celebration hosted by Balboa Island Improvement Association and Merchants Association
200 block of Marine
(closed from 6 am - 10 pm)

Family fun, carnival rides and game booths, pie eating contest, dunk tank, great food, dj music, wine and beer garden

ADMISSION IS FREE



Jennie Samuels



The OC British Invasion

Summer Concert Series



Photos by **Scott Sibley** - Resident volunteer

The British Invasion describes a time in the 1960's when audiences all across America were singing and dancing to music from across the Atlantic. It began with the arrival of The Beatles in America in February 1964 and continued for several years as British bands dominated the music scene.

The band known as OC British Invaders covers the music from all of the great English groups. From The Animals to The Zombies, it's all there: The Beatles, The Rolling Stones, The Kinks, The Who, The Dave Clark Five, The Hollies, Herman's Hermits, and more.

While dressing in 1960s Black Nehru Suits the five member band plays the exact Vintage instruments which allow them to replicate the music that had America singing and dancing across the country in the 1960s. The band plays the Beatles, Rolling Stones, The Who, The Animals, the Kinks, Hermans Hermits, Dave Clark Five, The Monkees and many more. The music has been painstakingly reproduced in the correct key.

Band Members

- Mark Pytko- Guitar
- Don Dutton- Drums
- Joey Vasco- Bass guitar and vocals
- Brian Beirne- Vocals and Guitars



Steve and Cathy Gilbert



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333 Grand Canal

Chico was rescued and adopted by my wife, Kathy's, mother in 2004 from the Humane Society in Maryland. He is 13 1/2 years old.

He loves sitting out on the front patio on Grand Canal getting some sun; he loves walking around the Island; although he can no longer make the entire walk so he gets a ride in the Dogger for about half the way around the Island; he loves going to the park and car rides.

Chico was diagnosed with an inoperable brain tumor in July of 2015. At that time, he was given 2 months to live. My wife, Kathy, and I met with a veterinarian radiation oncologist and were presented with the option of giving him 3 treatments of radiation, which, if successful, could give him at least a year and a half of good quality life. It was very successful and he has had a very good quality of life: the doctor said he would describe Chico as a success story.

Chico is doing very well right now, but the tumor will grow back so we have to watch for any signs of that. As for the last year and eight months, it has been a blessing.

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BI Resident and WWII Veteran Bill Stewart with Gary Sinise



BI Resident and WWII Veteran Pete Bonin and Gary Sinise



Two Balboa Island resident World War II Veterans, 100-year-old Pete Bonin and 88-year-old Bill Stewart, just returned from the 6th Soaring Valor three-day trip to visit the Nations official World War II Museum in New Orleans with 25 other WWII Vets and their Guardians. The trip was the 6th Soaring Valor program sponsored by The Gary Sinise Foundation, The National WWII Museum, American Airlines (official airline partner, sponsoring the flights), National Sheraton New Orleans Hotel, and Envoy (airline).

The Gary Sinise Foundation and The National WWII Museum partnered to give a group of 27 WWII veterans the opportunity to visit The National WWII Museum that honors their service. The group members arrived at Louis Armstrong New Orleans International Airport on July 26 and were greeted there with a special hero's welcome by actor/humanitarian Gary Sinise.

Actor Gary Sinise, known for playing Lt. Dan in Forrest Gump, a role for which he received an Oscar nomination, said this program is all about preserving history and honoring these veterans.

"There's never been a more devastating war in human history than what happened in World War II. We have these living, breathing libraries of history. We want to spend as much time with them as we can," Sinise said.



Sand Castle Contest

Kids of all ages gathered at Ruby Street to compete in the annual Balboa Island Sand Castle Competition. The Competition is presented by the BIIA and organized and run this year by Stephanie Crosson. Chris Crosson our official Sandcastle Guy was also in attendance to lend support and offer some hands on technical advice and an occasional shovel to the eager participants. Congratulations to the winners and special thanks to the volunteers, who prepared the beach and to the Judges.

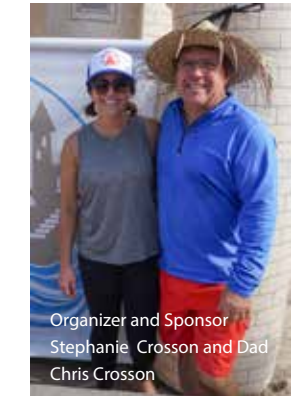
Special thanks to the Crosson family who's generosity of spirit help to create lasting memories in the hearts and minds of the children that visit this precious little bit of sand. Shout out to Dad's for a donation of some great hippo cookies.!



Chris Crosson, Lee Pearl, and Scott Sibley



Our Judges: City Councilman Jeff Herdman, and Annette Giermann



Organizer and Sponsor Stephanie Crosson and Dad Chris Crosson





Our Organizers and sponsors, Stephanie and Chris Crosson



TEST DRIVE

Maserati of Newport Beach would like to invite you to join us for a Special Event and a test drive on December 9th, 2017.

Limited space available, please RSVP Early.

Maserati of Newport Beach will be bringing a variety of cars for you to test drive. All you have to do is sign up.

When: December 9th

Where: Saporis Restaurant 1080 Bayside Dr

Time: 12:00-3:00pm

RSVP to George.Latos@n2pub.com and put Test Drive in the subject line.



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Andrea

at *Pelican Hill*

For this month's Restaurant Review, we traveled down the coast to **Andrea, at The Resort at Pelican Hill**. Andrea Ristorante is not simply somewhere to eat, but a refined local destination for stunning decor, amazing views, and an unforgettable culinary experience.

The dining area of Andrea features a light coastal decor, creating a chic yet understated and relaxed atmosphere. We arrived early and took advantage of the coastal panoramas and the beautiful sunsets from the ocean view terrace.

Our guests this evening were Shirley & Noel Pepys, David & Barbara Beek, and Bob & Tami Hanna.

Upon arrival, we were delighted by the sounds of live music and old standards played and sung by a very talented trumpet musician.



makes for a more memorable experience. The risotto was rich and creamy with just the right amount of firmness. A satisfying touch of the mineral flavor the mushrooms give invokes the earthiness and a smell of the wild forest.

We enjoyed the grilled European Sea Bass with honey glazed endive, roasted potatoes, lemon oil and parsley dressing. The Branzino is often called a European Sea-Bass, It's about the size and shape of a medium trout. Not easily found on most menus. The presentation was very nice. Two well-sized fillets over the roasted potatoes. The skin crisp and well seasoned with a distinctive char. The fish was cooked and seasoned perfectly and came out of the kitchen warm, validating that our meals were timed properly and reached the table at their preferred temperatures. The meat was flaky white and moist. The honey glazed endive was an interesting compliment.

We also enjoyed the braised veal Osso Bucco with creamy polenta, porcini mushrooms, and confit tomatoes. The meat was so tender it literally fell off the bone and was seasoned to perfection. The chicken scaloppini with toasted orzo rapini and lemon caper sauce were tender and savory, one of my favorites. Also enjoyed was the Prime Filet Mignon with roasted carrots, asparagus, potatoes and peppercorn sauce. Delicious, tender and well seasoned.

Dinner was followed by a mélange of house made desserts which included daily made gelato and sorbet. During dessert, Chef Amodt came to the table to greet and welcome our Corona Del Mar neighborhood residents.

As always, the staff did an exemplary job of providing the best experience possible. They were always professional, the food arrived promptly, never rushed and at the right temperature. The wines were all superior choices.

The Art of Pasta Making

Learn how to make traditional Italian egg-based pasta dough in the Andrea Ristorante pasta kitchen. Join our in-house pastaia for one hour of hands-on instruction and a delicious two-course lunch...made by you!

Available Wednesdays through Saturdays at 11 a.m. for \$120 per person. Maximum of 3 people per class. Advance reservations required.

Andrea Menu Espresso

Andrea, locally and nationally celebrated as one of the finest Italian restaurants, invites you to stop by Wednesdays through Sundays for a quick lunch. For just \$28 per person, enjoy our two-course menu espresso (express menu) served in 45 minutes or less.

DISCLAIMER: The business reviewed in this section provided products and/or services free of charge in exchange for this review.



If you are interested in joining our Restaurant Review program in which you can meet new neighbors, make new friends, and enjoy a wonderful meal, email Geroge.latos@n2pub.com

The Montage

Palmetto Bluff

SOUTH CAROLINA



novel. Accommodations include spacious cottages, guest rooms, suites and village homes that all pay homage to the region's rich heritage. Many rooms feature screened in porches and fireplaces if you want to just recharge and relax, but the lush scenery begs you to come explore all the low country has to offer.

Within the resort, there are plenty of activities for both families and couples of all ages. Kayak, paddle board, or take a scenic boat trip and search for native dolphins (and bald eagles!) throughout the Coastal Carolina marshlands. Spend the day at the Palmetto Bluff Shooting club testing out your clay-shooting skills or go fly-fishing on one of the many waterways on the property. Rent bicycles in Wilson Village and enjoy an afternoon biking around the resort. Stop at RTs for some local sundries, visit Moreland clubhouse for their four lane bowling alley and indoor game room, or drop by Wilson Lawn and Racquet club for a pick-up game of croquet or show off your tennis skills. Relax by one of their two pools or enjoy a luxurious treatment

tour and travel

Written by
Rachel Irving and Tiffany Bowne

The Montage Hotels and Resorts are renown in Southern California and the world for exceptional luxury and service. Last Fall they branded their newest resort, The Montage Palmetto Bluff, in South Carolina's beautiful low country. Nestled along the beautiful May River between Hilton Head Island and Savannah, it is truly "Southern comfort at its finest". The resort is an easy 30-minute drive from Savannah airport which can be reached from either John Wayne or LAX airport. Set within an award winning 20,000-acre community, the resort encompasses an extensive nature preserve, walking trails, a vibrant village, marina, restaurants, and a Jack Nicklaus Signature Golf Course. You will feel as if you are transported back to a simpler, slower time right out of a Margaret Mitchell

...

at their Montage signature spa. Don't miss out on the daily afternoon ritual of "porchin" at the River House where you can mingle with hotel guests and staff for sips of sweet tea and lemonade and enjoy freshly baked cookies and conversation.

For dining, you can feast on regionally inspired comfort food at one of the resort's seven restaurants. For breakfast, you can't beat Buffalo's Biscuit Bar which includes both savory and sweet biscuit fixings, freshly prepared southern grits and all your other breakfast favorites. A must have is Cole's in Moreland Village for their spicy fried dill pickles and signature fried chicken dinner complete with greens, truffle stuffed potatoes, fresh biscuits and some of the best macaroni and cheese you have ever tasted. After dinner take a nice leisurely stroll over to the River House for their nightly Montage signature s'mores and live music is sure to entertain. Make sure to stop in for a nightcap at the River House Lounge where their friendly bartenders are mixing up hand crafted cocktails (try the Elvis which features house made banana liquor) or the official Palmetto Bay drink of Artillery Punch.

This is a Southern experience like no other! If you do decide to venture outside the hotel property, you can borrow a house Mercedes and take a short drive to Bluffton, SC for the afternoon or Sunday brunch. The town is filled with gorgeous antebellum homes, historic churches, artisan shops, wonderful restaurants and was recently named #1 for Amazing Non-Beach Getaways. Lining the streets, the gorgeous oak trees draped in moss give Bluffton some of the sweetest Southern charms in the area. Just a little further down the road lies Hilton Head Island offering 12 miles of pristine and sprawling white sand beaches while still maintaining the charm of a quaint eastern beach town. It's a perfect spot for a family getaway of all ages, a romantic trip for two, or to celebrate any occasion. Whatever you choose to do at Montage Palmetto Bluff you are sure to make some incredible memories and leave you yearning to return to the South!



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By: Balboa Island Museum

Photos: Courtesy of the Balboa Island Museum



Humphrey Bogart and Lauren Bacall on Santana

Balboa Island is known for many things – from its famous Frozen Bananas and Balboa Bars, to its charming cottages with beautiful gardens, and the boardwalk that spans the circumference of the entire Island. And something that cannot be overlooked is the fact that the Island has always been recognized as a sailor's paradise.

Nibs White was a long-time resident of Balboa Island and author of *Once Upon an Island: Tales of Early Days on Balboa Island From 1914 to 1941*. In this personal narrative, he said, "Sailing was very popular from the earliest days. The weather could not be better, with a fine trade wind almost every afternoon, and the bay calms and smooth most of the time. The ocean is especially nice, and is used extensively by the larger boats."

From the very start, Newport Harbor has seen its share of small and big boats alike. Perhaps one of



Seymour Beek sailing

the most breathtaking sights was the annual "Flight of the Snowbirds." This sailboat race sponsored by the Newport Harbor Yacht Club began in the 1930s. Balboa Island's own Seymour Beek began racing in the Flight when he was seven-years-old.

Historian Gayle Baker, Ph.D., author of *Newport Beach, A HarborTown History*, said, "Since the Vaquero slowly entered Newport Bay in 1870, the harbor has been the focus of dreams and entrepreneurial schemes for generations of Newport leaders. Although early leaders envisioned a commercial harbor, all would be awed by the lovely bay that emerged from the marshy swampland."



Today the harbor is mostly used for recreational activities and has approximately 9,000 boats, making it one of the largest recreational boat harbors on the West Coast. It used to have its fair share of maritime industries, namely boat building, shipbuilding, and commercial fishing. Some marine businesses do continue today, including harbor tours, sport fishing, whale watching, charter boats, and the Catalina Flyer ferry to Catalina Island.

The history of all things nautical has been and remains woven into the fabric that makes up Newport Harbor and Balboa Island. Visit the Museum to learn more this fascinating story.

Museum Hours: Tuesday through Sunday, 10 am – 4 pm
(949) 675-3952; info@balboaislandmuseum.org



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By **Shawn Mastos** -
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Have you ever eaten baked beans that make the back of your head sweat?! I grew up eating my father's baked beans and that's what would happen. I now rely on my best friends mothers' recipe..... I am a huge fan of them and I don't have to worry about sweating and my hair going flat. These are simple to make and easy to eat!

- 2 lg. Van Kamps pork and beans
- ¾ lb. bacon cooked and chopped
- 3 cloves of garlic, minced
- 1 ½ lg. chopped onions
- ½ box brown sugar
- ¾ cup ketchup
- 3 tablespoons yellow mustard

Fry the bacon until crisp and remove it from the pan. Reserve 6 tablespoon's of the bacon grease. Put the onion in pan with reserved grease and garlic. Cook for 10 to 15 minutes. Slowly add the brown sugar, ketchup and mustard. Bring to a boil, then add the beans. Add in the chopped bacon. Simmer for a few minutes and then put into a baking dish. Bake for 2 ½ hours at 300 degrees until dark and thick. I sometimes stir half way thru just to shake it up. This dish serves 10 to 12.

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ENHANCING IMMUNITY

September is the perfect month to prepare for the coming challenges of fall by strengthening your immune system. The greater your immunity the easier it is to fight off the germs, viruses and bacteria that come with being indoors with others more often during the cooler months.

The human immune system is a complex combination of cells, cell products, tissues and organs that work to protect us from harmful pathogens that cause infection and disease. It does this in a number of ways, such as causing inflammation to release toxins to destroy an intruder or recognizing the lack of self-tissue in a molecule. Whether it be a cut allowing in germs, eating a piece of under cooked chicken or breathing in the sneeze from a fellow theatre goer, a strong immune system will serve you well and keep you healthy.

About 85% of the immune system is located in the GI track, so it makes sense to pay attention to the nutrition you take in and how well you absorb it. Friendly bacteria like those found in fermented foods, keep the intestines healthy and assist in the digestive process. They contain probiotics, live microorganisms, which control the microbial population in the gut. They crowd out the bad bacteria (like E.coli) and make room for the good guys. They also enhance the intestinal lining which protects against the immune response to food the body would interpret as foreign objects.

Vitamins and minerals such as magnesium, zinc and D are also needed for the immune process to function properly. For example, Vitamin D3, the "sunshine vitamin", controls the immune defenses against diseases like the flu. Sufficient levels are needed to activate the killer cells that fight the viruses. Surprisingly, even here in sunny Newport Beach, 50-85% of the population is deficient in this vitamin. It's such an essential nutrient, crucial to


protect against a number of cancers as well as everyday ailments, that I get my levels tested regularly.

Of course, age and disease affect our resistance to infection and toxins too. But, regardless of either, there is much we can do to improve our immunity. Taking supplemental D3 and getting probiotics into our diet are two simple ones. Another interesting immune enhancer is cultivating optimism. Suzanne C Segerstrom, psychology professor and researcher at the University of Kentucky, did a highly regarded 5-year study on the correlation between optimism and immunity. She found that "a single person - with the same personality and genes - has a different immune function when he or she feels more or less optimistic".

So how do you increase your optimism? I find that if I pay attention to my self-talk, that constant voice in my head with a big tendency to criticize, it's easier to stay positive and optimistic. I also look at how I actually talk to and about other people. I try to keep that upbeat and hopeful instead of negative.


I also make a point of moving as often as possible. Now that the tourist season is over, it's easier than ever to walk around this beautiful island of ours. Exercise releases feel good endorphins which make for a happier, more favorable outlook on the future. Gratitude as an attitude works wonders as well. Just remember how fortunate we are to live on Balboa Island and you'll have what it takes to fuel optimism and enhance your immunity.

Ron Grant, Manager nmls #342509
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giving back



Written By **Liz Maxson**
Photos provided by **Oceana**

Oceana



10th Annual Oceana SeaChange Summer Party benefits the world's ocean

On a magical July evening in Laguna Beach, **OCEANA**, celebrated its 10th Annual "SeaChange Summer Party" with a sold out crowd of celebrities and community leaders, overlooking the Pacific Ocean at a private coast villa in Laguna Beach.

Oceana is the world's largest ocean conservation organization, whose mission is to protect majestic sea creatures like whales and promote healthy, vibrant marine ecosystems worldwide.

SeaChange Co-Chairs were Oceana Board Vice Chair Valarie Van Cleave and Elizabeth Wahler, who welcomed an estimated 400 guests to the villa, which was bathed in soft sunset light, sea blues, and colorful flowers.

The 10th Annual SeaChange Summer Party is made possible by the support of various local and international businesses

and philanthropists including Baha Mar, BMW & the Southern California BMW Centers, Coast Magazine, Nolet Spirits & Ketel One, Bloomingdales Fashion Island, and BV Coastal Estate Wines. Partners and underwriters include Britt & Robert Meyer, Jean & Tim Weiss, Tricia & Michael Berns, Elizabeth Wahler, Valaree Wahler, Eve & Mike Ruffatto, the Cahill Family, Elizabeth Segerstrom, Laura & Lou Rohl, Lynda Thomas, Jennifer Durham, Patricia Hansen, James Sandler, South Coast Plaza, Cyd & David Swerdlow, Jeff Blasingame, Keri & Keith Addis, Commerce Printing, and Signature Party Rentals.

Master of Ceremonies for the Event was an award-winning actor and longtime Oceana Board Member **Ted Danson**, who commented that "SeaChange has helped Oceana become a real force for good in California and around the globe by winning victories that make our oceans healthier, more biodiverse and abundant..."

Special Guests included Sam Waterston, Lily Tomlin, Alison Pill, Angela Kinsey, Oscar Nunez, Stephanie Cayo, Briana Evigan, Heidi Nazarudin, Christina Ochoa, and Sally Pressman.

Anne Earhart and Herbert M. Bedolfe, III of the Marisla Foundation were also recognized as 2017 Ocean Champions for their dedication and generous support.

Guests had the opportunity to bid on a number of fabulous trips and experiences including a Customized BMW 530e Hybrid donated by BMW I and the southern California BMW Centers, and an exclusive six-day voyage aboard the Hemisphere – the world largest luxury catamaran-donated by the owner and Burgess, the world's superyacht specialist.

Proceeds from the Dinner and Live & Silent Auctions benefit Oceana's programs. A portion of proceeds is donated to Orange County ocean conservation.

In its tenth year, SeaChange has raised over \$13 million to help restore and protect our Oceans.

Visit www.oceana.org to learn more.



Oceana Board Member Ted Danson



Sam Waterston and Lily Tomlin



Valaree Wahler Maralou Harrington Co Chairs Valarie Van Cleave and Elizabeth Wahler



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HELP US HELP YOU!

No police department can function effectively without the concerned assistance of responsible citizens. We are depending on you to call and tell us whenever you observe suspicious persons or actions. Some people fail to call the police simply because they are not aware of what seemingly innocent activities might be suspicious. Others may notice suspicious activity and are hesitant to call for fear of being seen as a "nosey neighbor". Still others take it for granted that someone else has already called.

Call the Newport Beach Police immediately about all suspicious activity.



safety tip
of the month
Provided by Newport Beach
Police Department



- Don't assume that someone else has already called.
 - Don't worry about "bothering" us that's why we're here.
 - Don't be embarrassed if your suspicions proven founded. Think instead about what could happen if you don't act.
- What is suspicious?**
Basically, anything that seems "out of place" for your area or for the time of day during which it is occurring may indicate criminal activity. Some of the most obvious things to watch for and report include:
- A stranger entering your neighbor's house when they are away maybe a burglar.
 - Someone screaming might indicate a robbery or rape has occurred.
 - Offers of merchandise at ridiculously low prices are often to good to be true and might actually be stolen property.
 - Anyone removing accessories, a license plate, or gasoline from a car should be reported.
 - Anyone peering into parked cars may be looking to steal a car or the valuables inside.
 - Persons entering or leaving a business after hours may not be workers, but burglars.
 - The sound of breaking glass or a loud explosive noise might indicate an accident, burglary or vandalism.
 - Persons loitering around schools, parks, secluded areas, and neighborhoods might be sex offenders waiting for a victim.

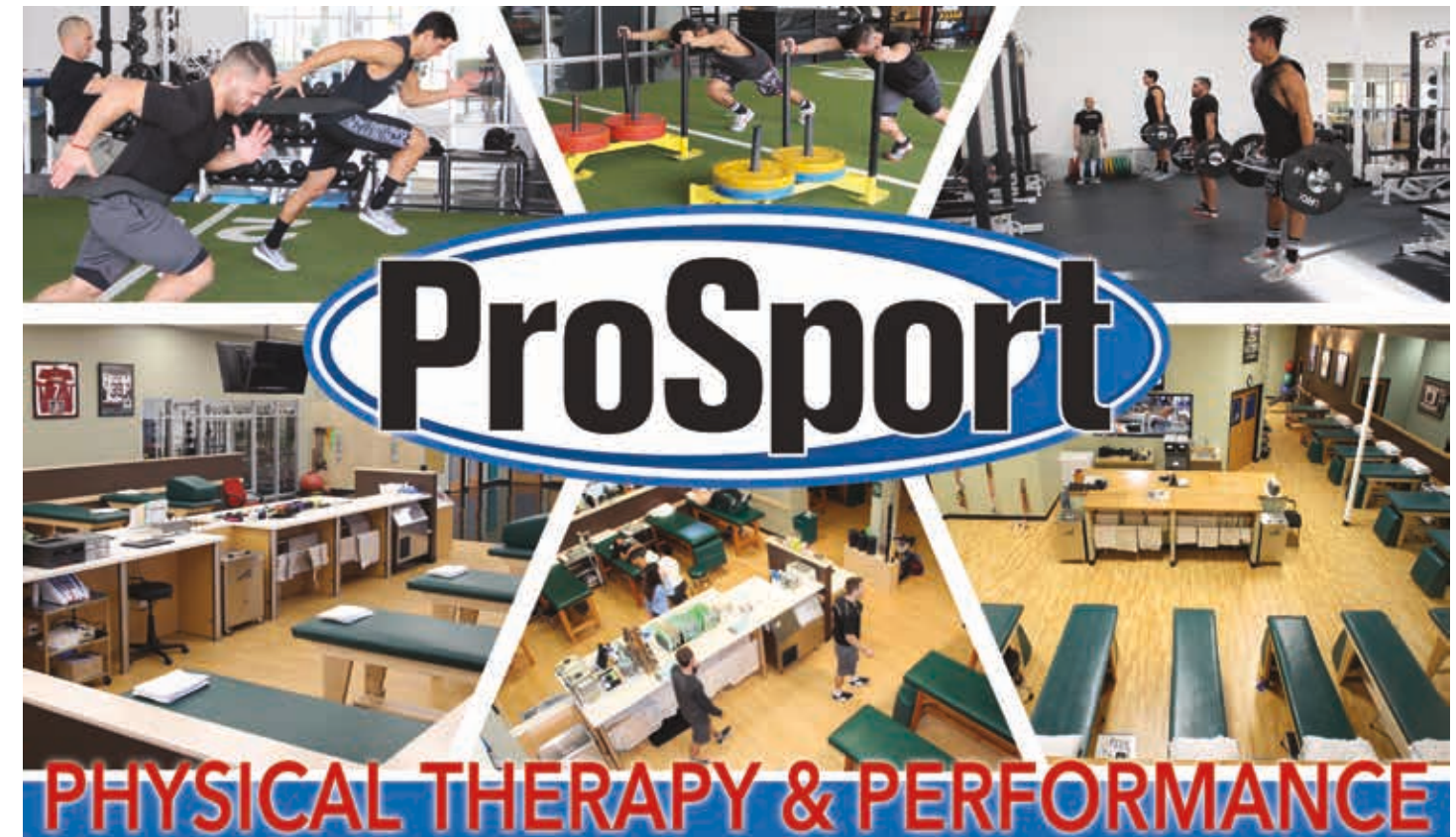


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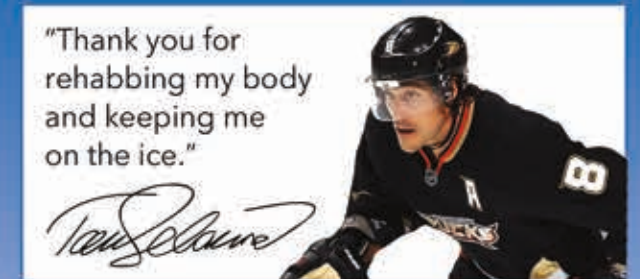
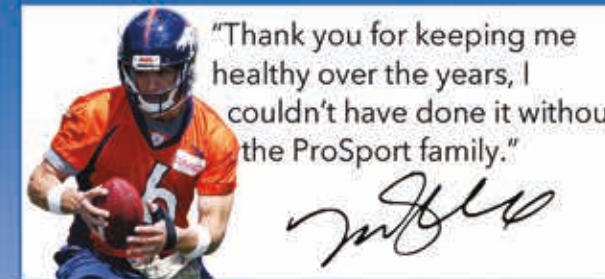
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