

The Coastal Breeze



March-April 2013, Volume 2 Issue 1

BALBOA ISLAND CALENDAR

Sat March 16 Town Hall Meeting—Balboa Island Fire Station—11:00 am
 Sat April 27 BALBOA ISLAND GARAGE SALE—UNORGANIZED!!—See Below
 Sun. May 19 Balboa Island Art Walk—South Bayfront 9 am—5 pm
 Sun. June 2, Balboa Island Parade—11 am—2 pm WATCH FOR BRIDGE CLOSING!
 Sat. June 8 Pancake Breakfast and Parade Awards Breakfast

SHOOTING THE BREEZE . . Carolyn Carr



GARAGE SALE . . . GARAGE SALE

The City of Newport Beach contacted me after our last All Island Garage Sale and for the second time indicated that I would have to get a permit for the Garage Sale. I looked at the permit and realized that it would cost a tremendous amount of money (thousands of dollars)—and would not be cost efficient for Balboa Island residents .

The alternative was suggested that the Garage Sale would no longer be organized by myself or anyone else—no Signups—no Maps—NO organization of any kind. It is a “**happening**”, not an event! More like the “flash mobs” of today.

Meanwhile I was contacted by numerous individuals who want the Garage Sale to continue. An **overwhelming** amount of people were pro rather than anti garage sale. It is the case of the squeaky wheel getting the attention—and there were a few individuals who were not happy with the last Garage Sale—or the Art Walk for that matter. Too Many People, Too Much Traffic.

The Garage Sale will go on for those who are interested. I have had 100s of phone calls from people wanting to come and buy. So Be ready! They even come from out of state and need to know the date so they can buy their airline tickets!!

We have set the date for those who are interested in having a successful garage sale for April 27, 2013. The last Saturday in April. This will avoid the conflict with the Run on the first Sunday in May. The new date should also lower the numbers of people who flock to the Island. Hopefully this compromise will please all the residents and visitors alike!

Here are a few handy tips for those who want to have a Garage Sale on **April 27**:



1. **Post it on Craig's List.** Setting up a Craig's List Account is easy and the results have been **amazing!** Especially if you have unusual items for sale!
2. **Be ready for plenty of people—**
There have been lots and lots of phone calls and emails asking when the Garage Sale is—and I have told everyone April 27th.
3. **Start Early**—Garage Sale Buyers are Early Birds
4. **Garages ONLY**—No sidewalk sales—this is a garage sale! It must be on your own private property!! This can cause serious problems with the City of Newport Beach.

If the “Unorganized” version of the All Island Garage Sale works—It will happen again next year. If not—back to the drawing board and dealing with the City. And a lot more money :(

I do need someone to take my place in picking a date and publicizing it. Perhaps the BIIA can take over the Garage Sale—at one point I was asked if I would be open to that and—silly me—I said “No!”

WEBSITE FOR SALE -

I am thinking of selling the “**Main Website**” for Balboa Island **www.balboa-island.com** Because I am no longer a resident of the Island I don't think I am doing it justice. I do love the Island and will continue with the website until someone comes along who loves Balboa Island as much as I do. Call 949.422.8570

www.balboa-island.com comes up first in many Search Engines (and ALWAYS on the first page). This happens because there are the hundreds of links to the site and the continuous ownership since I bought it from Summer Bress in the early 1990s.

Barbara and Patty Humphreys – A special mother/daughter Balboa Island Real Estate Team.



The Humphreys family has deeper roots in Newport Beach than the ficus tree that was the focal point of the patio at their former restaurant, Mistral (now The Port Restaurant).

The Humphreys' moved to the island in 1965 and Barbara began selling real estate in 1967 with her beloved broker Chester

Salisbury Sr.. Patti reminisces, "I remember Mom meeting the school bus in her golf cart from Salisbury Realty, with my youngest brother John on her lap." That baby, John Q. Humphreys, is now the famous chef and owner of the Ramos House Café. Barbara also helped him purchase that cafe 20 years ago.

Patty, the oldest of Humphreys children, attended CdM Elementary (now the Old School Park on Carnation in CdM) and graduated from CdMHS. She went north to UC Davis and became involved in real estate her senior year with the family's purchase of a historic home in Davis. "With the help of my room-mates, we added a few rooms in the basement and converted the attic into a room to total 8 rooms and 1 bath. I rented out the rooms to my friends to cover the mortgage and my housing expenses. The most challenging part was the use of the one bathroom—we literally hung a schedule on the door!"

Barbara and Patty have worked with parents about this educational experience. They highlight the investment benefits to parents of buying the property and the positive experience for the child/student of entrepreneurship and property management. Patty is planning on purchasing a home whenever her son and daughter decide to go to college to give them a similar experience. Patty's son Sam is in his junior year at CdMHS, varsity rower at the NAC and a part-time employee at Hershey's Market. Her daughter Sarah is headed to college in San Francisco next year.

Sam Humphreys, Patty's brother, is well remembered for many of his childhood antics – squab hunting under the Little Island Bridge, bridge jumping off the Big Island Bridge and of course – the famous ski ramp.



When she isn't selling houses Barbara pursues her passion—genealogy. Spending time at the Sherman Gardens Library Barbara has uncovered treasures for many Balboa Island home owners. One recent discovery related to the Pennino Family, who purchased a historical home at 126 Abalone. These wonderful clients kept Patty and Barbara's sign up after the sale. It was from this sign that they not only found new clients, but they also came in contact with Sue, the granddaughter of the original owner, Paul Palmer. In 1930 Paul (or Pappy as he was fondly nicknamed) was the founder of the Newport Balboa Savings and Loan—providing financing previously unavailable for homes on Balboa Island. "Pappy's daughters were all married under the big eucalyptus tree in that front patio in 1940 before the men went off to War", Sue recalls.

The stories go on and on....fun past memories and present experiences. This is what makes Balboa Island so special and a special place to do business. Please Call Patty @ 949.610.3497 or PaHumphries@earthlink.net or Barbara @949.209.7019

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The most useless day of all is that in which we have not laughed.— Sebastian R. N. Champert

IN MEMORIUM—MAGIC THE CAT

On Christmas Morning my beautiful kitty, Magic left my home for the final time. He has been the subject of many articles over the 14 years of his life. From his early life at Ginny Soth's house, his food allergies, his new walking coat and some of his interesting travels around Balboa Island. His favorite job was being the "Greeter" cat at Island Flooring !



I was lucky to have Magic—his name fit him perfectly! **Barbara Humphreys** (see column to the left) was a long time friend of Ginny Soth and was amazed when she found out I had inherited Magic. He jumped in our window and made himself at home when Ginny became ill and her son, Rick, moved in with his little dog. Rick's dog loved to hide under the bed and 'scare' Magic as he walked by. It was only in the past few years that Magic would go under any bed—normally a favorite hiding place for most cats! I only wish he was hiding there now!

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DEE'S TALK OF THE COAST

With Spring right around the corner I took my travels 'just around the corner' right into the "Corona del Mar Plaza". This upscale shopping collection has been one of Newport's most notable shopping destinations for several years. While Balboa Island offers a more 'Main-street' experience, I many times drove up to this Plaza for specialty services not available in town.

One absolute must for fashion gals of all ages, is a stop into **'Ergonique' CosMed Boutique and Spa and Salon**. This fairly new Salon is a compete state-of-the-art Beauty destination. Their Licensed Nurses offer the newest treatments in Fillers—i.e. Botox & Juvederm, Collegen Smoothers for fine lines—a highly effective brand known as Re/Action—an acclaimed 'miracle smoother' for the body and face, as well as numerous types of beautifying Facials. I spent a good chunk of time interviewing several staff 'technicians' and was very interested in setting my own appointment right away! Impressive results ARE possible Ladies without the invasiveness of 'typical' injectables used (and mis-used) by many. The Procedure Price Menu is surprisingly affordable! **For a FREE Consultation and/or Appointment booking call: 949.721.8304.** Ask for Joy.

Right next door, is the always fabulous **"Marmi" Marmi**, a high fashioned Shoe Salon featuring scads of only THE most exclusive ladies shoe-styles the design world has to offer. I could not take my eyes off one of the gorgeous straw bags in the window—featuring embroidered flowers—just in time for Spring. Their shoe designs are seen 'out and about' everywhere you go!



As your energy lags—as energy will following a brisk day of shopping—drop into the trendy **'Sprinkle's'** Cupcake Shop for a quick sugar pick-me-up. This chain is always SRO when you 'try' to get into the front door—the creamy iced topping for the many mouthwatering varieties is what

makes the product Signature 'Sprinkles'. I prefer the mini versions myself, as then you don't feel quite SO decadent gobbling them down! You may want to order the mini-cakes as well for special occasions by the dozen, and you may do so. It just requires a 24-hr. advance phone orders. **For all Custom Orders and Questions call: 949.760.0008.**

Don't ever consume too many cupcakes as you will want to look svelte when trying on swimsuits down at 'Diane's Swimwear' collection. As locals will recall—"Diane" got her start right here in town with her humble little swimwear shop located on Balboa Island, so many years ago. She carries only top name label brands of Swimwear and Accessories at her now 'uptown', state-of the art Boutique housed inside the Plaza—a few doors from



Peet's Coffee. Start thinking about Summer now and drop in to preview up to the minute swim-wear trends for 2013!!

And lastly 'stylin' guys will want to take their gals to the popular **'Tommy Bahama's Island Grille'** for an 'après shopping' lunch or dinner. This interesting blend of Restaurant w/Retail has continued to draw visitors to our city from all points since anchoring the CDM Plaza years ago. Some of their great 'Island Cocktails' will transport you to a place very far away—and exotic! To name a few try the Calypso Sun rum cocktail or perhaps the inventive Kiwi-Tini? The drink menu is endless! Great dining gathering spot for locals or festive occasions. Store Hours—10 am—9 pm Monday thru Thursday. Open until 10 pm on Friday and Saturday.

USING A COMPUTER BEFORE BED CAN DISRUPT SLEEP



Not that we need any more things to disrupt what little sleep we get as we age—here comes something else! Electronic devices, like computers, iPads, etc. stimulate brain activity disrupting your ability to drift off to sleep. According to the National Sleep Foundation, more than 90 percent of Americans regularly use a computer or electronic device of some kind in the hour before bed.

Increasingly, researchers are finding that artificial light from some devices at night may tinker with brain chemicals that promote sleep. Researchers at Rensselaer Polytechnic Institute showed that exposure to light from computer tablets significantly lowered levels of the hormone melatonin, which regulates our internal clocks and plays a role in the sleep cycle.

In the study, published in the Journal Applied Ergonomics, the researchers had volunteers read, play games and watch movies on an iPad, iPad 2 or PC tablet for various amounts of time while measuring the amount of light their eyes received. They found that two hours of exposure to a bright tablet screen at night reduced melatonin levels by about 22 percent.

Studies of College students using computers at night have suggested similar effects on melatonin. And researchers say melatonin suppression may not only cause sleep disturbances, but also raised the risk of obesity, diabetes and other disorders.

To be on the safe side, the authors of the latest study suggest limiting computer use before bed, or at the very least dimming your screen as much as possible.

By Anahad O'Conner From New York Times September 10, 2012

HONEY DO'S

I love seeing Mike McCluer of Island Lights. it reminds me of the prompt fabulous work he does with a smile on his face at Christmas time— hanging all the beautiful lights.

Now you can see him all year long doing home improvement jobs—electrical, plumbing, carpentry, termite damage, wood rot etc. All those little jobs that have been put on the back burner because of time constraints.

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