

BLUFF HEIGHTS QUARTERLY

Neighborhood News Delivered Right to Your Door!

Summer 2009





BHNA PRESIDENT'S MESSAGE

John Thomas, BHNA President

On behalf of the BHNA Board, I want to invite all of our members, families and friends to our 4th of July Block Party!

As always, many local residents and their guests will enjoy a wonderful day of fun and food. Great raffle prizes and silent auction gifts donated by our local businesses always contribute to the success of our event.

We hope that you will try to stop by and enjoy the many games, try the food and participate in the watermelon eating contest!

Soon, the Board will begin working on the 2010 slate of officers to present for consideration at our Fall Neighborhood Forum in September. We will be soliciting for Board members that are interested in serving on the BHNA Board. If you are interested, please let us know via e-mail to our web site (info@bluffheights.org) or call us at (562) 439-BHNA. We will be in touch as to the process and positions that will be opened.

While some of you may not be interested in serving as a Board member, we are always looking for residents who would like to serve on one of our many committees. If you are interested in committee's vacancies, please e-mail or call us and let us know. You may serve for a specific event or purpose and have a chance to consider serving further as a Board member.

Our September Neighborhood Forum will focus on Public Safety and Neighborhood Stabilization.

In the current economy, our public safety officials are warning us that there is an increase in home, auto and personal property crimes. We will have our local representatives from the Long Beach Police

Department to speak on many topics, including preventive measures to protect your home and family.

Protecting ourselves really begins at home. Educated with the vital information provided during the presentation by the police department, we will continue to be proactive in protecting our neighborhood!

We will also have representatives from the Neighborhood Services Bureau to discuss property maintenance and code enforcement related issues. With foreclosures on the rise, many homes have the potential to fall into states of decay and become attractive nuisances.

The city has a variety of programs that can work to stabilize the properties until the homes are occupied. Reporting homes and getting the issues addressed is critical and city staff will discuss the process and contact information.

Please join us in September for our Fall Neighborhood Forum. You will be receiving a meeting reminder this summer so watch for it and mark your calendars.

John



Important Phone Numbers

Emergency	911
Police Non-Emergency	435-6711
Airport Noise Abatement	570-2678
Animal Control	570-PETS
Apartment Watch	570-7160
Business Watch	570-7274
BHNA	439-BHNA
Bob Foster (Mayor)	570-6801
City of Long Beach Info.	570-6555
City Council (District 3)	570-6310
Code Enforcement	570-CODE
Fire Prevention	570-2560
Gang Hotline	(866) 426-4847
Gary DeLong (Dist. 3)	570-6300
Gas Emergency	570-2140
Graffiti Hot Line	570-2773
Hate Crimes/Human Dignity	570-6948
Health Department	570-4000
Historic Preservation Office	570-6194
Housing Rehabilitation Loans	570-6808
Narcotics Tip Line	570-7125
Neighborhood Watch	570-7229
Noise Abatement	570-4126
Public Works	570-6383
Sidewalk Hot Line	570-6264
Shopping Cart Hot Line	(800) 252-4613
Special Refuse Pick-ups	570-2876
Street Lights	983-2000
Street Potholes Hot Line	570-3259
Suja Lowenthal (Dist. 2)	570-6684
Street Sweeping	570-2890
Tree Trimming	570-2700
Water Emergency	570-2300
Community Hospital	498-1000

All telephone numbers are area code (562) unless otherwise listed.

Bluff Heights Quarterly Volunteers

- ◆ Advertiser Sales: Dale Maul
- ◆ Copy Proofing: George Edinger
- ◆ Web Site: ZephyrGraphics.com
- ◆ Newsletter Layout: Claire Atkinson

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Silver Sponsorship \$250

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- Display items, literature, business cards, and coupons can be displayed in our Raffle tent

Bronze Sponsorship \$100

- Your company name listed on banner in BHNA Tent
- Display items, literature, business cards, and coupons can be displayed in our Raffle tent

Individual Sponsorship \$30 and up

- 1 Year free membership or renewal to BHNA, a \$25.00 value

Donate to our Silent Auction / Raffle

Raffle Prizes Silent Auction Items Gift Certificates Gift Baskets

Volunteer Your Time

Volunteer 1 to 2 hours of your time at this year's block party and you will receive a Volunteer Gift Bag
We have lots of spots to fill, you could Man a Booth, Run an Game, Take a Plunge in the Dunk Tank, BBQ Hot Dogs, Sell Ice Cream, Sell Raffle Tickets, and much More.....

If you are not Available on the 4th but you would like to Volunteer some time Before, Give us a Call.....

If you are interested in helping out in any way

Please Contact: George Edinger

Vice President, Bluff Heights Neighborhood Association, Inc.

July4th@bluffheights.org 310-505-8177



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BHNA GETS DOWN AND DIRTY AT GARDEN OF EATING EVENT

The April Neighborhood Forum was a festive, exciting event focusing on the benefits of growing your own vegetables and cooking with fresh, local ingredients. Bluff Heights Neighborhood Association Board members and volunteers set up tents and stations for the day's activities.



First, attendees watched and learned as local Chef Elizabeth Whitt, a graduate of Le Cordon Blue in Paris, prepared a wonderful salad while giving tips for handling and cutting herbs and vegetables (see recipe below). As an added treat, local restaurants Paradise and At Last Café donated samples of their specialties for tasting.

Lisa Lucas-Talbot, a representative from Slow Food USA, gave a presentation on the benefits of eating and cooking with locally grown food. Their mission "envision[s] a world in which all people can eat food that is good for them, good for the people who grow it and good for the planet."

The main purpose of this event was to present to Horace Mann School portable garden boxes in which the schoolchildren would be able to plant vegetables, learn how to care for them while watching the plants grow and then pick the rewards of freshly grown vegetables. Bluff Heights Board member, Dale Maul and volunteer James de Boer, the Yard Farmer, built two 4' x 4' garden boxes on casters for the school.

James demonstrated how to plant various types of vegetables while some of the schoolchildren attending helped. The completed garden boxes were then donated to the school. Mrs. Reese, a Horace Mann teacher, and PTO President Stacy Hudson were delighted to accept on behalf of the school.

Next, a planting assembly line was set up with a wheelbarrow full of organic soil, biodegradable planting containers, and tomato plants for attendees to plant their own mini-gardens. Many thanks to Mikle Norton for helping with a donation to provide some of the supplies needed for the mini-garden boxes.

We want to thank all of the volunteers and supporters who helped to make this event a success. We thank all who took their time to come out and participate.

Mixed Green Salad with Shaved Fennel, Orange, Feta Cheese (Serves 8)

- 8-10 ounces mixed greens
- 1 orange, peeled and sliced
- 1 fennel bulb, trimmed and shaved thinly
- 4 ounces crumbled feta cheese
- A few basil and/or mint leaves, chiffonade or roughly torn
- 1 avocado, sliced

Vinaigrette

- 2 tsp Dijon mustard
- 2 Tbsp sherry vinegar or white balsamic vinegar
- Salt and pepper
- 1/3 cup olive oil



Vinaigrette: Mix all ingredients slowly until smooth. Can be made days ahead of time. Store in refrigerator. Salad: Prepare lettuce and place in a large salad bowl. Prepare remaining herbs, vegetables, fruit and cheese and place in a separate bowl. Toss salad greens with some vinaigrette and 3/4 of the fruit, vegetable, herb and cheese mixture. Taste for seasoning and add salt and pepper if necessary. Garnish with the remaining ingredients and serve immediately.

PORCH IT!

By Kevin Doherty

That was the expression we used back in '62 to characterize the perfect front door placement of newspapers we paperboys expertly tossed from our Schwinn cruisers while on the fly. Front porches in my neighborhood came in all shapes and sizes — some with furniture, railings or



lights that you had to work around in negotiating a well-timed toss. If we were skillful, our clients never had to look any further than their front door for their paper seven days a week; and if we were lucky, we got a 50-cent tip for our efforts when we made the rounds once a month to collect payment.

These days I've moved up a notch or two on the career ladder

but as a designer, porches remain front and center to my interests, especially when working with clients who own historic homes that boast those familiar concrete expanses harkening to social customs of yesteryear.

While life has changed greatly in our populated urban hub, the social needs of people have not, and we still yearn for friendship and a deeper sense of community within our neighborhoods. As summer heats up in an L.A. kind of way, I find myself sprucing up our own front porch in preparation for the warm evenings at hand and the outdoor gatherings we'll have.

So how might you enliven your own front porches? With a few basic changes you can quickly transform that concrete or wooden slab into an outdoor living room that will beckon family and friends and become the central gathering place for your summertime soirees!

Furniture First

Front porches on all manner of historic homes were envisioned as comfy places for folks to sit and chat. The furniture you choose is the single most important element to making your guests feel at home. Some of the hardiest and most classic porch furniture has its roots way back east in the rustic, turn of the century Adirondack mountain resorts. The regional style of chairs and tables still built today were simply made with planks of hardwood and were designed with an exaggerated reclining backs and ottomans for daytime siestas. Choose the long lasting solid mahogany or teak items available from the better garden outfitters. The Old Hickory Furniture Company started in the 1880s still makes their unique brand of "fashioned by nature" wooden porch furniture using tree branches with exposed tree bark. Find them online and order a catalog. Wicker furniture has long been favored for exterior use because of its comfort and durability. Carefully choose items with the best quality reed, simply fashioned. They are more expensive, but will withstand the winter elements far longer than the cheap variety.

Underfoot and Overhead

Rugs of all sorts specially made for your outdoor living room will soften the harshness of the cement, rendering the area cozy and appealing underfoot. Some outdoor rugs are made of coconut fiber, others of jute or dry woven grass. Combine these with your porch furniture and garden stools, adding a couple of throw pillows for the kids to sit on the floor.

The character of lighting you choose will have a profound impact on the aesthetic success of your front porch. When considering porch lighting, opt for fixtures that will radiate a gentle romantic hue. Place a low-watt bulb in your standard porch light but use it sparingly. Purchase a few candle lanterns for the mainstay of your lighting. Japanese lanterns cast in iron or bronze are beautiful and cast an array of dancing patterns through the flickering light. They set just the right ambiance on warm summer nights!

Gather 'Round

With careful planning and discerning taste you'll find your front porch has come alive in both aesthetic and practical terms. You will have extended your available living space and made use of the temperate outdoor climate. In addition, you will have provided not only a place to gather and visit but also a place of great beauty. Passersby will undoubtedly stop to remark and praise your efforts, at which time you'll have your homemade lemonade handy and invite them up for a cool drink on a hot summer's day.

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BLUFF HEIGHTS
4TH OF JULY
BLOCK PARTY
ON V...



12:30 PM

Opening Ceremonies

free

The kick off of the block party features the raising of the flag that flew over the State Capitol after 9/11. Plus a colorful finale.



1:00 PM

Patriotic Pooch & Pram Parade

free

Uncle Sam leads a parade of dressed up dogs and baby prams. Awards for best dog costume & pram decorating.

1:30-5 PM

The Dunk Tank

\$1 for 3 balls

Step right up and try your hand at pitching your neighbors into the drink. As they plunge, you have the satisfaction of benefiting the BHNA!



2:30 PM

Bubble-Gum Blowing Contest

free

Here's a competition where you get to chew someone else out! The contestant blowing the biggest bubble wins. Pop! Goes the loser...



4 PM

The Watermelon Eating Contest

Free

Bring your appetites and worst table manners to this comical contest of speed-eating.

- Categories:
- up to 9 yrs.
 - 10-15 yrs.
 - 16 yrs & up



2-4 PM

Princess Laff-a-lot Face

Free

Princess Laff-a-lot isn't clowning around when she offers to transform your face into an whimsical statement of pure happiness.

12:30 - 6 PM

The Bluff Heights Booth

Join the Bluff Heights Neighborhood Association, buy tickets for block party events or enter the opportunity drawing.



5 PM

The Limbo Contest

free

LIMBO! Limber up and test your skill at avoiding that ever-descending limbo pole.

- Categories:
- under 4 feet tall
 - over 4 feet tall



4th of July Block Party on Vista

JULY PARTY
STA

12-6 PM

Neighborhood Potluck Picnic

Please participate by bringing items based on the initial of your last name:

- A-G Desserts
- H-M Entrees or casseroles
- N-T Bring salads/side dishes
- U-Z Bottled water or beverages



1-6 PM

Music & Dancing

free
DJ Mike Miller will be spinning your favorite music throughout the day. Plus enjoy popular dance lessons.



2 PM

The Water Balloon Toss

Free
Grab a partner and a water balloon and begin the back 'n' forth that ends up with some winners and a lot of wet and hysterical players.



3 PM

The Cake Walk

\$1 per round
Hear that ragtime music? Start walking! When it stops if you are on the number that's drawn you win the tasty efforts of our diligent neighborhood bakers.

1:30-5:15 PM

The Chili Contest

Free
The gauntlet's down and the stakes are high. Whose chili will reign supreme? Bring your chili in an electrical crock pot by 1:15 PM. Winners will be announced at 5:30 PM.



Noon- 5:45 PM

Opportunity Drawing/Silent Auction

\$ 1 a chance
Enter or bid an auction sheet to win an large & amazing array of prizes at the BHNA booth. *Drawings begin at 6 PM. Winner doesn't have to be present to win!*



Noon-6 PM

Patriotic Pools

Free
Between children and pets in the neighborhood the 3 wading pools are sure to please. Not to mention cooling off Mom and Dad's sizzling feet.



Timing: TBD

Long Beach Fire Dept. Demonstration

free
The Long Beach fire fighters are very busy on 7/4. However, they have found time (most years) to stop by and show off the truck to the delight of local kids ...of all ages.





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Joining or renewing with the
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brings you the following benefits:

- Your dues go to neighborhood beautification and improvements
- Access to resources and educational opportunities
- Your voice is heard by the BHNA
- Involvement in your community through volunteer and leadership opportunities
- Supporting local businesses through your involvement
- Voting rights in BHNA Elections



Name(s): _____

Address: _____ Zip: _____

Phone: _____ Cell Phone: _____

RENEWAL or NEW MEMBER

The most efficient way to get information to you is through e-mail.
Please provide your current e-mail address:

Email: _____

Please check the committee(s) you would be interested in joining:

- Membership and Recruitment
- Nominations Committee
- Community Outreach
- Public Affairs
- Historic Preservation/Beautification
- Traffic/Streets/Safety
- 4th of July Block Party
- Newsletter/Web Production
- Horace Mann School Projects
- General Meeting Planning
- Other: _____

May we give you a call or e-mail if we need volunteer help? Yes

Please send a check for \$25 made payable to BHNA and mail to:

BHNA - ATTN: Membership
375 Redondo Ave. #299, Long Beach, CA 90814
OR renew online through Paypal at
www.bluffheights.org

PARTICIPATE IN YOUR NEIGHBORHOOD

- Join! See application above.
 - Attend a board meeting
 - Join a committee
 - Advertise in our newsletter
 - Submit an article for our newsletter
- Contact us at (562) 439-BHNA (2462) or
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IN YOUR NEIGHBORHOOD



← In this corner, weighing in at a hefty 3,370 lbs, with black paint and heavy chrome trim, is the 1946 Fleetmaster Sport Sedan by Chevrolet. Still gracing Orizaba Avenue in Bluff Heights, this Bulldog of a car makes our diminutive driveways and freestanding one-car garages cringe!

→ In this corner, weighing in at a tiny 1,808 lbs, displaying a two-tone physique, is the

2009 “smart fortwo” of Kennebec Avenue. Buzzing like a bee around town, this Chihuahua of an auto may be small, but it packs a mean, green, punch for Bluff Heights.



Bluff Heights Neighborhood News is a quarterly publication of the Bluff Heights Neighborhood Association. All residents are invited to contribute articles and opinions. We reserve the right to edit for clarity and brevity. Opinions expressed are not necessarily shared by all residents, nor the editor. Our goal is to provide a voice to our community, keeping residents informed of issues affecting the quality of life in Bluff Heights.