



PET OF THE MONTH



MEET ELEVEN ORANGE PLATY FISH

Meet **Snappy**. **Happy**, **Sleepy**, **Nappy**, **Sneaky**, **Stinky**, **Wiggly**, **Tingly**, **Kingly**, **Blingy**, **Clingly** and six other nameless Orange Platy fish residing in an aquarium at Harbour Vista. **Snappy** the mother and **Happy** the father recently gave birth to sixteen baby fishes.



Encouraging the Birth

For the birth, a thunder and lightning app was set up on the owner's iPad projected against the aquarium. He also drained 30% of the water from the tank to protect the new fish when born. With the help of Tylenol for a night cold, the resident was awake when they were born at 3AM. He was able to save the majority of new born fish who had no idea they might be mom's or dad's next meal. Unfortunately he lost two of them. ■



Recipe of the Month



WHOLE FOODS MEDLEY

by [Eden Hommes](#)

A whole food is not heavily processed and doesn't contain additives like preservatives, artificial coloring, and extra sugar. Why are whole foods better for you? Higher vitamin and mineral content, and less toxic chemicals. Whole foods strengthen health, while processed/packaged foods deplete health and expose you to unnatural ingredients and high levels of sugar, trans fats (processed oils), and excess sodium. Try this easy whole foods recipe to warm you up on a chilly Autumn night!

Ingredients

- 1 packet extra firm organic tofu (drained and cubed)

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(Recipe continued)

- 1 Tablespoon coconut oil
- 1 packet (10oz) cherry tomatoes
- 1 large bunch broccoli rabe (about 5 cups chopped)
- 1 pint washed and sliced cremini mushrooms
- 1 large yellow summer squash (sliced)
- 1 small onion (diced)
- 2 cups farro (a chewy grain)
- 4 cups vegetable broth or water
- salt and pepper
- 3 cloves crushed garlic
- 1 Tablespoon extra virgin olive oil

Instructions

First, cook the farro in a saucepan with 4 cups of water or vegetable broth. Stir frequently, until chewy and most of the liquid has absorbed. Season as needed, and set aside.

Saute the cubed tofu in the coconut oil until crisping on the sides, and season with salt and pepper. Set aside.

In a separate large pot, add all the vegetables (add the broccoli rabe last) with about 1/2 cup of water, salt, pepper, and garlic. Steam until the vegetables are tender. Drain. Toss with about 1 Tablespoon extra virgin olive oil (optional...fats help you absorb fat-soluble vitamins in the vegetables).

Serve the farro topped with the vegetables and tofu. ■

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September HOA Meeting Highlights

SHORT MEETING

Recommended 7% Dues Increase Settlement Meeting Requested

The September regular HOA meeting was held September 26 in the Cabana Club House. All members of the Board, Mike Mengel, Ted LaMantia, Terry-Piper Johnson, Michael Huma and Mary Williams were present. Action Property Manager Peggy Shaw was also present along with eight homeowners. President Mike Mengel asked that the meeting be shorted because of the heat and forthcoming presidential television debate. The meeting lasted approximately 30 minutes and was adjourned to executive session.

Open Forum

- The Rosendahls, the members with the judgement against them for "not obtaining permission" for their remodeling project stated that their bankruptcy attorney had told them to formally requesting a meeting with the Board in "Emergency Executive Session" to discussion settlement.
- A member informed the Board that the elevator plastic light covers in her building (4861 Lago) had fallen and hit her and another resident. The Board asked if she had filed a repair work order with Action Property Management. The member said she was unaware that she needed to do this. Community Manager Peggy Shaw promised to file a maintenance report on behalf of the homeowners in that Building.

Financial Report

The HOA Operating Funds deficit fell this month by 11%. See the Vivo Web Site for the exact amount as shown in the end of August Financial Report. Look under the "Documents" tab.

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(HOA Meeting continued)

Committee Reports

- The **Architectural Committee** submitted no report. HOA Secretary Terry-Piper Johnson asked when the **Architectural Guidelines** were going to be published? HOA Treasurer Mary Williams state that she has been too busy updating the **Rules and Regulation** to work on them. HOA President Mike Mengel said he want our HOA legal council to approve the verbiage. Terri asked that everything be approved at the next meeting.
- Treasurer Mary Williams, the Chairman of the **Landscaping Committee**, stated that new landscaping company Bemus will start putting in more mulch when they start October 1.
- The **Parking Committee** submitted no report. President Mike Mengel stated that the Board is making minor changes to rules regarding storing excess vehicles for residents who own three or more vehicles.
- Mary Williams discussed minor changes to the **Rules and Regulation** from the ad hoc committee of herself and former HOA Secretary Cindy Lee.
 - Pool hours to be shortened (too long and too noisy during week days and weekends).
 - no smoking rule will be enforced at the pool area.
- This needs to be approved by legal, and then will send out to members for 30 days to comment before being enforced.

Unfinished Business

- Fire Alarm Monitoring/Replacement Panel Proposal with two bids was tabled until a third bid will be received.
- Pool Furniture proposals were tabled till end of summer to take inventory.

New Business

Action Property Management proposed a **draft budget** asking for an increase in dues \$29 per month (7%). Mike Mengel wants to look through the Draft Reserve Study and compare past years.

(continued on next center panel)

(Recipe continued)

Footnote: "A resident of Harbour Vista, Eden Hommes is an ER nurse with a passion for preventative medicine and natural health. She is working on a Masters degree in Holistic Nutrition, and teaches classes on Essential Oils. She can be reached at NurseInTheKitchen@hotmail.com."

CLEANUP AFTER YOURSELF!

The State of the pool BBQ's at Harbour Vista is becoming a concern. Cockroaches are a common occurrence.

The HOA does repair and clean these units. But this is not on a regular basis or can it be done immediately.

Your Property Too!!

Members and renters should clean up after themselves!! Grilling marinated meats leaves sweet BBQ sauce which attracts insects.



Simple Quick Clean

After you as a member or a renter uses the BBQ's, please go to the trouble to clean the grills. It is not too much effort. Burn of the residue off and use a wire brush to remove the ashes. ■

(HOA Meeting continued)

It was stated that Board has until the October HOA meeting (24th) for the Board to approval the new budget. Deadline is November 1st, to mail the budget out to the members so they can be notified of the increases by the November 15 deadline (45 days prior to going into effect). It was announced that the Board will meet for approximately 3.5 hours in next few weeks to discuss the new budget. Peggy Shaw stated that Harbour Vista has many leaks that need to be re-piped which would cost millions of dollars. Mike Mengel said the only way we can afford to re-pipe is to borrow the money.

No new liens were announced.

The next meeting will be October 24th at 6:30pm in the Cabana Clubhouse. ■

October Maintenance Happenings

LANSCAPE RENOVATION

Our new Landscaping Service Bemus Landscape, Inc. does not waste anytime starting to work. Residence noted the posting of several signs "**Turf Restoration in Progress**" with smaller signs for October 6th:

Chemical Application in Progress Please Remain off the Grass until Dry

Bemus contract was awarded October 1. Bemus also posted documentation of the chemical they will be using called



Glyphosate (**Roundup**). This is a broad-spectrum systemic herbicide and crop desiccant. It is used to kill weeds, especially annual broadleaf weeds and grasses that compete with crops. ■

Upcoming HOA Meetings Cabana Club House Monday October 25, 2016 at 6:30pm

On Our Web Site This Month

- Editorial: HOA Funds Bleeding
- October Maintenance
- Real Estate
- Rentals
- Agenda
- Extended Versions of Articles.

[Go to http://harbourvistanews.com](http://harbourvistanews.com)

Property Listing (as of October 20, 2016) Active Listings

Address	Type	Asking
16542 Blackbeard Lane #100	3bd/2ba	\$280,000 ↑

See <http://harbourvistanews.com> for more real estate info

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Harbour Vista News
 16458 Bolsa Avenue #15
 Huntington Beach, California 92649
 Phone: 714-883-1949
<http://harbourvistanews.com>

Publisher/Editor
 Michael Barto
mbarto@logiqwest.com

Harbour Vista News provides news and community information for the owners of **Harbour Vista** properties in Huntington Beach.