

THE ISLAND

# BRIDGE



JAN - MAR  
2020

*The Only Official Balboa Island Newsletter - Published by the Balboa Island Improvement Association since 1919*





## Thank You Islanders!

by Jack Callahan

It's been my pleasure to be involved with the Balboa Island Improvement Association for more than 20 years.

I'm now termed out as President, but

will still be very much involved with the BIIA and all of it's activities and projects. There's still a lot of work to be done. We are lucky to have a great Board to look after Balboa Island and all of it's residents. **Terry Janssen** will do a great job as the new President.

There's lots of work for the BIIA to do and I'm happy to be a part of the effort. It can't be done without the support of all the Island residents. It's the start of a new year and time to join the Balboa Island Improvement Association and support it's efforts for the betterment of Balboa Island. If you haven't joined before, it's time. I'm very happy to speak with anyone who has questions or concerns about our Island and how you can help the BIIA do it's important work. Again, thank you for your trust in me as your Balboa Island Improvement Association President.



## PRESIDENT'S MESSAGE

by Terry Janssen

Happy New Year to all. 2020, that sounds like a science fiction movie. Many of us may think that 2020 marks the beginning of a new decade

but it really doesn't... We have one more year until we can ring out the old and ring in the new...just do the math. I look forward to writing to you in each Bridge, providing you with important information but this time I'm letting Jack say his "Fair well".



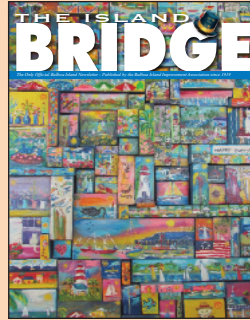
## BIIA MISSION STATEMENT

*The Mission of the BIIA is*

*"To promote a sense of community while enhancing our Island's beauty, safety, livability while preserving our unique culture."*

# THE ISLAND BRIDGE

JANUARY-MARCH 2020



Scenes of Balboa Island painted on individual blocks by Artist Dottie Siemons

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Jon Remy

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Balboa Island Museum

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Betty Christy

Karen Frinzi

Terry Janssen

Larry Kallestad

Leigh Kelly

Sarah Lowrey

Cathy Saari

Sue & Ed Siebel

Dottie Siemons

Bill Stewart

Kristine Taft

Gail Vasterling

## OFF-ISLAND DISTRIBUTION

Larry Kallestad

## WEBSITE/SOCIAL MEDIA

Joe McElroy



The BIIA is always in need of volunteers, contact Terry Janssen 949-933-0283 to see how you can help. Meet your neighbors, have fun, and improve Balboa Island!

If you have a story related to Balboa Island you would like to share, please email with hi-resolution photos to Jon Remy: [jtremy@yahoo.com](mailto:jtremy@yahoo.com)

## BALBOA ISLAND IMPROVEMENT ASSOCIATION



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# Holiday HOME WALKING TOUR

The 2019 Holiday Home Walking Tour was a great success, and the Balboa Island Improvement Association wants to thank all the Sponsors, Merchant ticket sellers, Homeowners, and especially the Volunteers who make this special event happen every December!

**HAPPY NEW YEAR ISLANDERS!**



*Home Tour Raffle Prize Winners, Jim & Susan Strawbridge. Original painting by Gay Melody Sullivan.*



*Excited Home Tour ticket holders.*



*Patterson home, Raffle Prize home entrance.*



*Thank you Shirley Pepys, always a showcase!*



*Patti Janssen, Karen Frinzi, Gail Vasterling, Patti Ekstrom, Kristine Taft at post Home Walking Tour party.*



# MEMBERSHIP



by Larry Kallestad



All members receive two car decals!

We are on our way toward the membership goal for 2020 of 800 memberships. Additionally, for those of you that paid your membership in October, November and December are 2020 members.

As of January 10th, our 2020 members numbered 215. Fifty of those 215 are NEW members! I stopped counting on the 4th because that was the due date for columns to be turned in for this publishing of the Island Bridge Newsletter.

As you know the Balboa Island Improvement Association is an entirely VOLUNTEER organization. It means none of the Officers or Board Members are paid to do what they do for the Island community throughout the year. Expenses are paid by the Association, which receives its funds from your donations toward memberships, and the Home Tour ticket sales at the end of each year.

The blue-inked one page insert in this Island Bridge publication lists on the front, many of the activities the Association sponsors during the year. It also includes the application for membership at the bottom that you will be able to use to join the BIIA and support those activities. Your membership makes our Island(s) an even better place to live.

On the back of the blue-inked page is the list of activities we try to accomplish, along with the names of the leaders in charge of those activities. It also has their contact numbers so you can call to volunteer to help with their responsibility. The list has recently been completely revised. I mention this because again, we are all volunteers who need others to step forward and help to make these things happen. That, of course, is where you come in.

I suggest you take the blue-inked page to your copy machine, put a blank piece of paper covering the top above the Application for Membership Form, copy that Form to use the copy to join the BIIA, then retain the insert for future reference.

When I recently became the Membership Chairman, I discovered there also is a Pay Pal system made available for members to use instead of utilizing the Membership Form included with each Island Bridge Newsletter. I realize that credit and debit card use is now engrained in our economy but by using a 55-cent stamp and a check, and including the Membership Form that has ALL the necessary registration information works great.

I will close by reminding you once again, we are a volunteer organization. That volunteering involves doing the fun stuff, but also necessarily, doing the "not as much fun stuff" that goes along with getting the job done. A necessary evil, but necessary.

It is the sincere hope of the Board of Directors, that not only do you support the Association financially, but also personally. It's all needed to make it work. Thanks in advance for joining.



Flag Model: Claire

Join the BIIA at the Gold or Silver level and receive 2 car decals and our Balboa Island House Flag.

# What's Blooming?



by Leigh Kelly, Beautification Chair

During the holiday season, the Island can be pretty crazy with the Boat Parade and all the visitors. The sidewalks are crowded, the air is crisp, and a parking spot is a rare find. Everything is so beautiful and yet our close quarters here can feel a little closer.

The contrast to this hustle and bustle is why I chose this Garden of the Quarter. It is on Park Avenue just before you get to the bridge that leads onto Collins Island: 109 Park Avenue. This two-story sprawling home has many well established trees, a big lawn, and vibrant flowers that frame every edge of the property. The owner, **Sandy Westman**, tells me that 2019 was the year this home turned 100 years old. She has lived here for 40 years and has been able to trace owners back another 30, but the ownership of this gorgeous home for its first 30 years remains a mystery. As you peek over the wall around their front yard, you sense the peace that comes from things being spread out and your eyes being rested from all the "tightness" on the Island.

One of the things that impressed me about this home is how Sandy manages to keep things blooming and thriving in the shade of her huge trees. This is no easy thing, but she wisely chose impatiens, azaleas, and hydrangeas as staple flowers in the shade, and roses of different varieties in the areas that get sun. This is actually an uncomplicated combination, and the results are stunning.

I encourage you take a walk to the end of Balboa Island and see and feel the peace that this home brings. As I was leaving this home, a nice lady in a golf cart stopped to tell me how much she admired this home (she assumed it was mine) and how it was her very favorite. I may have hesitated, but I did correct her to tell her it was not mine.

As 2020 begins, I hope you all have a wonderful new year. May it bring you much happiness, time with those you love, and time to stop and smell the roses. And happy birthday to 109 Park Avenue. You look amazing for 100 years old!

*Lawn edged by box woods and impatiens.*



*Second story window boxes cascading to the roses below*



*Front lawn bordered by impatiens and azaleas*



*Centerpieces of hydrangeas with Maiden Hair ferns in the background*

# Senior Buzz

Compiled by Diane Mondini, Caring Companions At Home



## AND CHOOSING A MEDICAL ALERT SYSTEM

One out of three seniors will fall this year, but fewer than half of them will talk with their doctors about it, according to the Centers for Disease Control and Prevention. Falls are also the No. 1 cause of injuries in seniors, resulting in hip fractures, cuts, and even serious head and brain injuries that can be fatal. And even when there's no serious injury, a fall can still be so frightening that seniors may avoid certain activities because they're afraid they'll fall again.

Whether it's slippery floors, rickety stairs, or electrical cords, some of the most common causes of falls are in the home where you might have a false sense of security. That's why fall prevention starts with creating a safe living space.

This doesn't have to involve a complete house remodel. You can make your home safe from falls with just a few basic changes. Senior care experts offer the following advice for preventing falls at home:

- **CLEAN UP CLUTTER**  
The easiest method for preventing falls is to keep your home neat and tidy. Remove all clutter, such as stacks of old newspapers and magazines, especially from hallways and staircases.
- **REPAIR OR REMOVE TRIPPING HAZARDS**  
Sometimes home fixtures can contribute to falls, which can then lead to back pain and other injuries. Examine every room and hallway, looking for items such as loose carpet, slippery throw rugs, or wood floorboards that stick up. Then repair, remove, or replace those items for more effective fall prevention.
- **INSTALL GRAB BARS AND HANDRAILS**  
These safety devices are crucial for going up and down stairs, getting on and off the toilet, and stepping in and out of the bathtub without injuring yourself. It is a good idea to install grab bars by toilets, bathtubs and handrails in stairways and hallways. Have a handyman or family member help with this if necessary.
- **AVOID WEARING LOOSE CLOTHING**  
You want to feel comfortable at home, but baggy clothes can sometimes make you more likely to fall.  
Opt for better-fitting and properly hemmed clothing that doesn't bunch-up or drag on the ground.
- **LIGHT IT RIGHT**  
Inadequate lighting is another major hazard.

To create a home that's more suitable for the elderly, install brighter light bulbs where needed, particularly in stairways and narrow hallways. We recommend adding night-lights in bedrooms and bathrooms for better guidance at night.

- **WEAR SHOES**  
Socks may be comfortable, but they present a slipping risk. Preventing falls at home can be as simple as wearing shoes. You can also purchase non-slip socks that have grips on the soles of the feet if shoes are too uncomfortable.
- **MAKE IT NONSLIP**  
Bathtubs and showers, as well as floors in kitchens, bath rooms, and porches, can become extremely dangerous when wet. To prevent falls on slick surfaces, non-slip mats are advised.
- **LIVE ON ONE LEVEL**  
Even with precautions like guardrails, stairs can present a significant falling hazard. If possible, live on one level. Otherwise be extra-careful when you negotiate stairs. If it's not possible to live on one level, try to limit the trips you take up and down the stairs.
- **MOVE MORE CAREFULLY**  
Many people fall at home by moving too quickly from a sitting to a standing position and vice-versa. Preventing falls like this is as easy as taking your time. Remember to pause after going from lying down to sitting and from sitting to standing. Also take a pause before using the railing on stairs, whether going up or down.

## Choosing The Best Medical Alert System

If you, or a loved one, are a fall risk you may also consider using a medical alert system. Using a medical alert system, you can call for help when you need it most. Caring Companions At Home works closely with Philips Lifeline, a Massachusetts-based medical alert provider with both wireless and landline options. This company's medical alerts can be used at home or on the go with features that include auto alert and quick dialing, in the event of a fall. Fall detection software boasts a 95% success rate and Caring Companions At Home is privileged enough to offer our clients Philips Lifeline at a discounted rate! Philips is a pioneer of the medical alert industry and were the first to offer reliable FALL DETECTION in a pendant. They not only offer three different medical alert systems, but their systems provide fast access to trained Response Associates 24/7, 365 days a year.

The person in need has the option of choosing the level of help that will be dispatched, after a button press. Depending on the situation, Philips Lifeline will dispatch a neighbor, close family member or emergency services. Reliable, two-way communication ensures the right level of help gets dispatched quickly.

*If you are interested in learning more about Philips and the discount Caring Companions at Home is able to offer, please reach out to us 949-574-0750. We are in the business of helping seniors in their homes.*



## NEWS & NOTES

### “A tornado alert for Balboa Island at midnight of Christmas Day??!”

If you were on the Island that night, you remember the emergency tone on your phone, and, most likely, the immediate concern and questions that you had. Thankfully, the storm turned away and the warning was cancelled shortly after it was announced. However, it was a good reminder that there are many different emergencies possible for which we should be prepared.



We tend to focus on natural events – earthquakes, and tsunamis – as probable emergencies here on the Island. Clearly, the real world is not so limited. “Man” contributes its share to the risk pool. For example, airplanes from John Wayne fly over us daily. There is a possibility that one could crash on the Island. Just two years ago, a jet taking off lost a fuel vent cover that landed on a car driving on Park near Diamond, making a large gash in the hood. Larger parts can break or fall off, such as the evacuation slide that fell from a plane in New England a year ago, narrowly missing people on the ground. Motors, propellers and other parts are reported to have fallen off in recent times, causing major damage.

There is also all the traffic on the Coast Highway to consider. A large truck carrying a toxic chemical crashing near Jamboree would impact the Island with damaging fumes. Or, despite our excellent fire department, our houses are

close together leading to the possibility of a major fire.

In all of these and other potential emergencies, CERT principles are pertinent. First, take care of yourself and family, then check on neighbors. If it is appropriate to the emergency, CERT will set up command centers for further information at the three sector headquarters (Marine and South Bay Front, Agate and the alley, Little Island south-east corner). In addition, preparations of food, water, first-aid, blankets, shoes and clothing, just as for earthquakes, could prove very useful. Finally, ham radios also will be active on City frequencies. You might consider obtaining your FCC ham license to join the 14 hams on the Island, together with the approximately 150 other ham operators in Newport Beach who are prepared to augment communications in the event of an emergency.”

*May it be a safe year for us all –*

*Sue and Ed Siebel  
Coordinators:  
Island EmComms  
Balboa Island CERT*



## Featured Pot

*by Betty Christy*



**Patrice Metcalf and Sandy Thomas**

*Amethyst Avenue & North Bayfront*



## THE BEAT GOES ON...



I was attending a holiday party and a woman who was invited stopped in just to say "Hello". She went on to say that she was not going to stay as she was just diagnosed with a heart condition called **Atrial Fibrillation**. In

thinking about this afterwards it gave me the idea to do an article on this common heart irregular heartbeat.

Atrial Fibrillation also known as Afib or AF is an arrhythmia (irregular heart beat) which originates in the chamber of the heart known as the atria. We have four chambers in the human heart, the right atrium and ventricle and the left atrium and ventricle. In a normal heart beat the electrical impulse starts in the right atria with what is called a sinoatrial node (SA node). This node produces the electrical activity that passes through a nerve conduction pathway through the various chambers of the heart until it ultimately contracts the heart muscle and results in what is known as a heartbeat. The SA node is responsible for the rhythmic pattern of the normal (sinus rhythm) beat. Thus, Atrial Fibrillation is an irregular heart

### What is a Stroke?

A stroke is a "brain attack" this occurs when blood flow to the brain is cut off. This can cause permanent brain damage as important nutrients in the blood cannot reach the brain.



#### COMMON STROKE SYMPTOMS:

- ♥ Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- ♥ Sudden confusion, trouble speaking or understanding
- ♥ Sudden trouble seeing, walking, dizziness, loss of balance
- ♥ Sudden severe headache with no known cause

If you or somebody you know are experiencing any of these symptoms, call 911 immediately.

beat that starts in the atrium of the heart at the SA node. (<https://watchlearnlive.heart.org/index.php?moduleSelect=atrfib>)

There are, according to the American Heart Association (<https://www.heart.org/en/health-topics/atrial-fibrillation/what-is-atrial-fibrillation-afib-or-af>) 2.7 million patients who have Afib. It is the most common type of irregular heartbeat. In AF the atria of the heart quiver (or fibrillate) leading to the classic sensation or symptom of "heart fluttering", or you may have no symptoms at all! Clinically the atria or upper chambers are quivering in re-

sponse to this irregular electrical stimulation. There are different types of Atrial Fibrillation. One very common is known as Paroxysmal Fibrillation, a condition in which the beat or rhythm returns to normal on its own. It can happen infrequently (once or twice) a year, or daily. It can also turn into a permanent form of atrial fibrillation. The former condition generally requires no treatment. However, the latter, the more frequent the occurrences the more important it is to control the irregular nature of the rhythm requiring medical intervention.

Although Atrial Fibrillation is not in itself life-threatening it is a serious medical problem. The biggest concern in a patient with Atrial Fibrillation is an increased risk for stroke, 10-15 % of these patients will incur a stroke. The nature of the irregular rhythm can lead to the development of tiny blood clots in the atria and these clots can break off and travel in the arterial system to other parts of the body creating a blockage in blood flow. As a result, the area affected will have decreased oxygen and suffer tissue damage. If the clot, or blockage affects the brain the symptom is stroke.

It is important to follow your physician's orders. Most patients are put on an anticoagulant medication. This medication essentially makes the blood thinner so that clots can not form, thereby reducing the incidence of stroke.

**Know the signs of a stroke! Know your body!** Knowledge about your condition allows you to understand the need for the necessary medical intervention and allows you to feel more in control of your body's health.

## STROKE – there's treatment if you act FAST.



**FACE**  
Face looks uneven?



**ARM**  
One arm hanging down?



**SPEECH**  
Slurred Speech?



**TIME**  
Call 911 NOW!



# Plate It!



by Sarah Lowrey

## Chaffle - A Low Carb Waffle Recipe



Healthier habits and weight loss is a New Year's Resolution I embraced after five days of continuous holiday parties on Balboa Island for the Newport Beach Boat Parade and Ring of Lights. In preparation to keep health a top priority, and be competitive with the "Balboa Island Biggest Loser Contest", chaffles is my fast and easy low carb recipe to replace waffles and bread.

When I first heard about the Chaffle craze, I thought to myself. After hours of research I learned that the "official" Dash Mini Waffle Maker was on sale for \$9.95 at Sur la Table, and is front and center in the low carb world. Shortly after I invested in the Dash Mini Waffle Maker and all the necessary ingredients.

There are many variations of chaffle recipes. The traditional chaffle which calls for 1 large egg and 1/2 cup of shredded mozzarella, white bread chaffles and dessert chaffles. After experimenting with many recipes, I discovered a chaffle that has a similar taste to Wonder Bread, with approximately 2 net carbs. To break in my waffle maker, I decided to make a BLT sandwich.

- 1 Large Egg (Less egg use two egg whites)
- 3 tbsp. Almond Flour
- 1 tbsp. Cream Cheese
- 1/4 tsp. Baking Powder
- 1 tsp. Water

### Cooking Instructions:

1. Preheat your waffle maker.
2. Whisk egg until beaten. Add almond flour, cream cheese, water and mix.
3. Spray a little bit of cooking spray or butter on your waffle maker. Pour 1/2 of the batter in the waffle maker and close the top. Make sure to let it cook until it's firm prior to lifting the lid. Allow 3-5 minutes to cook.

There are 100's of recipes. In 2020 I am exploring other low carb chaffles. The possibilities are endless. On my list of things to try are the Pizza Chaffles, Peanut Butter Chaffles, Cake Batter & Chocolate Chip Chaffles and more.



*Recipe by Sarah Jean-Soss Lowrey.*

### Ingredients:



## BEST IN SHOW!

*Les and Marilyn Davidson, Ruby Street residents entered the Christmas Boat Parade for the first time last Christmas. Being in the parade was a bucket list item for Les so he bought his 52 foot Viking last June. Les decorated the boat entirely by himself, never dreaming that he would win the top award, Best Powerboat. The award ceremony is January 31st at the Island Hotel in Fashion Island. Les is already planning a new theme for next year's parade!*

BALBOA  
ISLAND  
MUSEUM  
NEWPORT  
BEACH



## JOIN THE MUSEUM

Your membership provides for exhibits, educational programs, and helps to preserve the Museum's collections.

Join the fun at community dinners and events. Help preserve the heritage of Balboa Island and Newport Beach.

[www.balboaislandmuseum.org/become-a-member](http://www.balboaislandmuseum.org/become-a-member)

210 Marine Avenue, Balboa Island | (949) 675-3952

The Museum is a 501(c)(3) organization



by Kristine Taft

## NEIGHBORHOOD WATCH

With the start of a new year, we are re-energizing our Neighborhood Watch Program on Balboa Island. We live in a very safe area, and we plan to keep it that way. We are looking for residents to get involved as Block Captains and Volunteers to be the eyes and ears for their island neighbors and the NBPD.

If you or any of your friends or neighbors would like to join and help out, please contact me by either email, text or telephone.

**Kristine Taft 310-502-1058**

**[ktaft1018@yahoo.com](mailto:ktaft1018@yahoo.com)**

Official Neighborhood Watch Guide:  
[nbpd.org/programs/neighborhood\\_watch/default.asp](http://nbpd.org/programs/neighborhood_watch/default.asp)

## THE VETERAN'S CORNER



by Bill Stewart

Our 3rd Annual Veterans Day BBQ hosted Sunday Nov 11 by the BIIA and the Balboa Island Museum was a huge success with over 200 people fed by the Newport Beach Fire Dept. and Island volunteers. Thanks to them for their service. Thanks also to food donors, Smart & Final, 501 Park, Rusty's Chips, iEEi TV and for banner and poster design and printing by **Poppy Banks**, and to Marine Avenue Raffle Donors. Please patronize these donors and thank them. The BBQ produced a net profit to the Museum of \$2,800 including a \$1,000 check each from the Foster Family Foundation and the Smart & Final Foundation. If anyone has photos from the BBQ, please email them to [bill-stewart@usa.net](mailto:bill-stewart@usa.net) if you haven't done so.

Balboa Island is continuing to get recognition for its veterans, this time from our 74th Assemblywoman **Cottie Petrie-Norris** for Newport Beach female and male Veterans of the Year for their

service in the Military and for their service in the 74th District after discharge: Army S/Sgt **Addie Collins Zinone** and Air Force S/Sgt **William S. (Bill) Stewart**.

On March 29, National Vietnam War Veterans Day, the Museum will host an event to again welcome home our many Island Vietnam War Vets. Watch the Museum for details. On the last Monday in May we will hold our 3rd annual Memorial Day BBQ in the park.

**WILLIAM S. STEWART**

Veteran History Curator

Balboa Island Museum, Newport Beach

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# Thank you Dottie!



by Kristine Taft

*Dottie Siemons, the prolific artist behind Adopt-A-Pot. She'll tell you "Don't stand in one place too long, or I'll paint you!"*

We often forget the time and energy expended by our volunteers on behalf of our Island. In this year end article I need to particularly thank a few people with regard to our Adopt-A-Pot Program. The Adopt-A-Pot program has been in effect since April 1, 1997 and has been managed and monitored by **Steve Mitchell** and **Betty Christy** for the past 10 years. A donation of 80 planters for placement at the end of each street on Balboa Island was accepted by the Parks, Beaches and Recreation Commission at that time. Initially, the planters were clay but gradually have been replaced with vinyl as the clay ones break. All of the pots at the end of each street are adopted and maintained by residents. Every quarter a Planter is chosen to be featured in this publication and the volunteer is rewarded with a gift certificate for Armstrongs Garden Center.

Since inception of this program **Dottie Siemons** has done all of our art work for these pots. In the beginning when we had heavy clay pots and she would take a wagon loaded with her supplies to the planters and paint them on site. For the last ten years, Steve Mitchell has taken the planters to her house where Dottie paints them then Steve retrieves them and places them on site. Dottie is retiring her paint brushes for this program. The BIIA would like to thank and recognize her, as well as Steve Mitchell and Betty Christy, for their devotion and hours to this program which enhances the beauty of our islands.

If you see Dottie and **Angel** (her pup) walking the islands, please take a moment to recognize and thank her for her loving and diligent efforts.



*Betty Christy, Dottie Siemons & Angel, Steve Mitchell.  
Thanks for all you do for Balboa Islands!*

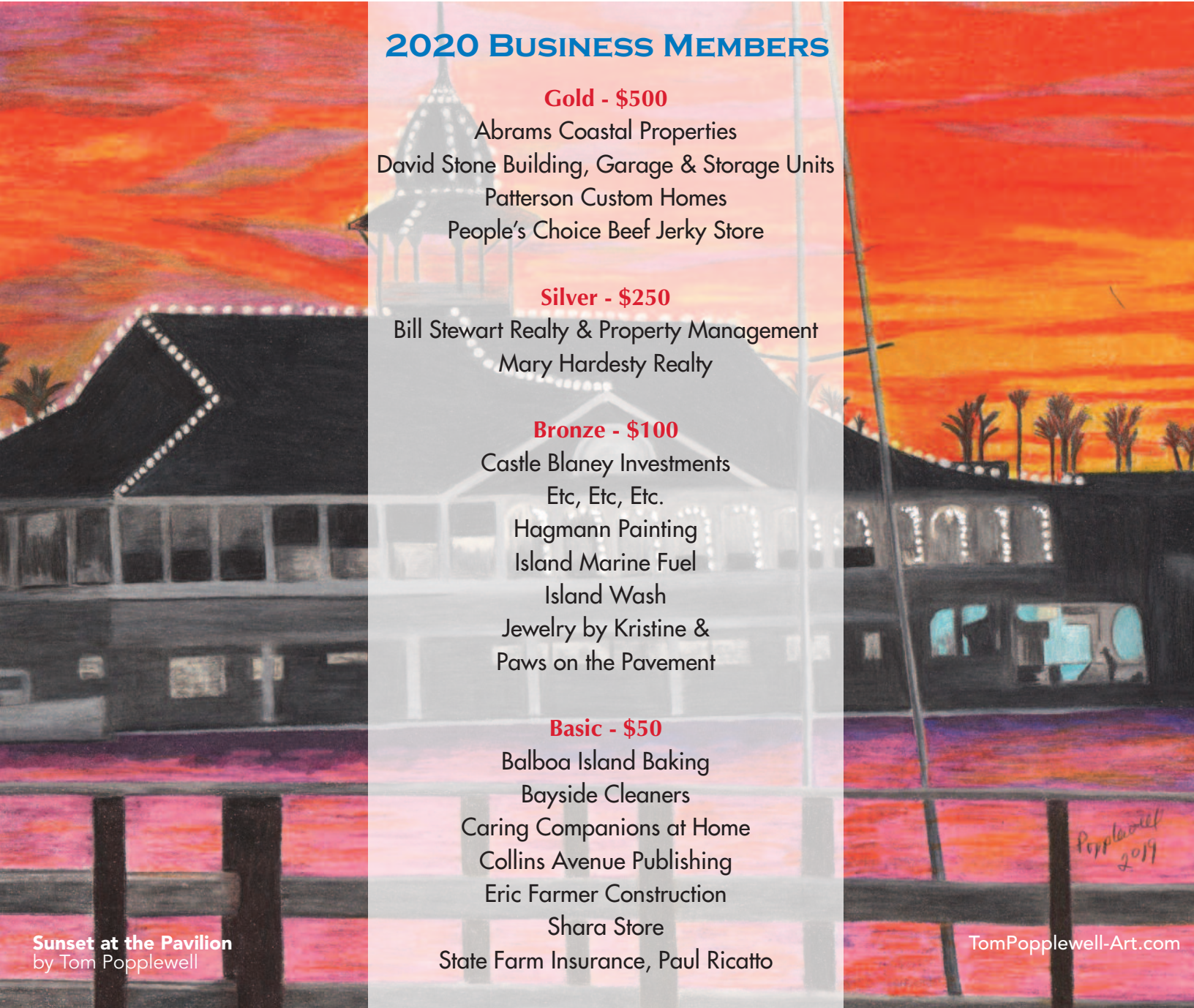


**Balboa Island Improvement Association**  
**P.O. Box 64**  
**Balboa Island, CA 92662**

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# PLEASE SUPPORT OUR BALBOA ISLAND MERCHANTS



## 2020 BUSINESS MEMBERS

### Gold - \$500

- Abrams Coastal Properties
- David Stone Building, Garage & Storage Units
- Patterson Custom Homes
- People's Choice Beef Jerky Store

### Silver - \$250

- Bill Stewart Realty & Property Management
- Mary Hardesty Realty

### Bronze - \$100

- Castle Blaney Investments
- Etc, Etc, Etc.
- Hagmann Painting
- Island Marine Fuel
- Island Wash
- Jewelry by Kristine & Paws on the Pavement

### Basic - \$50

- Balboa Island Baking
- Bayside Cleaners
- Caring Companions at Home
- Collins Avenue Publishing
- Eric Farmer Construction
- Shara Store
- State Farm Insurance, Paul Ricatto