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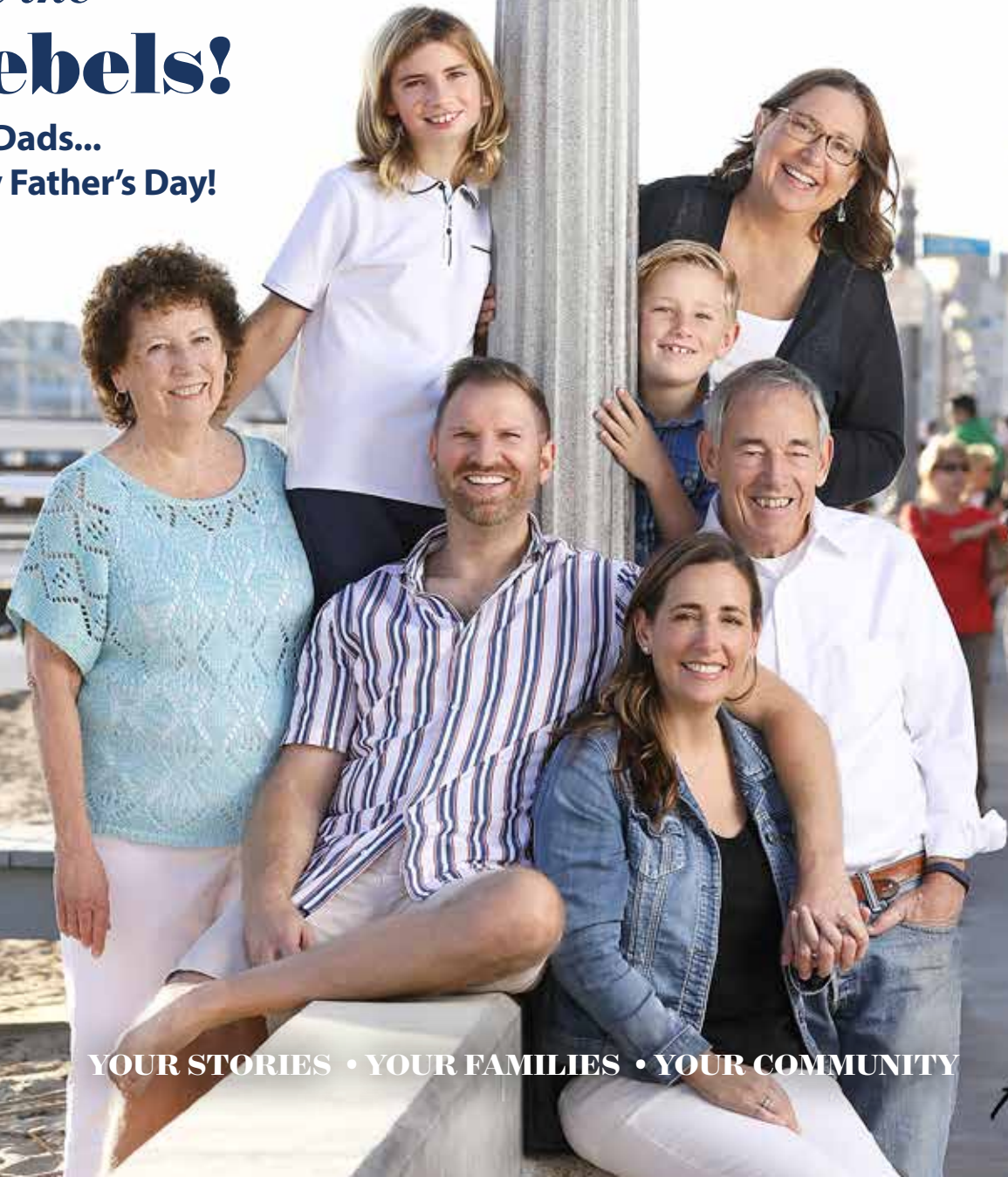
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A PRIVATE SOCIAL PUBLICATION EXCLUSIVELY FOR THE RESIDENTS OF BALBOA ISLAND • JUNE 2019

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Siebels!

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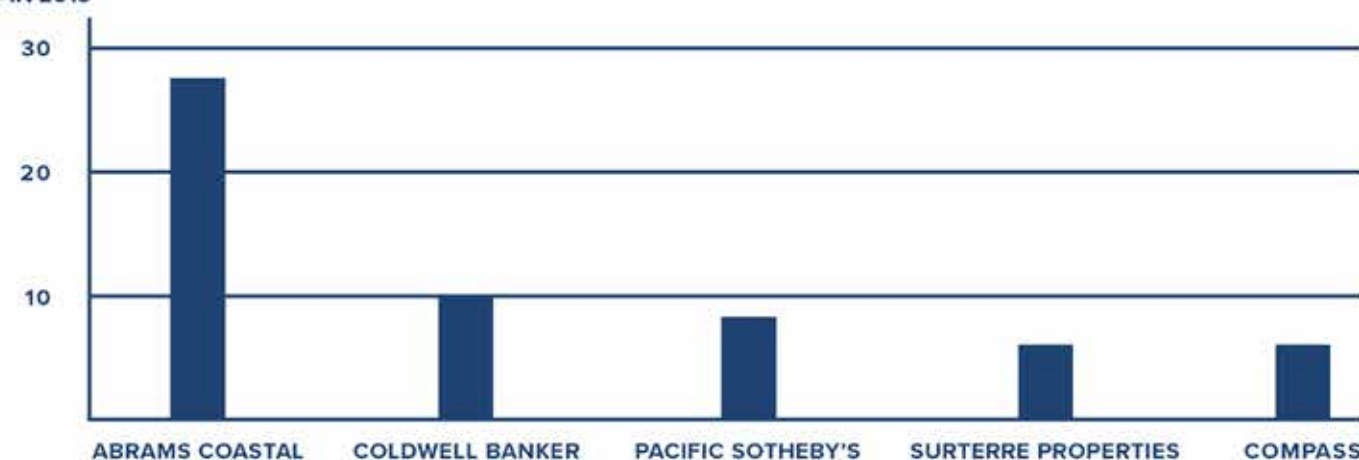
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We are always looking for residents to contribute and become part of our social committee. We welcome residents to help follow up on leads, find great stories and send us ideas. Let's celebrate the great things happening in our community! No contribution is too small. Please email George.latos@n2pub.com with your pictures, suggestions, or requests.

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Contributors- Balboa Island Want to join the fun?

Do you have a creative side? We are always looking for residents to be involved, follow up on leads, write 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.



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June MESSAGE

Dads are ordinary men turned by love into heroes, adventurers, storytellers, and lifelong friends. There are likely many more characteristics that can be added to that statement. So what is Father's Day all about? Should we, as dads, expect level appreciation or adulation? Perhaps so, but this year I am going to take some pre "Father's Day Time" for some much-needed introspection and explore and evaluate how I rate as a father and as a dad. I have been noticing that time appears to accelerate with each passing year.

So perhaps it's a much-needed wake-up call for some of us to spend a little time exploring how we might rate ourselves as a dad. One should be careful here as we can look back and wish we had done things differently, spent more time, had been more loving and present. We can all make those statements. What is done is done and therefore, we should embrace the positive and celebrate what we believe we did right. Take some time to rewind the journey of your fatherhood experiences. Recall the special times that brought joy and also sadness. It helps us to define and appreciate the rewards.

My richest reward of fatherhood has culminated in watching my children grow into the people they will be. They surprise me, they make me proud, and they bring me joy. This year, Father's Day will be about letting my children know how much I love and appreciate them. How they have helped to shape my character as

a man and made my life full and an adventure. One might say we have other holidays for that and perhaps we do, but this Father's Day will be different.

On another subject, many of our residents reach out to Emily and I each month and thank us for the work we do to deliver a publication that reflects the community and the wonderful people who live here. In an honest and genuine way. Over time, our residents have made us feel as if we are a part of the community and for that, we are very grateful. Like any publishing business, we thrive on recommendations of local businesses from our residents. Many of our advertisers are known to the community and advertise with us for greater awareness and also wish to be seen as supporting a publication that so many of you call your own. In that spirit, if you frequent a local business that depends on our community's support, we ask that you share your lists of local businesses that you frequent and would recommend to others. I would encourage you to ask that business to help support your publication, as well. It's easy enough to see who isn't supporting the publication. Perhaps it's time they did. Provide the name and contact of the business and I will do all the work!

Thank you all again for the privilege of providing *Balboa Island Living* to the community.

All the Best and Happy Father's Day,

Sincerely,

George and

Emily Latos



Balboa Island Living

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CORRECTION:

On our May cover we inadvertently referred to Larry Arnold as Neil. We sincerely apologize for our faux pas!



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MEET THE SIEBELS

Photographed by Turville Photography



Even after nearly 50 years, living on the Island still seems new, fresh and delightful. Not only is the setting beautiful, but also it truly is a community – full of friendly, positive and interesting people. We can hardly take a short walk along the Bayfront without seeing at least one person we know well enough to stop and talk.

Balboa Island has been part of my life since I was 8 years old when we moved to Santa Ana from Buffalo, New York, where I was born. While living in Santa Ana, there were many trips to “the beach” to lie in the sun, visit friends, and eat at the Jolly Roger. Trips continued through my years at Pomona College. Ed’s not as close to being “almost a native” as I am since he was born and grew up near Chicago. But, he became convinced soon after he finished his MBA at the University of Chicago. We moved to Claremont so I could attend Claremont Graduate School, and he could study at Loyola Law School.

After all the schooling, Ed opened a law office in Claremont, and I taught psychology and education at the Claremont Colleges for a little over a decade. We purchased our house here in 1970 as a summer spot and spent five years being “summer people.” From the first summer, we came to be part of the Apolena neighborhood. We shared beach parenting duties with the Woods, the Hadleys, the Visels, the McGills, and others. The kids started what turned into a multi-year family participation in BIYC (which wrapped up in 1993 when our youngest, Jed, became commodore).

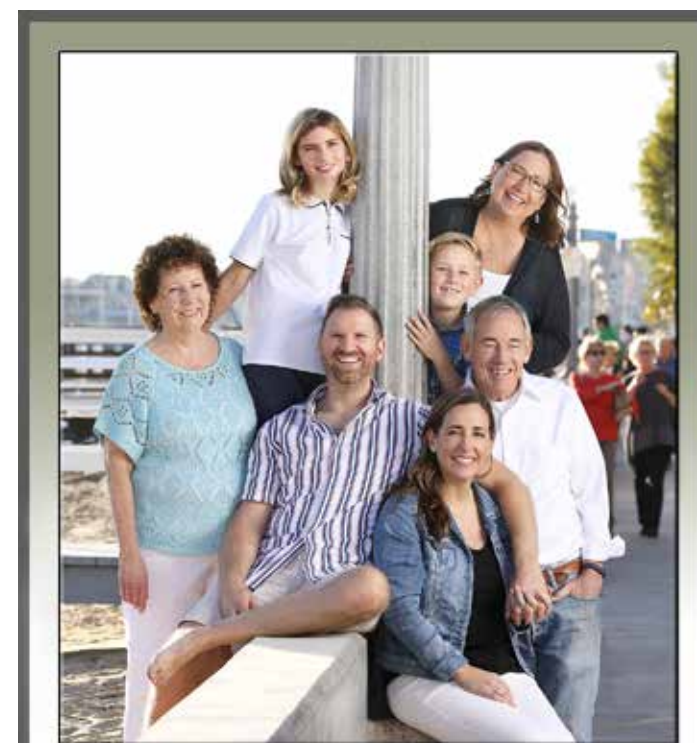
Then, while I was on sabbatical in 1975, we came to live on the Island for the full year and simply could not leave! Ed shifted his law practice to Balboa Island (over Leroy Kroesch’s Drug store!), and I indulged in being a stay-at-home Mom, did some developmental consulting and taught a few classes. Eventually, I decided to enter law school so I could work more specifically toward helping resolve some of the major questions and issues detrimentally affecting children’s lives.

Following my law school graduation, although Ed continued his general law practice, we also began to work together in special education law, helping children with disabilities achieve their rights in the school environment. If you’re curious, our web site is www.spedclawyer.com. Our cases have been varied – typically fascinating, sometimes frustrating, and often very rewarding. It does feel good to be able to help the kids obtain appropriate support for their education.

Most of our five children’s lives were spent here and they still feel that it’s a very special place, as do their children. As Jed wrote in a social media post during a Christmas visit this year, “Although Newport isn’t where I live anymore, and likely won’t be again, there is nothing more ‘home’ than sitting in the sand in the teeth of a sharp onshore breeze watching the sunset ... it is something I miss so very much.”

We’re lucky that two of the five live close by. Julie, our eldest, an assistant vice president at CCS Fundraising, is on the Balboa Island Museum Board and lives across the street. Liza, our fourth daughter, a lawyer-turned-stay-at-home-mother, lives just 10 minutes away with her husband, Kevin, and their two sons, Harry (10) and Tucker (7). Our two “middle kids,” the twins, live farther afield. Emmy lives in the Inland Empire, doing her art and working in caretaking. Jenny continues to teach elementary school in Los Angeles. Farthest away is Jed, a doctor who, as a Lieutenant Commander in the Navy, is stationed at Camp Lejeune in North Carolina. He lives nearby in Swansboro with his wife, Laura, and their sons, Mundy (5) and Will (3).

We both work with the Balboa Island Improvement Association, where I am on the Board. We are involved with Newport Beach EmComms (Emergency Communicators) for which Ed is the



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coordinator, are co-coordinators for CERT on the Island, and work with RACES (Radio Amateur Civil Emergency Service) through the N.B. Police Department. Ed also spends a morning several times a year doing legal counseling for Oasis members. The annual beginning-of-summer Island Parade planning group occupies some of our time in the spring, and as does planning for the end of summer Carnival and "Taste of the Island." There are many activities and good people involved on our Island!

We like to spend time with our family – especially Harry and Tucker, here at the beach, where in the summers they have become the next generation involved in BIYC. Watching their multiple and miscellaneous sports games keep us busy throughout the year. In addition, we try to squeeze in a daily walk, a thrice-weekly swim, workouts when we can, and multiple books. We feel very lucky!

Saylor & Gunner

precious pets

Saylor (female) and Gunner (male) are both rescues. Saylor is a Border Collie-Pointer mix and is 1.5 years old. Gunner is a Labrador and 3 years old. They were adopted not too far apart and luckily for us, have gotten along well. Saylor taunts him like any little sister would and both like long walks and dog parks. Saylor loves staring at the fireplace and belly rubs while Gunner is obsessed with retrieving a ball. Although we live on Balboa Island, they both are still timid about playing in the water. We still have time for new playtime fun!



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“ We are your eyes while you're away.

As a resident of Coastal Orange County for 40+ years with a successful career in the real estate industry, I have bought, sold, and managed my own properties throughout the years, which gave me an understanding of property management. Over the years, a number of my neighbors that had second homes here in town would ask me to check in on their properties while they were away to ensure that their homes were secure.

I had observed a shift in home ownership away from predominantly owner-occupied to a fairly significant amount of part-time occupancy by absentee homeowners, many who live hundreds of miles away, which can create many challenges. With this in mind, I created “Coastline Home Watch.”

I guess I should start by explaining what Coastline Home Watch is not; we are not a house-sitting or security service. We DO, however, add a significant level of security in conjunction with the owner's other security measures by virtue of coming and going from their home on a regular basis. We perform interior and exterior inspections for the purpose of making sure “all is well.” We look for security breaches, plumbing leaks, pest infestations, confirm landscaping is being properly maintained, collect mail and packages, handle repair requests, all of which cannot be done with just a security system.

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tour & travel

By **Tiffany Bowne** – Lounge Couture an affiliate of All Star Travel Group • Photos courtesy of **Sorrel River Ranch**

Road Trip Getaway!

SORREL RIVER RANCH

There is a little surprise tucked along the Colorado River in Moab, Utah — Sorrel River Ranch. It makes the perfect stopping point to access Canyonland and Arches National Parks and the surrounding areas. Even if you are not an off-road enthusiast, this a special place to view the amazing rock formations and terrain of Utah. If you are doing a road trip, Moab is the perfect place to add on to a Grand Canyon, Sedona, and/or Monument Valley journey. You can fly into Salt Lake City (four-hour drive) or a closer option is Grand Junction, Colorado (one-hour-and-45-minute drive).

There are so many activities to enjoy, like mountain biking, rafting, horseback riding, and wine tasting, while always enjoying the many amazing views in any direction. This is a perfect outdoor location to take in all the dramatic scenery. While looking at majestic desert landscapes, you can be up in snow-capped mountaintops in less than an hour, or even galloping over green pastures!

Many people come here to tent camp or RV, as there are myriad of campsites, but Sorrel River Ranch is where you go to enjoy the luxuries of a hotel! Why not stay in charming cabin-like rooms located on the banks of the Colorado River with delightful and dramatic canyon views? It's a place to recharge! You can't get over the view! Rooms have a southwest feel with deep soaking tubs, luxuriously comfortable beds, and a kitchenette. Truly stunning red rock, canyon-facing views just across the river envelope you in the destination. Sitting on your private patio on a rocking chair, bench swing or even on the river bank in an Adirondack chair enjoying the breeze is so relaxing! The hotel boasts gourmet farm dining at River Grill, its restaurant, but you are only 20

minutes from town with many other casual dining options in the quaint town of Moab.

I suggest you get outdoors and take a bike ride, hike or a canyon UTV tour to see all the sites! Take in a sunrise over the canyon or a sunset snapping pictures of Arches at Canyonland and red rock mesas — even find dinosaur tracks! But you get to return dusty and happy to the Sorrel River Ranch to a handcrafted cocktail at Epic Bar and sit by a fire pit and roast marshmallows with complimentary s'mores. It's a true Southwest experience. Sorrel River Ranch is ideal for families, couples looking for a romantic adventure, or a perfect stop for a camping/RV road trip when you just need a comfy bed, some privacy and a slice of luxury. It has a spa, petting zoo and even has stables with on property horseback rides.

Don't worry, it's not a problem if you arrive with a trailer, toy hauler or RV – plenty of parking space to accommodate. There are world-class outdoor experiences in Moab, Utah, for the true adventurer. It's a place that people come from all over the world to rock climb their UTV, ride world class mountain bike trails, take leisurely motorcycle rides, or a place for dirt bike enthusiasts. Why not add a bit of comfort and luxury to any level of adventure?!

The staff of the property are accommodating and memorable. Rory, our on-property adventure guide, was a treat to our four-hour UTV canyon tour, offering history to all the visual sites – even sneaking us to a cow wrestler's hideout from the old west.

It's convenient to use the hotel as a base to immerse and explore the national parks in the area. There is an activity for everyone at any level. Sorrel River Ranch is the perfect combination of luxury and adventure!



72nd Newport to Ensenada International Yacht Race

Photos By George Latos and Jeff Granberry



An 88-year-old boat with Dick McNish, its 91-year-old captain.



The 72nd Newport to Ensenada International Yacht Race got underway under picture perfect California skies and better than expected winds. Cheers were heard from a pier full of spectators who watched as the fleet sailed into a cloud-covered horizon. The 2019 Newport to Ensenada International Yacht Race took place April 26-28. Beginning in Newport and heading down to Ensenada, this 125-mile overnight race provides the perfect mix of fun and adventure. There were over 50 trophy categories.

About 200 sailboats went with the wind, at the start of the race.

The tradition featured boats departing in staggered starts near the Balboa Pier for about two hours, most of them bound for Ensenada, Baja California, about 125 nautical miles south. Smaller fields took short courses to Dana Point and San Diego. Skies were blue for the start, with light winds at 6 to 9 knots from the south or southwest.

NOSA, Newport Ocean Sailing Association, is a non-profit organization run by a board of directors filled with highly experienced sailboat racers and U.S. Sailing Certified Race Officials who, along with a large group of volunteers, are the premier race management team who host the iconic Newport to Ensenada International Yacht Race and others all-the-while promoting yacht racing in Southern California. NOSA provides financial assistance to junior sailing programs and other non-profit organizations that encourage and develop amateur watersports with an emphasis on sailing, boating, and seamanship.

Bahia Corinthian Yacht Club is the host of the annual Send-Off Party. By Invitation Only, this event is held on the evening before the start of the race. BCYC's own Dan Rosen, sailing the B32 *Problem Child*, once again lived up to its name, being a problem for anyone who dares enter in the double-handed category, winning the Volvo Best Corrected - Double-Handed Trophy for the eighth race in a row. Rosen sailed this year with Peter Heck, a respected local sailor with a lot of experience winning on Maxi-class boats.

Established in 1958, Bahia Corinthian Yacht Club, located in Corona del Mar, California, is one ●●●





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Owner operator Malcolm Phillips is a Balboa Island Resident

of the premier yacht clubs on the West Coast. BCYC members enjoy reciprocity benefits with yacht clubs throughout the United States and around the world. As you enter BCYC, you sense the friendly and relaxed atmosphere we strive to maintain, which is the hallmark and reputation of the club. The true benefits of

membership are the enduring camaraderie and lasting friendships developed amongst the members who share their love of the ocean through very active social, racing and cruising programs. Our BCYC Junior Program is considered one of the best in the area. Explore their website to learn more about BCYC.



HOME

205

PEARL AVE.

205 Pearl is an amenities-rich custom home with wide planked white oak floors, stunning Quartz counters, Newport Brass chrome hardware, designer lighting, central AC, a “smart” home system, and ELEVATOR to all 3 floors. This home is set apart from most new homes by the amazing amount of outdoor space in which to celebrate Island life; there is a huge front patio, oversized master bedroom patio, and 2 third-floor decks. The first level of the home has a great room opening up with stackable glass doors to the patio with its overhead heaters, a magnificent chef’s kitchen with 6-burner Wolf range and oven, SubZero paneled refrigerator, walk-in pantry, farm sink and eating island; dining room with chandelier and shaker-style cabinets, powder bath and 2-car garage. The second level has a master bedroom suite, 2 guest bedrooms, one ensuite, and an open entertainment lounge. The master bedroom has vaulted beamed ceilings, fireplace with seating area, large closet, and stackable doors opening to a covered balcony with overhead heaters. The master bath is spa quality with a large shower and separate soaking claw tub. The third level has two deck spaces, one with a covered loggia with fireplace and an open area with built-in BBQ and refrigerator. Island life could not be better than in this beautiful new home by the sea!





Photographed by Bleu Cotton Photography

business spotlight

Trident Funding is the nation's largest independently owned domestic boat loan origination company.

Our company was founded in 1996 by James Foley, Robert Dunford and Michael Bryant. Together, with more than a hundred years of combined boat loan experience, these three seasoned professionals set out to create an organization dedicated to helping boating enthusiasts find the financing needed to pursue their passion. That is still our passion today.

Michael Bryant, born and raised in So Calif., built his first boat at the age of 21. Decades later he still owns a sailboat along with his wife Nancy, a Tartan 3500.

"I have financed everything from small runabouts to 175 mega yachts. There isn't a set of circumstances that I have never seen."

Michael has been in the yacht lending business since 1976 first with Wells Fargo Bank. From 1989 to 1995 he worked for GE Capital. Michael was a founder of Trident Funding Corporation, which began in 1996. Trident has nine locations all across the U.S.

Michael can be reached either at **(949)475-0760** or by email at **mbryant@tridentfunding.com**. Along with Mike Curtin, we are ready to serve Balboa Island residents.

TRIDENT FUNDING



She is a war bride from London who married my dad stationed in London during World War II at 19. She is proud of her two children, three grandchildren and her favorite hockey team, the Ducks.

Lorraine Schulman Leavitt
Happy Mother's Day, Mom!

MOTHER'S DAY wishes!

I am proud of Mom, Blanche Schulman, who is 95 and lives independently and drives in Laguna Woods.

Lorraine Schulman Leavitt
Happy Mother's Day, Mom!

She is a war bride from London who married my dad stationed in London during World War II at 19. She is proud of her two children, three grandchildren and her favorite hockey team, the Ducks.



If you would like to share a special message, please email emily.latos@n2pub.com.

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MODERN FURNITURE TRENDS

RAPPORT INTERNATIONAL FURNITURE

By Madeline Zuckerman - Resident Contributor

Peter Skaaning travels the world scouting out the most interesting designs in contemporary furniture today at every price point. He regularly attends the prestigious Cologne and Milan Design Shows, where some of the most amazing designs are born. Having recently returned from Milan Design Week, Skaaning shared some of the furniture trends for 2019, which focused on the underlying message that **beauty** cannot be achieved unless ethics and aesthetics coincide. The perfect shape, the most creative solution, the most harmonious system of rules belong only to Nature; *hers is the true essence of Beauty.*

Seen in some of the new collections were natural to exotic woods, and a range of refined fabrics characterized by seductive color palettes and unexpected patterns to soft leathers of the

highest quality. Enriched by a process of technological innovation combined with unending stylistic research, these collections were synonymous with luxury lifestyle and sophisticated modernity.

The design thread Skaaning saw over and over again was a response to *Nature, Lifestyle, Culture, and Harmony, plus an Elegant and Inviting Ambiance.* Many of the furniture trends articulated the experiences of today and the rhythm and expectations of tomorrow. Culture and tradition uniting to create the perfect blend of beauty and craftsmanship.

The Natuzzi Italia collections are designed for a new generation whose passion is beauty, quality, experimentation

and innovation. Taking time to reflect, relax and recharge is essential. Furniture designs that work in harmony with the human body, effortlessly moving to where you need to be to allow us to truly relax, both physically and mentally.

Since its founding some 73 years ago, Rapport International Furniture, with showrooms in Los Angeles and Palm Desert, continues to successfully navigate generational changes, currently boasting seven stores and enormous momentum as the recognized leader in contemporary furniture.

Rapport is the exclusive distributor for Natuzzi Italia in Southern California, the brand that famously democratized the leather sofa in the



1980s, and whose harmonious marriage of Italian craft tradition with signature innovation is a benchmark within the industry. In addition to showcasing a complete collection of Natuzzi Italia, Rapport also features such well-known and equally-popular brand names as Cattelan Italia, Pietro Costantini, LeoLux, BDI, and Elite Modern.

“With our two expansive Southern California showrooms, totaling 53,000 square feet, in addition to 33,000 square feet of warehouse space, we carry substantial inventory available for

immediate delivery. Homeowners and design professionals alike can touch and feel any of the quality, well-priced products we offer,” stated CEO Peter Skaaning. “Our philosophy is ‘Your Home is the Greatest Luxury, where Style, Beauty, and Harmony are blended together to make every moment memorable.’ ‘Creating’ is about looking beyond – it is about being able to sense the future and anticipate trends.”

For information on Rapport International Furniture, please call 760-568-1500 or 323-930-1500 or visit www.RapportFurniture.com.



The Beek Family – The “First Family” of Balboa Island

Fate or Coincidence – Some Things are Meant to Be



There are many types of “First Families.” Most are associated with politics, such as the Kennedys or Bushes. Some are known for their wealth like the Rockefellers and the Waltons. The Barrymore family is referred to as Hollywood’s first family and the Patton family as the first family of football. Balboa Island has its own first family, the Beeks, whose influence and importance in laying the foundation of our community is undeniable, and whose story weaves in and out of Balboa Island like an intricate tapestry.

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To help pay for his education, Joe worked summers for Balboa Island developer W.S. Collins. Joe organized outings for groups of people to ride the Red Car to Balboa, have a picnic and view lots for sale. During his summer college break in 1912, he helped build the first bridge to Balboa Island. According to Joe, it was “crooked, uneven and unbeautiful.” It was only 12 feet wide, with room for one team and wagon, and no auto crossed it for some two years after it was built.

While in Pasadena, Joe became acquainted with and made an impression on several influential people, and after three years at Throop, he got a part-time job in Sacramento, an assistant position with the Legislature. In 1919, he was elected secretary of the

California State Senate, a position to which he was re-elected for over 50 years, making him the longest-serving secretary of the Senate in California history. His longevity in this political climate is not only a testimony to his capabilities, but also to his honesty, diplomacy and work ethic.

Even with this illustrious career in public service, Joe is perhaps best remembered for his role in developing Balboa Island. From the very beginning, he obviously saw something special in this rustic and primitive location, deciding that it would be a good place to live. In 1917, he bought the property at Agate and South Bay Front, the location of the Island Boat House. From 1917 to 1923, this was the only business on the Island, where boats were built and repaired, real estate transactions were conducted, and messages were received via telephone and relayed to recipients. The Boat House also served as a meeting place.

Carroll Brewster Guillou was born on January 5, 1899, in Hueneme, California, where she lived with her family until she was about 3 years old. In order to provide her much-older brothers with a decent education, the family moved to Pasadena, where her brothers attended Throop Polytechnic Institute. Joe Beek met Carroll’s brother, Rene, at Throop. The Guillou family moved to Berkeley so the boys could attend the University of California. It was there that Carroll met Joe Beek, who was working in San Francisco and had friends he would visit in Berkeley.

Carroll had been introduced to Balboa Island long before meeting Joe Beek. She first visited the Island during a spring vacation from school in Pasadena in 1907 or 1908 with her mother and brothers. In a 1978 interview conducted by Robyn S. Maltby as part of California State University, Fullerton Oral History Program, Carroll said, “...my brother and I played ball in the Pavilion — upstairs in the Pavilion. I stood there looking out across the bay, and I remember that Balboa Island was just a marsh. There was no development here at all at that time. If anybody had told me that I was going to spend most of my life on that marsh, I would have been very surprised.”

In the summer of 1918, Carroll came to the Island with her parents, and whether it was fate or coincidence, she became acquainted again with Joe. They married in 1920 and settled on the Island where they raised their three boys, Barton, Allan and Seymour. All three Beek boys attended local schools and graduated from Newport Harbor High School.

Prior to their marriage, in 1919, Joe took over the ferry service between Balboa Island and the Balboa Peninsula, a business that has remained in the Beek family throughout the years. (After his father’s death in 1968, Seymour became the president of the Balboa Island Ferry Company and operates the business which is still family-owned.) Joe developed subdivisions in Newport Beach, including Harbor Island and Beacon Bay, managed the annual Tournament of Lights, and, with his wife, founded the Balboa Island Yacht Club, a club for children run by children. Many who participated in the BIYC still remember the life lessons they learned from the Beeks. Joe was

the first Harbor Master in Newport Bay and was responsible for the placement of the channel markers and the bell buoy outside our jetty. Carroll was an active volunteer in the community, and a dedicated environmentalist and watchdog.

Both Joe (in 1955) and Carroll (in 1961) were recognized by the Newport Beach Chamber of Commerce and presented the Newport Beach Citizen of the Year Award. According to the Chamber, the award is presented to someone who embodies the following: “Newport Beach is my home—and my life—and its future and mine are the same—and whatever I can do to make them better, I will do.” What a perfect way describe Joe and Carroll Beek. It comes as no surprise that Seymour Beek won the same award in 2005.

Joe and Carroll were pillars in the community, setting the stage for their descendants to carry on their legacy. The Beek family tradition of dedication to the community lives on through the committed work of Seymour Beek, who manages the Ferry and is a major supporter of BIYC. He and his brother, Allan, are like a living encyclopedia filled with interesting history and tidbits about life on Balboa Island back in the day. Seymour’s son, David, is the manager of Island Marine Fuel, an active Board member of the Balboa Island Museum, vice commodore of the Balboa Yacht Club, and co-chairman of the Christmas Boat Parade for the past two years.

Visit the Balboa Island Museum and experience the Beek and BIYC exhibits.



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history
By Shirley Pepys - President of Balboa Island Museum - Resident Contributor

Joseph (Joe) Allan Beek was born in Orrington, Maine, on December 16, 1880. His family moved to New Mexico where, in 1893, Joe’s father died of tuberculosis, leaving young Joe as the breadwinner. He worked for the Reclamation Service in New Mexico and Arizona, which included operating a

While in Pasadena, Joe became acquainted with and made an impression on several influential people, and after three years at Throop, he got a part-time job in Sacramento, an assistant position with the Legislature. In 1919, he was elected secretary of the

Newport Beach

photos by George Latos

BOAT SHOW



This year's show featured the newest vessels to reach the Western United States. There were a host of exhibitors on hand shoreside and in the water to showcase their innovative products and services that make owning and operating a big boat more enjoyable. The Newport Boat Show is the premier yacht show in the west. Newport is the one show that features big boats and trawlers. Produced by the Duncan McIntosh

Company, the four-day boating event featured more than 200 new and brokerage boats of all types and price points, including trawlers, cruisers, sport fishers, sailboats, catamarans, motor yachts, along with shoreside booths offering the newest accessories and gadgets. Marine enthusiasts were invited to climb aboard the latest models to experience the luxury and technology found in the latest vessels.



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Dr. Jack Palmer and Gordana Palmer.

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Coldwell Banker hosted an evening of wine and cheese with published author and speaker Dr. Jack Palmer. Dr. Palmer is a board-certified internal medicine physician specializing in anti-aging medicine. His interest in the field was sparked when he noticed that his elderly relatives in Europe were far more lucid and active than the same aged patients in the U.S. This prompted Dr. Palmer to devote his practice to investigating and understanding the reasons why. Dr. Palmer has been in practice since 1997, he provided information about his field of study in the area living a better and longer life. Also in attendance was Gordana Palmer, who provided samples of her energy enriched water named from her business, Shangri-La H2O. The water is conditioned in a patented process using a vortex. The result is healthier water with higher levels of oxygen that equate to more energy. Everyone had a delightful and informative evening.

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COOK

ARTICHOKE S



By Shawn Mastos
Resident Contributor

I often wonder who the first person was that looked at this prickly green thing growing on a stalk and said, "Hmmm, I think I will steam this, dip the leaves in butter and drag the leaves over my teeth to see what it tastes like and then eat the center." And I will continue to wonder this every time I enjoy one of these delicious vegetables.



- Start by snipping off the sharp points on the end of the artichoke.
- 4 large artichokes
- 1 lemon, halved
- Sea Salt
- 3 tbs. olive oil
- 2 large or 4 small garlic cloves (I use Bristol Farms pre-roasted)
- Dash of red pepper flakes
- 1 pre-packaged container of tarragon that you will chop
- Zest of 1 orange Juice from that orange
- 1 tbs. minced shallot
- Large tub of plain Greek yogurt

To cook the artichokes, you can steam them or put them in 2 inches of water in a large pot. Squeeze the lemon over them. Put some salt in the water along with the lemon. Start with a boil and reduce

the heat. Keep checking the water, as you may have to add more. After about 45 minutes, check to see if a middle leaf pulls out easily. If it does, this is an indication that it is done. If not, give it more time.

In a Cuisinart, chop the shallot and garlic. Blend in theyogurt and a splash of olive oil. Scraping down the sides, add the tarragon, orange zest and the orange juice, a little salt and the pepper flakes.

Season to taste and adjust if you need more salt or juice. Put the dip in a bowl.

I serve the artichokes at room temperature. This is great for an appetizer or a side dish with a meal.

I am pleased to announce that my friend and neighbor, BARBARA EUSEY, will be taking turns with me every other month posting recipes. And for the holidays, we will do something together.

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10 THINGS TO DO WITHIN 10 YEARS OF RETIREMENT

Part 2

Your dreams of white sandy beaches, days spent on the golf course or more time with family are just around the corner. After countless years of working and saving, you are finally getting closer to the retirement finish line. That doesn't mean it's time to put your feet up and count down the days until you pack up your office for good. Determine to finish the race stronger than you started by doing these 10 things within 10 years of retirement. Last month we covered 1 through 5.

1. Run Your Numbers Through Different Scenarios
2. Test Out Your Retirement Income
3. Up Your Savings Rate
4. Decide Where You Will Live
5. Keep An Eye On Your Investments

Part 2

Continued...part 6-10

6. Maximize Your Social Security Benefits

Social Security benefits can be claimed anytime between ages 62 and 70. However, the timing of when you decide to collect these benefits will impact the amount of payout you receive. At 62, you become eligible to receive Social Security benefits for the first time. But before you start claiming Social Security, it's important to review your benefits and options for claiming so that you can plan to maximize your lifetime benefit.

If you start claiming benefits at age 62, your benefits are about 26% lower than if you waited for full retirement age, and over 40% less than if you wait until you are 70 to claim. It's also important to consider how long you've worked and your lifetime average monthly earnings, which are used to calculate your benefit. In some cases, working a few extra years can have a big impact on your monthly Social Security benefit.

7. Think Long And Hard About Healthcare

No matter how healthy you are today, you may need more health services as you age. According to the Employee Benefits Research Institute, the average couple at age 65 will require anywhere from \$157,000 to \$392,000 in healthcare costs [2]. Most people don't even have that much in their retirement accounts to live on, let alone cover medical costs. Even with Medicare, there could be significant out-of-pocket expenses and many conditions and treatments that are not covered.

When choosing your health insurance for retirement, make sure you understand all Medicare options and supplements and work with an experienced professional to help you evaluate your options.

8. Don't Forget About Long-Term Care

Along the lines of health, think about your potential need for long-term care insurance. An average of 63% of today's 65-year-olds will require some form of long-term care during their lifetimes [3]. On average nationally, it costs \$253 per day or \$7,698 per month for a private room in a nursing home [4]. But the older you get, the higher your cost for a long-term care insurance policy will be and the greater the likelihood of your application being denied. Generally, the last age long-term care insurance is affordable is when you are in your mid-60s.

If you decide to plan for long-term care, you have a few options. You can go with a traditional long-term care insurance policy, add a long-term care rider to your life insurance policy, purchase an annuity with a long-term care rider, or start saving for your long-term care on your own through a contingency savings account.

9. Create A Tax Strategy

Tax planning can save you more money than you realize. By projecting your future income and taxes now, you may find op-

portunities to save. When you are living off a fixed income in retirement, tax strategizing can make a world of difference in the longevity of your nest egg.

For example, a \$50,000 withdrawal from a Roth IRA will have a wildly different tax impact than that same distribution from a traditional IRA. Creating a tax plan can help you strategically withdraw from your various retirement accounts and minimize your tax liability.

10. Get Professional Advice

Even if you have been saving and planning on your own up until this point, these final years before retirement are critical for making decisions that have far-reaching consequences. If you want to spend your final working years enjoying life rather than worrying, find a professional you trust to help formulate a plan.



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It was a great day for all the participants in the Annual "All-Island" Garage Sale! Thank You to ALL that registered and participated! The items that you were selling were "awesome"! The weather was perfect and the attendees that I met

was very polite and appreciative! Start saving those "treasures" now for next year. A special thanks to this year's sponsors: Sue Podany of Surterre Properties, Caring Companions at Home, Starbucks, and Kamps Island Flooring.



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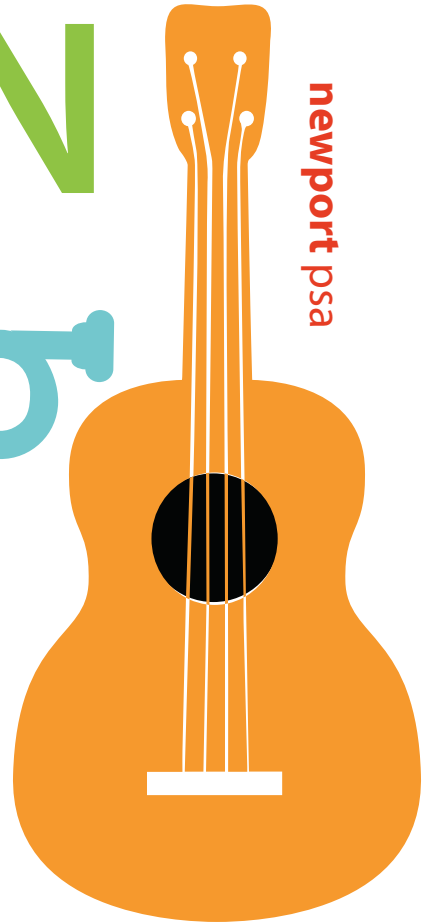
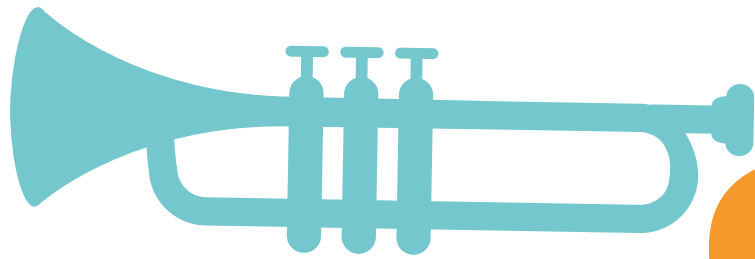
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June 16: *The Side Deal*

July 7: *Smith*

Aug 25: *Queen Nation*

Sept 15: *Flashback Heart Attack*

Bring Blankets, beach chairs and a picnic dinner or purchase food from food trucks on site. NO ALCOHOL.

For more information: newportbeachca.gov/culturalarts

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Sat-8:00AM-4:00PM
Sunday-Closed

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