

# The Coastal Breeze



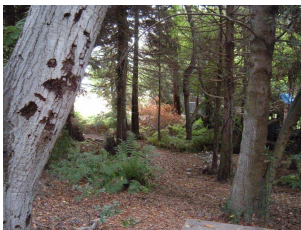
October-November, 2013, Volume 2 Issue 4

## BALBOA ISLAND CALENDAR

Thursday	November 14	7-9:00 PM	BIIA General Meeting and Elections
Saturday	November 16	8:00 AM.	All-Island Decorating
Sunday	December 1	4:00 PM	Holiday Event –Tree Lighting, Snow for Kids, Arrival of Santa.
Fri./Sat./Sun.	Dec.13,14,15	Evening hrs.	Home Decorations Judging
Sunday	December 8	11:00 AM-4:00 PM.	Holiday Home Tour
Saturday	January 4	8:00 AM.	Take Down of Holiday Decorations

[www.balboa-island.com](http://www.balboa-island.com)

### SHOOTING THE BREEZE .. Carolyn Carr-Kamps



#### WOW!! AND THAT IS AN UNDERSTATEMENT

Have you ever been to the Environmental Nature Center? I am embarrassed to say I had not until my friend Celeste Denerline took me on a

fabulous tour recently. I cannot do justice to this magical place in one article—look for more in the months to come!!

Streams, Trees, Nature at its best!! Nature that calms your nerves and feeds your soul. A lot of visitors say it reminds them of their childhood! I had no idea that the perfect place to meditate was right around the corner on 16th Street



What a treat my visit was—it was truly like being in nature—in many forms! For 40 years, the Environmental Nature Center has been shaped and caressed into a landscape for learning. It is a fascinating combination of 15 native California plant communities—from Closed Cone Pine Forest to Redwood Forest to Freshwater Marsh and even our own Coastal Sage Scrub and Coastal Strand. Come and see the wildlife habitats—including a Butterfly House—and walk the trails!

About 20,000 children come to the Nature Center each year to learn - and they do and it is fun!! For example the Third Graders learn the tools, trade, and customs of the Tongva (Gabrielino) and Acjachemen (Juaneno) people of Orange County. Along the trail students see, touch and smell the plants, use 'rabbit sticks' to 'hunt', perform music using authentic Tongva instruments, make 'money' using pump drills and play authentic Native American games. There are also programs for Pre-kindergarten, Kindergarten, and Grades 1-7.

Right now the worker bees and volunteers at the ENC are preparing for their **Fall Faire on Sunday October 13** from **10 am to 3 pm**. This event began in 1977 and is a community gathering and pumpkin sale to raise money for the ENC and now a new preschool.



At the Faire there will be pony rides, Face Painting, Food, a Laguna Beach DJ and of course lots and lots of Pumpkins to purchase!! Just in time for Halloween!

There are many other activities and events at the ENC—**September 25th is Taste of Twilight**—a Barbeque for all the members from 5:30—8:30 pm. On **October 3rd Martin Die-drich of Kean's Coffee** will host an event telling you all about coffee. Bring your reusable cup and sample his coffee!

Volunteers are the backbone of this organization—if you have any time at all they need you to help maintain the beautiful grounds, educate visitors about butterflies and staff the front desk. Rewarding and Fun!!

Remember when you come to the ENC, their Mission Statement is "To provide quality education through hands-on experience with nature." And they have succeeded!!



**Environmental Nature Center**  
1601 E. Sixteenth Street  
Newport Beach, CA 92663  
[ENCenter.org](http://ENCenter.org)  
949.645.8489

Hours of Operation  
Monday - Friday 8:00 AM to 5:00 PM  
Saturday & Sunday 8:00 AM to 4:00 PM  
We are closed most holidays



## ISLAND LIGHTS



## REMEMBER OUR FAVORITE CHRISTMAS LIGHT DECORATORS—

Once Again **Damon Burris & Mike McCluer** and their little elves are out on Balboa Island, climbing on your roof tops, stringing lights and putting up all kinds of decorations starting November 1st!

With 13 Years on Balboa Island, and lots of **Award Winners**, you can not go wrong with **Island Lights!!!**  
Please Call them at 949. 903.9018 and 949.307.8613



## VICK SOMMERS . . . . . Andiamo Hair

On July 30th, 2013 local BI Resident and owner of Andiamo Hair, **Vick Sommers**, landed his personal best California halibut. Here, in his words, is his story . . .

"I hooked him in 30ft of water while drifting my favorite halibut spot. This thing was a beast! It took me over 30 minutes to land him and while fighting him I drifted into less than 20ft of water! I was less than 50 yards off the beach and the lifeguards were watching me closely. The water was so clear I could see the halibut darting around under the boat while I fought him. I was slowly able to raise him up and get him close enough for a gaff shot. When I lifted him over the transom of my boat the lifeguards started clapping! I was so excited I called my friend Aaron and asked him to meet me at the Balboa Angling Club. Upon arrival we quickly set up the certified scale with help from the weighmaster.

I was informed that the IGFA 12lb record was 52lbs 8oz. Aaron and I carried it up to the scale and set it down. **The scale settled on 53.27!** A Little over 53lbs 4oz. A new line class world record!!!!  
What a rush!!!"

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Brent Haleen, inspired by the patterns of nature creates stunning designs and transforms them into silk canvases. His chiffon scarves are made in the USA in limited quantities.

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When I look back on all these worries, I remember the story of the old man who said on his deathbed that he had a lot of trouble in his life, most of which never happened . . .  
Winston Churchill

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*sbj*

*sandra beckwith-jones*

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**FAMILIES LIKE YOURS WITH FLOORING IN ORANGE—LA— SAN BERNARDINO**  
**AND SAN DIEGO COUNTIES— AND EVEN IN THE LOIRE VALLEY IN FRANCE!!**

**TIP OF THE MONTH—**MOST CARPET MANUFACTURERS NOW **REQUIRE** CERTIFIED  
CARPET CLEANING EVERY 19 MONTHS TO KEEP THE WARRANTY IN EFFECT—AS KURT AT  
MASTERCLEAN TELLS ME—**YOU HAVE TO 'WATER' YOUR CARPET TO KEEP IT HEALTHY!**



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## GINNY LEE ..... Dee Dawson

This spring we lost another of our long time Balboa Island residents and hard workers . . . **Ginny Lee**. Ginny worked for **The Gift Box** after retiring from her position as a kindergarten teacher. She started working for the store the 1st summer of her retirement to 'try it out' and remained a 'fixture' at The Gift Box for the next 26 years. Ginny's three sons pointed out that she worked for The Gift Box longer than she taught . . . Loving every minute of it!!

Her area of specialty was the store's own exclusive 'Vera Bradley' Quilted Handbag and Accessory collection.

Ginny did not drive and was a beloved Balboa Island Resident and quite an Island 'institution'. She got her hair done weekly @ the local Hair Salon, used the Hershey's Grocery store and all of her other needs were provided without leaving the Island.

**Candy Lehman** - the Gift Box owner commented that Ginny always had a tremendous supply of energy and stamina! Not driving meant she was in great physical shape. As a reward for her years of dedicated service to The Gift Box, Charles Lehman (the owner of the Gift Box) gave Ginny a formal 'lifetime discount' to the store. We will miss Ginny as a Balboa Island resident and especially when we go to look for a handbag at **The Gift Box**.

## FALL READING

**The Gravity of Birds** by Tracy Guzeman—A family lake house, two sisters, and a young painter living next door, who comes from a wealthy family that will not accept painting as a reliable job source. This is a quiet book, a book about things under the surface, of paintings and human hearts.

About wrong decisions made that affect the future of all of them.



**A Street Cat Named Bob and How He Saved My Life** by James Bowen The Instant New York Times Bestseller!

James is a street musician struggling to make ends meet. Bob is a stray cat looking for somewhere warm to sleep. A true story **A Street Cat Named Bob** is an international sensation, landing on the best-seller list in England for 52 consecutive weeks and selling in 26 countries around the world.

**Dying to Be Me—My Journey from Cancer, to Near Death, to True Healing** by Anita Moorjani. In this truly inspirational audio book, Anita relates how, after fighting cancer for almost four years, her body began shutting down—overwhelmed by the malignant cells spreading throughout her system. As her organs failed, she entered into an extraordinary near-death experience (NDE) where she realized her inherent worth . . . and the actual cause of her disease. Upon regaining consciousness, Anita found that her condition had improved so rapidly that she was released from the hospital within weeks—without a trace of cancer in her body!

## NONGMOPROJECT.ORG

I became interested in GMOs when I learned they can and do cause Immune System Deficiencies, High Blood Pressure, Diabetes, Cancer, Kidney Disease, Hepatitis C, Gastrointestinal Disease, Dementia, etc. All these diseases have increased at an abnormal rate since GMOs were introduced into our food chain. At the same time I developed non-diabetic neuropathy.

I learned that many doctors are prescribing a non-GMO diet for allergies as well as many of the pathologies listed above. The results are amazing!!! And quick—some of the patients are seeing relief within days. I am going to eliminate GMOs from my diet and see what happens . . . Stay tuned!!

GMOs, or "genetically modified organisms," are plants or animals created through the gene splicing techniques of biotechnology (also called genetic engineering, or GE). This experimental technology merges DNA from different species, creating unstable combinations of plant, animal, bacterial and viral genes that cannot occur in nature or in traditional crossbreeding.

Agricultural products are segmented into two groups: (1) those that are **high-risk** of being GMO because they are currently in commercial production, and (2) those that have a **monitored risk** because suspected or known incidents of contamination have occurred and/or the crops have genetically modified relatives in commercial production with which cross-pollination (and consequently contamination) is possible. For more information on the Non-GMO Project's testing and verification of risk ingredients and processed foods, please see the [Non-GMO Project Standard](http://www.nongmoproject.org)

**High-Risk Crops** (in commercial production; ingredients derived from these must be tested every time prior to use in Non-GMO Project Verified products (as of December 2011):

- **Alfalfa** (first planting 2011)
- **Canola** (approx. 90% of U.S. crop)
- **Corn** (approx. 88% of U.S. crop in 2011)
- **Cotton** (approx. 90% of U.S. crop in 2011)
- **Papaya** (most of Hawaiian crop; approximately 988 acres)
- **Soy** (approx. 94% of U.S. crop in 2011)
- **Sugar Beets** (approx. 95% of U.S. crop in 2010)
- **Zucchini and Yellow Summer Squash** (approx. 25,000 acres)
- **ALSO high-risk:** animal products (milk, meat, eggs, honey, etc.) because of contamination in feed.



**Monitored Crops** (those for which suspected or known incidents of contamination have occurred, and those crops which have genetically modified relatives in commercial production with which cross-pollination is possible.

- Rice
- Wheat

Read the rest of this list next month or go to [www.nongmoproject.org](http://www.nongmoproject.org)



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