

THE ISLAND

BRIDGE

JAN-MAR
2021

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



Calvin Liang

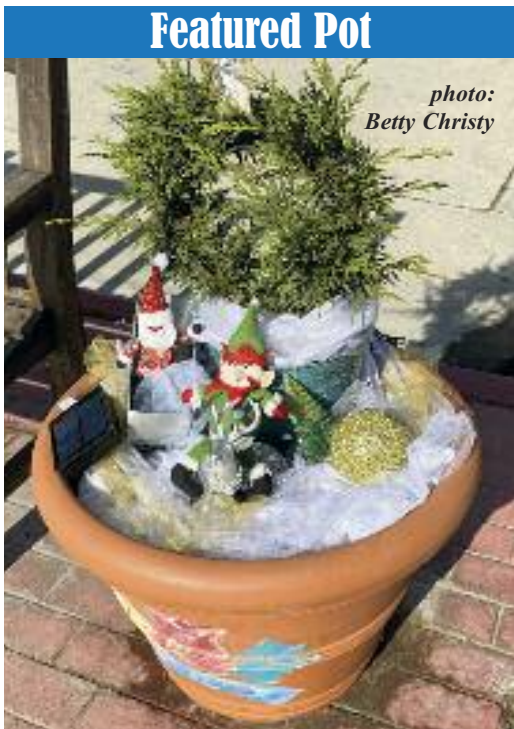


PRESIDENT'S MESSAGE *by Terry Janssen*

Well, here it is the middle of January and this month is not getting off to a great start. The good news is everyone over 65 is eligible to get a vaccination along with critical workers.

If my memory is correct Presidents Trump's goal was to have our population vaccinated by July 1, 2021. If we can reach that lofty goal then maybe we can get back to a more normal way of life. You will notice that we have prepared the Balboa Island Improvement Association Calendar as if things were normal. The first major event is our Parade and that is always the first Sunday in June. Let's cross our fingers with the hope that things will be good enough for the City to provide us the necessary permits and that there's enough time to get organized. If that can't happen remember our last year Golf Cart Parade honoring recent graduates and first responders...Maybe the second option is more realistic. In the meantime stay safe, wear your masks and social distance where possible and support our merchants and Island restaurants.

— Happy New Year!



Featured Pot

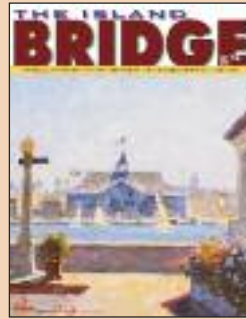
*photo:
Betty Christy*

MARY SACKMAN

Apolena Avenue and South Bayfront

THE ISLAND BRIDGE

JAN-MAR 2021



'View of Pavilion, Newport Harbor'
12"x18" by Calvin Liang
Available at the Huse-Skelly Gallery

EDITOR / ART DIRECTOR

Jon Remy

CONTRIBUTORS

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Betty Christy
Huse-Skelly Gallery
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Susan Pearl
Kristine Taft
Irene Yonkers

OFF-ISLAND DISTRIBUTION

Larry Kallestad

WEBSITE/SOCIAL MEDIA

Joe McElroy



We need volunteers to keep Balboa Island clean, SIGN UP!

- Beach Cleanup
- Trash Can Cleaning
- Litter Removal
- Dog Dispenser Cleaning

**Contact Jack Callahan:
949.887.7756**

BALBOA ISLAND IMPROVEMENT ASSOCIATION



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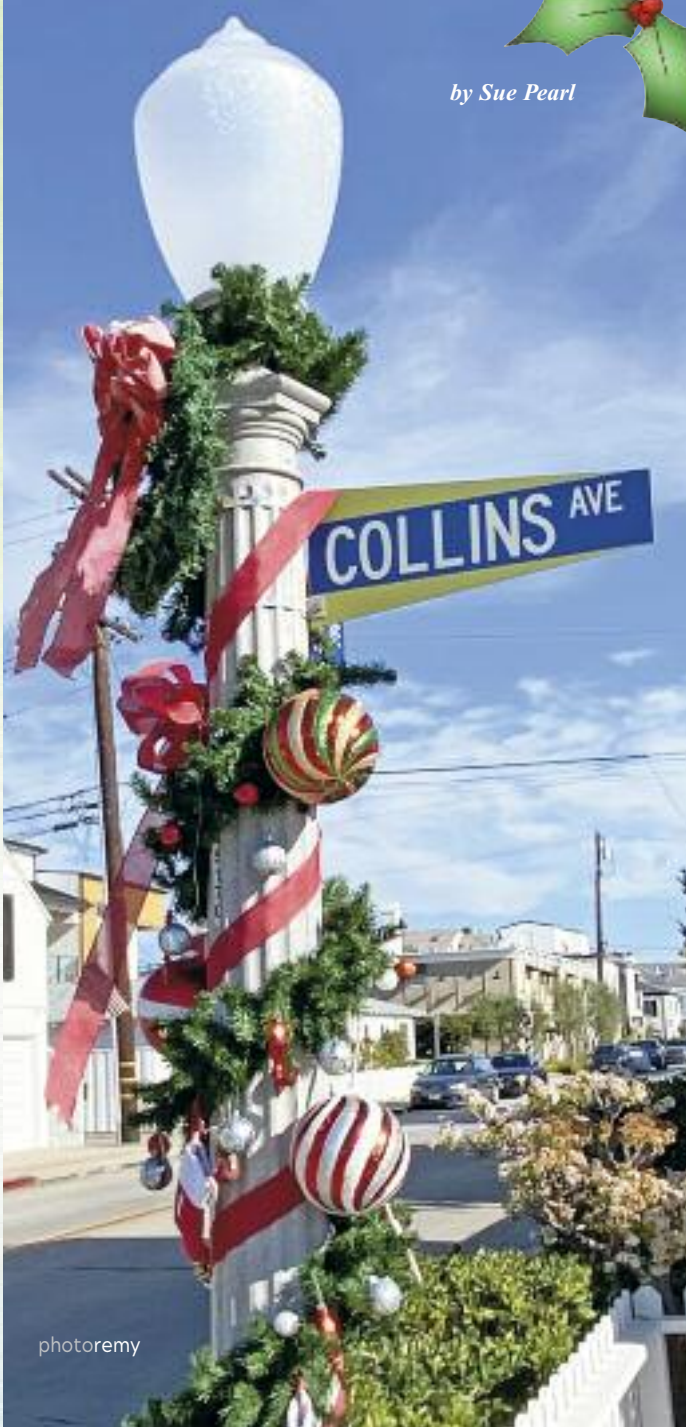
ISLAND EMERGENCY RESPONSE DIRECTOR

Open

Balboa Island Improvement Association
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Balboa Island, CA 92662
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HOLIDAY LIGHTPOLE CHALLENGE

by Sue Pearl



photoremy

This year was no exception when it comes to Holiday Spirit on Balboa Island. It seemed that the homes were even more beautifully decorated than ever. 2020 was quite a challenging year, and the holidays provided just what we all needed, a fun distraction. It was such a pleasure to walk around the islands, enjoying the displays of lights and decorations.

The Holiday Light Pole Challenge was a fantastic success. Each year for the past four years, the number of decorated light poles has increased. The first year there were eleven or twelve, and this year there were forty-one beautifully decorated light poles. Even the poles on Balboa and Park were decorated, as well as many in the middle of the block on various streets. Wouldn't it have been fantastic if, every light pole on both islands was decked out in holiday spirit? Start planning. There's the challenge for next year.

Because decorations were so creative and well done, it was impossible to choose just one winner. Everyone who decorated a pole was eligible to receive a prize. A big "Thank You" to the following sponsors that made this possible: **501 Park Avenue Bistro, Ciao Italian Restaurant, Royal Hen, Snipe Craft House, The Village Inn, Wilma's Patio, and Voyager Rentals.** Prizes for the entries done by kids were provided by Sugar'n Spice.

Exceptional efforts were made by the group who decorated the pole at Collins and N. Bayfront and the Group who decorated Pearl Street (All the poles). They received special recognition and an award ribbon placed on their poles and a special prize provided by Voyager Rentals. Also recognized, was the effort of two kids on the 200 block of Coral. An award ribbon was presented to **Tigan**, age 4 and **Banks** age 8 along with gift cards to Sugar'n Spice.

As usual, Balboa Island, residents exhibited holiday spirit in an extraordinary way.



Pearl Avenue Winners



Collins on North Bay Front Winners



Tigan & Banks of Coral Avenue

Senior Buzz



by Diane Mondini, Caring Companions At Home

Health-Focused Resolutions For Seniors and Family Caregivers

The effects of COVID-19 on aging family members and family caregivers brought significant challenges, to say the least. As social distancing became a defining movement in safety and minimizing exposure to the virus, families found themselves "caregiving from a distance" to help keep "at-risk" individuals as safe as possible by limiting visits and activities outside of the home. Isolation is a psychological risk for seniors. Socially isolated older adults tend to have heightened risks for cardiovascular accidents, dementia, mental health concerns, and depression.

As we welcome the start of 2021 and the promise of hope brought upon by the introduction of the new COVID-19 Vaccine, we now have yet another perfect opportunity to adopt healthy changes that positively impact the quality of our lives. Here are some ideas to help us keep a positive mind frame and stay healthy as we focus on better times ahead:



Keep Connected

During the pandemic, technology has become a way to experience human interaction in a virtual setting. Technology-based "virtual visitations" and pre-scheduled "check-ins" help ease the emotional struggles brought upon by limited physical contact. These check-ins allow us to monitor the well-being of our family members from any distance. Setting up video calls and social networks for our senior loved ones may be a bit tricky at first, specifically for aging adults who may initially struggle with the use of technology. However, with the use of clear, written instructions, encouragement, and patience, seniors can often overcome this initial hurdle. With guidance and practice, they learn to navigate Zoom, Alexa, Facetime, and similar applications. Once they do, they are awakened to a whole new world where the health and emotional benefits of staying socially active and connected are virtually limitless. Additional ideas include:

- Multi-family meetings in the style of Family Feud can be a fun way to promote engagement regardless of generation gaps.
- Storytime with the grandkids
- Virtual book clubs and senior center events
- Virtual health check and consultations

Engage the Mind

Setting goals that support a healthy lifestyle can also involve exploring new hobbies and staying mentally sharp. Mastering a new skill and exploring a new hobby are all possibilities with the aid of online classes. There is a certain sense of accomplishment that comes with learning something new. Finding daily cross-words to complete, trivia challenges and puzzles for a few hours each week are just some fun examples that have been proven to help keep aging adults stay mentally fit. Online games can be played alone or with family members. Additional sources for online collection puzzles and memory-boosters worth visiting:

- Lumosity.com
- BrainHQ
- AARP
- Healthy Habits

While no specific supplement can protect you against infectious diseases, the best safeguard in protection is by optimizing our immune system. Good nutrition combined with a healthy lifestyle boost immune health. In addition to a healthy, balanced diet including fruit and vegetables, Probiotics, Elderberry, Zinc, and additional Vitamin C & D, are among the supplemental nutrients that may help boost the immune system. Check with your doctor and consider incorporating more of these nutrients and supplements into your diet.

Maintaining a healthy diet, staying hydrated, and getting plenty of sleep are also factors that help strengthen immune system function. Helping your senior loved one plan meals in advance and making mealtime an enjoyable activity promote better eating habits. For example, setting up a zoom "happy hour" or scheduling a time to virtually "cook together" while on a video call can help bridge distance between families during times of social distancing.

It is important to note that no specific lifestyle modification or diet plan replaces physical distancing and good hygiene practices as we continue to battle COVID-19, adopting habits that promote physical and mental health is tantamount to enduring the ongoing battle against this pandemic. Planning meals in advance and coordinating a well balanced daily schedule that includes moderate exercise, enjoyable activities, social engagement, and plenty of time for rest altogether promote a better quality of life for our senior loved ones.

For more information regarding caring for seniors and ideas to keep them healthy and happy at home, visit www.caringcompanionsathome.com.



A Message from Councilman Noah Blom

I would like to start with a thank you. Thank you Balboa Island for both the support and challenges presented, I am a better person because of them.

Spending youthful, barefoot summers traipsing the streets of the island prepared me for one very important element of my new job, nostalgia. That vision of my carefree youth has shaped my desire to see our city thrive with soul and strength. It is the love of that past that has inspired me to work for our future. Our future will have obstacles and challenges, all of which I actively welcome on my watch. I will press our community to unite in our common interests of the continual improvement and careful preservation of the island.

The active and united spirit of this passionate island has helped shape policy and keep the village the festive, beautiful paradise that the community wants it to be. The residents possess the power. My job is to speak with all of your voices.

Over the next four years I look forward to meeting everyone that calls the island home; I can always be found taking walks along the bay, enjoying a beverage on a patio, having a bite to eat on Marine or cruising through the harbor. We may not always agree on everything, but I will always listen with grace and respect, and we will certainly depart as friends having gained another perspective. If you ever need anything, my table is always open. - Noah



Topic: Phone Scams

by Kristine Taft

I'm sure you've all heard of phone scams, and you have probably received some suspicious calls at some point yourself. We hear about all kinds of different scams here at the police department. These scammers can pretend to be anyone from your grandchild to the IRS to an NBPD employee. They can be convincing: sometimes using fake Caller IDs or information from social networking sites and hacking into email accounts to make it seem more real. They'll pressure you by playing on your emotions to get personal information or money from you. They create a sense of urgency and make you feel like you need to act before you can think through what is going on.

Here's what you can do:

Stop. Check it out. Do not give out any personal information until you have verified the identity of the caller. For calls from alleged government agencies or utility companies: Ask the caller for their name, department, and business phone number. Confirm that information by calling the organization at a phone number found on the internet or through official correspon-

dence/billing statements. If the caller refuses to provide this information, terminate the call immediately. In personal situations, try to contact the loved one who you are concerned about, or call friends or another family member before you send any money or give out personal information.

Keep your information safe. Never give out personal identifying information, such as your social security number, bank account or credit card account numbers, to anyone you do not know.

Pass this information on to a friend. You may not have received one of these calls, but chances are that you know someone who will - if they have not already.

If you believe you have been the victim of a scam, please file a complaint with the Federal Trade Commission at: ftc.gov/complaint



"IF YOU WOULD LIKE TO BECOME INVOLVED WITH NEIGHBORHOOD WATCH PLEASE CONTACT - Kristine Taft at ktaft1018@yahoo.com

Everyone Loves a *CART* Parade!

by Sue Pearl

There's no place like Balboa Island when it comes to Holiday Spirit. On December 6th our residents once again displayed a remarkable sense of community with another wonderful parade. There were more than 70 golf carts all decked out with holiday decorations. The decorations were over the top, from whimsical to hilarious. There were several "Santas". I stopped counting after the fourth one passed by, but the "Real Santa" was near the end of the parade riding in the back of a beautifully restored Model A, classic car. The parade route started on the west end of the large island near the Bridge to Collins Island and wound up and down nearly every street on both islands, lasting about two hours. Residents cheered them on from their porches, balconies and the rooftops of their homes. People stopped and got out of their cars in order to watch the parade pass by, I think it's fair to say that

everyone who participated or watched, felt that it was the highlight of the holiday season and it is likely to become yet another Balboa Island tradition.

Thank you to the BIIA, the Balboa Island Museum and all of the volunteers who worked to make this a huge success.





Photos:
Dennis Bress



Holiday Lights Shine On!

While Covid restrictions may have shut down restaurants, gatherings and other activities, it certainly did not stop our island from being festive and having fun. This year the Holiday Lights Contest included a major change; in order to participate, all homes were required to enter. While this added step may have been extra work for our residents, it made the contest more fair and much easier for the judges to look at each home individually.

We want to thank everyone who participated. All the decorated homes throughout the island brought so much joy to all our residents and visitors. If you missed out on the contest this year, we would love to see your decorated home entered next year.

The contest cannot happen without our amazing judges. A special thank you to our faithful judges who come out every year as well as our new judges - Mary Pat Earl and friends, Missy Oxlade and friends, the Dollander Family, Shannon Rudie and friends, the Russell family, Lawrance Marin and Katrina Evangelista.



Dockside Gingerbread Cottage

Until next year...



Irene Yonkers
BIIA Holiday Lights Contest
Chairwoman
biiaholidaylights@gmail.com



2020 Winners:

- 129 Agate
- 205 Abalone
- 308 Amethyst
- 215 Apolena
- 112 1/2 Apolena
- 223 Collins
- 319 Collins
- 114 Crystal
- 215 Crystal
- 111 East Bayfront
- 343 East Bayfront
- 351 East Bayfront
- 203 Emerald
- 125 Garnet
- 110 Garnet
- 108 Garnet
- 106 Garnet
- 107 Garnet
- 208 Grand Canal
- 409 North Bayfront
- 115 North Bayfront
- 319 Onyx
- 318 Onyx
- 311 Onyx
- 120 Opal
- 213 Pearl
- 305 Ruby
- 224 1/2 Ruby
- 538 South Bayfront
- 710 South Bayfront
- 526 South Bayfront
- 140 South Bayfront
- 118 Turquoise



Toy Soldiers new winner



Thank you Russell family Judges!

B I I A

M E M B E R S H I P



by Larry Kallestad

Happy 2021 New Year to all of you who have struggled through the most frustratingly unusual year of our lives. It has been a devastatingly tragic year with so many lives cut short by the virus. Loved ones locked down to where they were not even able to just SEE their family members. And businesses and livelihoods have been destroyed beyond recovery EVER. Enough said, as we are all tired of the onslaught of writings about Covid 19.

Late last year the Board of Directors of the BIIA elected for the first time in recent memory, to send to members of the Association from 2020 and 2019, an invitation to join the Association for 2021 the beginning of this year. The invitation included the increase of Membership Level for the Basic from \$50 to \$65, and an increase in the Bronze Level from \$100 to \$125. Other levels remained the same. Noted, expenses have all escalated since the last increase ten years ago.

The Committee tasked with putting together the invitations addressed specifically to each prior membership, completed the task and mailed them just before Thanksgiving. The mailing included a letter to the membership individuals, a sheet with information of the increased membership levels and the donation level the member was the last time they joined. Lastly, a return envelope was included with an application.

The effort to encourage the prior members from both years to join early in 2021, has been a success. As of January 18, 2021, the membership total is 406, which is 182 more than the same time last year.

Hopefully, the onset of vaccinations for Covid 19 should loosen the restrictions in our lives and activities usually sponsored by the BIIA for our Island Community, will be allowed once again. The BIIA Board and its volunteers who head-up the activities are eager to get to work and put these on.

The thrust of the membership enrollments at the beginning of the year is very encouraging, we would like to thank all of you who have joined for placing your faith in the Association. We will once again do our best to achieve our goal, "Improvement." If you have not joined the Balboa Island Improvement Association yet, you are not too late. Every Island Bridge Newsletter has an application that we will accept throughout the year.

When things start happening, I encourage you to become involved as a volunteer. It is fun to work toward the goal of accomplishing the task, and then seeing the enjoyment of the community as a result of your participation in 2021. Let's hope for the best!

— Larry

\$1,000

Abbott, Dan & Barbara
 Abrams Coastal Properties
 Gehl, Jeff
 Gudim, Lissa
 Koeller, Keith & Debbi
 Landon, Marv & Jill
 Larson, Al & Sunny
 Luce, Jim & Gale
 Madison, Lois & Chris
 Pechuls, Lori & Roger
 Talbot, Todd & Denise

\$500

Abrams, Don & Gwenn
 Brakovich, Greg & Sue
 Burch, Jeff
 Corradini, Ron & Carolyn
 Crosson, Chris & Stephanie
 Dellar, Rick &
 Doggie Walk Bags Inc.
 Hall, Heidi & Steven
 Harwood, George & Patty
 Jamieson, Terri
 Janssen, Terry & Patti
 Jenkins, Scott & Leslie
 Koll, Kathi
 Mehlberger, Scott
 Munroe, Dorothy
 Osborn, Bob & Janet
 Shonk, Al & Liz
 Silverberg, Marshall & Austin, Soledad
 Warner, Rickey & Diana
 Wong, Ellen & Ng, Dominic

\$250

Balboa Candy
 Belin, Jake & Betty
 Berl, Doug & Jane
 Bianchetti, Mark & Courtney
 Bodenhoefer, Steve
 Bowers, Don & Pam
 Busby, James & Judy
 Cholakian, Rich
 Connors, John & Diana
 Davies, John & Sharon
 Divizia, Mary Ann
 Dobbins, Sue & Brian
 Drake, Dan & Jennifer
 Duck House Balboa Island
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 Eggert, Steve & Pam
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 Gouvion, Nancy & Wayne
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 Hardesty-Clayon, Mary and Cary
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 Pepys, Shirley
 Piani, Frank & Ann

Remy, Jon & Richard
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 Selby, Fred
 Stemler, Pierce
 Thiel, Scott & Laurie
 Tucker, Jim & Katherine
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 Vitarelli, Dennis & Patty
 Vitarelli Construction
 Von Kleinsmid, Lauren & Marilyn
 Watson, Mary
 Wondries, Jill
 Woods, Cam & Suzanne
 Yoder, Kris

\$125

Adler, Karen & Frank
 Allen, Dee & Eldrid
 Allan, Kaki
 Allen, Grace
 Anderson, Harold & Dorothy
 Anenberg, Steven
 Baker, Bob & Cheryl
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 Barrett, Tami
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 Curci, Janet
 Curci, Kit
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Tiss, Jeff & Gayden
Vander Hulst, Leo & Robin
Visser, John & Grace
Waters & Pate
Waters, Sue Ellen & Loc
Weinstein, Charles & Ann Marie
Welker, Jay & Judy

\$65

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Baker, Miriam & Arthur
Balfour, David & Elita
Banas, Patrick & Meridee
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Pfister, Andrea

Phillips, Pam & Maxwell
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Pond, June
Price, Dennis & Kathy
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Prickett, Laura & Gregg
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Roman, Anita
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Steele, Patricia
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Thomas, Kelly
Thomson, Stewart & Kathleen
Tift, Allison & Wade
Tillett, Christine
Tiss, Stephanie & Jeremy
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Torribio, Joan
Vali, Yakub & Lura
Vander Hulst, Leo & Robin
Vanis, Mary
Vasterling, Gail
Veden, Vicki
Viel, Milon & Earla
Wagener, Kenny
Wendall, James & Teresa
Whipple, Carol
Whipple, Sharon
White, Kathy
White, Michael & Marilyn
Wicket, Geof
Williams, Craig
Williams, Suzana & Evan
Wilson, Dariela
Wiseman, Ed & Janice
Witt, Basil & Judith
Wurner, Anke
Wyat, Tina & Bill
Ziegler, Jim & Joleen

Thank You!



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P.O. Box 64
Balboa Island, CA 92662

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Abrams Coastal Properties

SILVER \$250

Balboa Candy
Duck House Balboa Island
Mary Hardesty Realty
People's Choice Beef Jerky
Vitarelli Construction

BRONZE \$125

Castle Blaney Investments
ETC, ETC, ETC
Hagmann Painting
Kristine Taft, Notary Public
Island Wash

BASIC \$65

Caring Companions at Home
Collins Avenue Graphics
Eric Farmer Construction
Irvine Ranch Market
Jim Jennings Custom Masonry
Shirley's Heart
State Farm Insurance, Paul Ricatta



photo: remy