

# CHANNEL ISLANDS WATERFRONT HOMES NEWS

Prepared for the Channel Islands Waterfront Homes Owners Association

September 2011



## CIWH Annual "Pool Party"



The Annual BBQ was a success! On Saturday August 13th, Over 115 Channel Islands Waterfront Homes residents and 227 of our neighbor boaters from Anacapa Isle Marina for an afternoon of food & music, fun & games with lots of prize drawings. The delicious BBQ featuring *secret recipe* chicken and the beverages was provided by the Marina and was complimented by potluck-style side dishes and desserts brought by party-goers, with each recipe outdoing the other. Kenny Walters and his Moose Head Band provided the lively entertainment. In addition there were toys for all the kids and great raffle prizes from several local restaurants and shops along with some other goodies from the marina. The party is funded entirely by the Marina with no HOA dollars being spent so be sure to say thank you to Anacapa Isle Marina Manager Jenny Fisher and her staff for all the hard work that goes into planning and organizing this event for all of us to enjoy. And a special thank you to those of you who volunteered to help set up, serve and clean-up (in homeowner Drek Newton's case he did all three!) More help is always needed, so next year when you pick up your free tickets, please consider signing up for a shift.

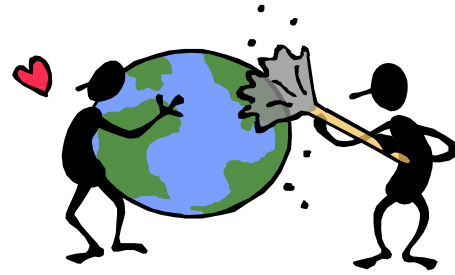


## BREAKING CELEBRITY NEWS!

On August 6th, Lakey Peterson, Age 16, of Montecito, won First Place in the U.S. Open Surfing Championship Women's division, recently in Huntington Beach. Her coach of many years is our own Mike Lamm, who many of you know as the

owner of Channel Islands Kayak Center at Marine Emporium Landing! Mike "Slamz" Lamm is also a six time National champion himself and teaches private surf lessons (in addition to kayak lessons, rentals and sales.) Congratulations Mike and Lakey.

**September is Responsible Dog Ownership Month.** Enough said!



## Take Care of Your/Our Home

You've heard it here before and you will continue to be reminded. We live in a common-unit development with shared common walls and plumbing. What you do or don't do in your unit or on your patio can affect your neighbor's homes and the common areas as well. If damage is done as a result of your actions or inactions then you, in most cases, will be financially responsible. For example, if you don't routinely inspect the caulking around the fixtures and drains in your tubs and sinks, and it leaks and causes damage to the unit below, you are responsible to pay for the repair. There are several circumstances that are preventable by practicing regular maintenance routines and using a little common sense.

Below are the in-unit maintenance instructions that also include the care of your exclusive-use common area decks and railings. It is suggested that all residents keep this flier in their units and refer to it often as a constant reminder of the important responsibilities that are required to keep our community running efficiently and the exclusive use common areas in good condition.

Please follow these instructions and be sure that if your unit is rented, your tenant takes the same care, and or conduct regular inspections.

## In-Unit Maintenance Instructions

1. **Sliding Door Tracks** Vacuum tracks clean on a regular basis. Lube rollers with a wax-based products Dust, debris, sand, etc adhere to petroleum- based products and obstruct the track slider and rollers.
- 2.
3. **Garbage Disposal Unit Reset Button** This button is located under the disposal unit. When popped this means the disposal unit has been overloaded and the disposal will not turn. To reset clear unit of all obstruction and material and then press the reset button. (see also operating instructions for garbage disposals attached).
- 4.
5. **GFI Test** GFI outlets are located in "wet" locations. (ie. Balcony, Kitchen, Bathrooms.) These should be tested once a month by pressing the black "test" button. The red button will pop out if the GFI is working properly. Press the red "reset" button to reset the GFI.
- 6.
7. **Smoke Alarms** Smoke alarms should be tested periodically and batteries should be replaced as needed and at least once a year.
- 8.

**Angle Stops** Angle stops are located on all water supply lines (ie. Toilets, faucets, ice maker etc.) Should be exercised twice a year by closing the shut off valve all the way and reopening. Then give the handle a half turn.

**Railings** Balcony and deck railings should be cleaned periodically by wiping with a damp cloth

**Operating Instructions for Garbage Disposals**  
Please do not use the garbage disposal for bulk garbage. It should only be used for rising. Bulk garbage should be put in trash container. Run water "ON FULL" before, during and after use.

The following is a partial list of items, which will cause the garbage disposal to malfunction, resulting in your sink filling up with water and garbage waste, possibly causing flooding in your or your neighbors unit. **Do not put these items or like items in the disposal:**

Grease from cooking  
Carrot tops  
Onion peel  
Bread or cake  
Fish bones  
Rice pasta

Celery  
Potato skins  
Banana skins  
Chicken skin or meat fat  
Artichoke leaves  
Coffee grinds



### FUN IN OUR OWN BACKYARD...

**Concerts by the Sea** - Saturdays July and August 4:00 - 6:00 p.m. at Peninsula Park.

**Hueneme Beach Festival** Aug 20- 21 Hueneme Pier

**Arts & Crafts at Harbor Landing** Aug 20-21 10 am - 4 pm

**Wine, Olive Oil and Food Tasting at Escape Luxury Salon and Day Spa** August 28 2- 6 p.m. (805) 204-0979 info

**Scarlett Belle Wine & Food Tasting Thursday Night Series**  
August 25, September 8, 22, October 6, 27. 5:30 p.m. \$45 p/p  
[www.ScarlettBelle.com](http://www.ScarlettBelle.com) (805) 204-0977

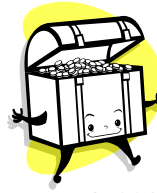
**Boater's Swap Meet** Sept.17 Peninsula Yacht Anchorage

**Ventura Vintage Rods Harbor Run 21** September 11

**Farmer's Market** - Every Sunday 10-2 Rain or Shine

## MONTHLY BOARD MEETING DATES AND TIMES HAVE BEEN CHANGED TO THE SECOND MONDAY OF THE MONTH AT 7:00 p.m.

The next meeting is scheduled for September 12, 2011 at 7:00 pm in the clubhouse.



## VAN HOOK'S PICKS

*The following is a monthly column in your newsletter composed by Resident, Steven R. Van Hook, PhD. Last month Steven offered suggestions on how to help your own community. September is "Healthy Aging Month" so appropriately Steven notes ways to get in shape close to home.*

### Exercise Your Options

As our lazy hazy summer shifts into active autumn holidays, it's nearly time to transition from swim wear to festive party clothes. You can keep your seasonal physique trim (or at least trimmer) with a number of local exercise choices, ranging from an invested gym membership, to the many free perks of harbor living. If you need disciplined motivation to help keep your workout plan active, nearby gyms offer coaches and the peer support of other exercisers pushing you on. Paying out regular dues ensures you have a stake in continuing.

The **Edge Fitness Club** at 2860 Harbor Boulevard is offering 'new tenants' a one-month free full access to the club facilities. The Edge is holding a get-acquainted beach party on Saturday Sept. 17, with free food, music, games and fun.

If you like to sweat around the clock, **24 Hour Fitness** at 1651 Victoria Avenue is giving a free 3-day pass to check out how you fit with their fitness programs. Just ask for it at their front desk.

If you prefer your exercise wet, you can rent a kayak for some great upper-body and cardiovascular exercise. Remember two of our harbor neighbors are providing discounts to condo residents:

**Channel Islands Kayak Center**, 3600 South Harbor, Oxnard: offering 10% off kayak rentals and \$10 off a kayak lesson.

**Hopper Boat Rentals**, Fisherman's Wharf, Corner of Victoria & Channel Islands Boulevard: 10% off a kayak rental.

If you're looking for even closer options, your Clubhouse keycard gets you access to our very own exclusive **Marina Club at Channel Islands** which offers some excellent pneumatic workout equipment to lift, push, pull, pedal, hike -- plus there's the pool, spa and sauna for smoothing out any afterward kinks.

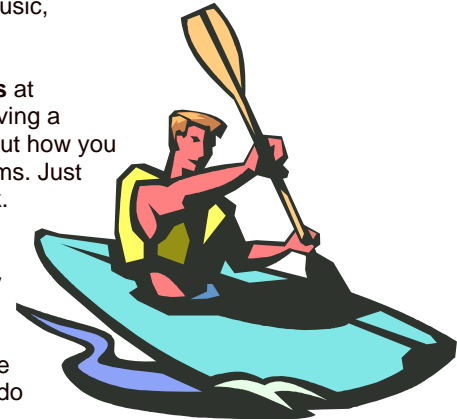
If you like your exercise right at home, I recommend the **Wii Fit Plus with Balance Board**. Lots of fun, plus it gently goads you on with recommended exercises and tracks your BMI, weight, and overall fitness indexes.

And a Sunday walk across the bridge to the **Sunday Farmer's Market** -- starting from our neighboring Peninsula Park -- is about 2 miles round-trip. Add as a bonus, you'll burn off a few extra calories homeward carrying your shopping bags full of healthy veggies and fruits.

Watch for future harbor area offers as they come in.

**Any ideas or specials you'd like to offer?**

submit to Steven at [srvanhook@wwmr.us](mailto:srvanhook@wwmr.us)



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**Contributions are encouraged!**

September is Be Kind to Editors and Writers Month.