

A View from the Beach...Avila, that is....

By Mary Foppiano

Hi All – It has been several months since I have written this column, so I am glad that the Pismo Beach Chamber has welcomed me into the fold. There are so many fun and exciting things going on in Avila Beach, and I am here to share a few of them with you. For those of you who might not know who I am, my name is Mary Foppiano and I am the Executive Director of the Avila Beach Civic Association and run the Avila Beach Community Center. I have been doing this for the past eight years and love my community and neighbors....and by writing this column, I will be inviting you to join all of us, the Central Coast Aquarium, Point San Luis Lighthouse Keepers, and the Port San Luis Harbor District, to name just a few organizations who are working together with me as part of this column. If you have any questions or want more information on things you see in this column or in general about Avila Beach, please contact me at avilabeachcc@gmail.com or 805-627-1997. I look forward to seeing you all soon!

Pancake Breakfast/Doggie Parade – The Avila Beach Civic Association is putting on our annual **Pancake Breakfast fundraiser** on Thursday, **July 4**, from 8-11 a.m. at the Avila Beach Community Center, 191 San Miguel Street. Tickets are available at the door or online at www.avilabeachcc.com or my805tix.com. Our annual Doggie Parade will follow at 11 a.m. on the Avila Beach Promenade...and there will be tables in our Healing Garden with puppy sitters for pet lovers to eat their breakfast prior to the parade.

All dogs must be registered to walk in our **Doggie Parade** and participate in our Doggie Costume Contest. Each participant will receive a doggie treat bag from **Petco** and the dogs will entertain so many people who come to our parades. Please contact me with any questions and to get involved. Registration forms are available online at www.avilabeachcc.com.

Avila Apple Festival – 60th Birthday Celebration for the Avila Beach Civic Association – In the coming months, more details will be available regarding our 60th Birthday Party at the Avila Beach Community Center Healing Garden on Saturday, August 24. There will be many surprises, food prepared by area chefs, wine by the Avila Wine Trail, entertainment, activities, silent auction, and more.... Stay tuned for a really great way to enjoy a late summer apple-inspired festivity.

Avila Beach Post Office Expansion – As we all know, the staff of the Avila Beach Post Office are warm and caring yet professional and hardworking. We are very lucky to have Cindy, Mary, and Julie greeting us each day with a smile even though they are so cramped in their small space and practically walk over and around each other every day. Well, yippee, they are finally going to get a beautiful expanded space this summer. There will be some minor inconveniences during construction, but your mail will be available, and services will continue during this process....and the wait will totally be worthwhile. I can't wait for the Grand Opening and Ribbon Cutting...and the big smiles on everyone's faces.

Central Coast Aquarium's 25 Years of Marine Science Education – Over the next few months, the Central Coast Aquarium will be hosting several events, including the CATCH of the Central Coast on Saturday, September 14 at 5 p.m. in their Ocean Discovery Park. This year's fundraising dinner will commemorate their 25th Anniversary and their success in raising funds to ensure that they continue reaching and teaching people of all ages about the wonders of marine science and the importance of cherishing and protecting the world's oceans. For more information, contact Christine Johnson, Executive Director at christine@centralcoastaquarium.com or call 805-595-7280 ext. 1002.

Some of their upcoming events include:

- **ECOSLO's Seas to Trees County Clean-Up** – CCA will coordinate divers from under the Harford Pier beginning at 7 a.m. on Saturday, May 2, and invite the public to help clean up Avila starting at 9:30 a.m. at the Aquarium with a BBQ to follow. To sign up, email info@centralcoastaquarium.com or call 805-595-7280.
- **CCA Members Only Night at the Aquarium** – Celebrate CCA's 25 birthday party in the Ocean Discovery Park on Saturday, June 22. Kids of all ages can have fun with the BIG BLOCKS on loan from the SLO Children's Museum and tours of the Aquarium. The evening will end with a big screen, outdoor movie and they will provide the popcorn. Bring your own picnic, low back chairs or blankets and celebrate with CCA.
- **Sunset Hours in July** – The Aquarium will be open until 6 p.m. every Friday in July. Admission will be \$2.50 from 4-6 p.m. and include a Swell Shark Encounter at 4:30 p.m. and 5:30 p.m. during the Avila Beach Farmers' Market.
- **Visit a Tidepool with CCA Marine Science Experts** – Meet in Shell Beach at South Palisades Park at 4:30 p.m. to explore the tidepools on Saturday, August 3. CCA's professional staff will show things you had no idea are there. Be prepared to walk on stairs and uneven, slippery surfaces for this free event.

Point San Luis Lighthouse Concert Series – The Point San Luis Lighthouse in Avila Beach is proud to announce its upcoming summer Concert Series. Partnering with Big Big SLO in 2019 concert lineup includes the Mother Corn Shuckers, Unfinished Business, the Zongo All-Stars, the Starlight Dreamband, and the Topsy Gypsies. Each concert is a fundraiser for the Point SLO historic site and serves as an amazing way to hear great music at a great venue overlooking the Pacific Ocean. Tickets are limited so get yours in advance. For tickets and information go to PointSanLuisLighthouse.org.

Port San Luis Safe Boating Day – Boating safety advocates locally and across the U.S. have teamed up to promote safe and responsible boating, including consistently wearing life jackets every time boaters are on the water. National Safe Boating Week is held from May 19-26. Port San Luis Harbor District will be celebrating Safe Boating Day on Saturday, May 19.

- **Life Jacket Trade-In Event** – California State Parks Division of Boating and Waterways (DBW) partners for life jacket trade-in events each year. Life jacket trade-ins provide recreational boaters the opportunity to have life jackets inspected by safety professionals. If a life jacket is found to be unserviceable or the were has outgrown the

life jacket, a new, properly fitted U.S. Coast Guard-approved life jacket will be given in exchange; one life jacket per person, while supplies last.

- **Vessel Safety Check** – The U.S. Coast Guard Auxiliary will have certified vessel examiners who will perform a free Vessel Safety Check (VSC) on your boat at the wash down area or in the parking lot. There is no charge and after the inspection, you will know that you have all the proper safety equipment for your personal pleasure craft.

Avila Beach Junior Guards Tryouts – If you are interested in becoming a part of the junior guard program which is held from June 24-July 25, tryouts are being held at Sinsheimer Pool from 2-4 p.m. on these dates: April 7 – returners; April 28 – open/new; May 5 – open/new; May 26 – open/new. The goals of the program are safety, education, and fun. For more information, visit www.AvilaBeachJuniorGuards.org.

McDonald House – Pop-top Collection – The Pop-top Collection project was established years ago in Fresno to provide a place that families can call home and spend several weeks or months while their child is getting medical treatment. The families can stay without charge or by donating up to \$25/day. The goal is to be sure that the family is focused on the health of the child. Families are never turned away. The McDonald House provides home-cooked meals, private bedrooms, and specialized suites for children. They work in conjunction with a variety of medical services in Fresno County. The pop-tops collected help to cover the cost of running the McDonald House and donations are accepted. In order to collect pop-tops from soda or other types of cans, I have set up a container in my Community Center office. Just bring your pop-tops in whenever you pick up your mail and they will be taken to Fresno by Mary Matakovich, who is the person that told me about this project and has been taking them to Fresno for years. For more information, please contact Mary at 805-595-2526.

Avila Community Spotlight – The Avila Beach Community Foundation presented the first Avila Community Spotlight, which was sponsored by the Chevron Corporation. A number of non-profits were invited to participate and inform the community about their organizations. The high point of the event was the announcement of three very accomplished and generous women who do so much for our community. The winners were: Joan Gellert-Sargen for philanthropy, Anne M. Brown for leadership, and Sherri Danoff for volunteerism. Each winner was awarded a \$500 honorarium provided by the Chevron Corporation and, much to our surprise, all three gave the funds to the Avila Beach Civic Association. We are so very grateful to each of these wonderful ladies and the Avila Beach Community Foundation and Chevron Corporation for their generosity.

Avila-Pismo Trolley – The new schedule for the Avila-Pismo Trolley is now available and can be downloaded at www.slorta.org or you can call 805-541-2228 for information. The free trolley schedule is:

April 5 – June 2: Friday 4 - 9 p.m. and Saturday/Sunday 10 a.m. – 6 p.m.

June 7 – Sept. 1: Friday/Saturday 10 a.m. – 9 p.m. and Sunday 10 a.m. – 6 p.m.

Sept. 6 – Sept. 29: Friday 4 – 9 p.m. and Saturday/Sunday 10 a.m. – 6 p.m.

Memorial Day/4th of July/Labor Day: 10 a.m. – 6 p.m.

Avila Beach Farmers Market – Join us at our Avila Beach Farmers Market on Fridays from April 5 through September 27. With the Pacific Ocean and one of the most beautiful beaches along the coast, enjoy live entertainment and delicious locally-grown fruits, produce, and other food from area restaurants on the Avila Promenade from 4 – 8 p.m. If you don't want to drive your car, check out the schedule for the Avila-Pismo Trolley and enjoy a free trolley ride. For more information or to become a vendor, contact Julie Andrews-Scott at coastalfarmersmarket@gmail.com or 805-602-8266.

Ralphs Community Rewards Program – We have been fortunate to learn of a new way to raise funds without anyone being asked to donate. I just enrolled in the Ralphs Community Rewards Program and hope that many of you will also join. All you have to do is go online to www.ralphs.com and sign up for the Avila Beach Civic Association (AS854) and a percentage of your purchases will be donated by Ralphs to the ABCA to help support the Community Center and our programs and activities. As soon as our earned quarterly contribution exceeds \$25, we will receive a check in the earned amount. The Kroger Co. Family of Stores is committed to bring hope and help to the local neighborhoods they call home. I hope that you will sign up and help us raise funds. We have already worked with Panda Express and California Pizza Kitchen...and this is just another way so that I don't have to set up a lemonade stand in front of the Center.

Other ways that we raise funds to support the Community Center are through your memberships; purchase of Healing Garden Commemorative Engraved pavers; rental of the Center for weddings, banquets, conferences, and other special events; and attendance at our fundraising events. If you are interested in getting involved in your community, please contact me.

Classes at the Community Center –

Courses for Seniors through Cuesta Emeritus College provided at no cost:

- **Art Appreciation** – Dara Rosenwasser, a practicing artist and educator with a background in strengthening community through visual storytelling and oral history projects, is teaching Art History on Tuesdays from 1-2:50 p.m. from January 22-May 21.
- **Photography** – Dara Rosenwasser is also teaching Photography on Tuesdays from 10:30 a.m.-12:20 p.m. from January 22-April 30. This class presents camera choices, especially digital cameras; camera use; photo quality, including setting, composition, and light; downloading, storing, and sharing images; and documenting life events and travel.
- **Creative Cooking** – Julie Andrews-Scott is teaching Creative Cooking for seniors 50+. This class presents healthy food and cooking choices to maintain optimum health for active older adults on Thursdays from 1-2:50 p.m. from March 7-April 25.

Fall Prevention Classes by the SLO County Public Health Department at no cost:

- **Fall Prevention Program** – This program will be held on Mondays from May 6 through June 17 from 10:30-11:30 a.m. The topics covered are: Fall Risk Factors, Home Safety, Medication, Aging & Physical Changes, Vision & Hearing, and Overview. For more information, call 805-781-1561.

San Luis Coastal Adult School Classes –

- **Gentle Yoga** – Gentle Yoga classes increase your flexibility, strength, and range of motion through Vinyasa style with fluid movements emphasizing posture, breathing, relaxation, and stress release. Classes are held on Tuesdays/Thursdays from January 8-April from 9:30-10:45 a.m. January 8-April 25 with Carolyn Hottle (cost of \$118) and May 7-August 8 with Kat Yeung (cost of \$114). Pre-registration is required by calling 805-549-1222 or ae.slcsd.org.
- **Strength Training** – Classes promote muscle strength and increase flexibility and coordination while building strength and endurance. Classes taught by Sue Gin are held on Tuesdays/Thursdays from January 8-April 25 (cost of \$118) and May 7-June 20 (cost of \$56) at 11 a.m.-12:15 p.m. Pre-registration is required by calling 805-549-1222 or ae.slcsd.org.

Peace Lutheran Church --

- **Lifetree Café** -- *Lifetree Cafe* is a free, one-hour experience packed with interesting stories, fascinating people, and lively conversations that will feed your soul. At these gatherings on Tuesdays from 7-8 p.m. current topics of interest are discussed giving the participants an opportunity to talk about issues in a respectful manner at tables of 4 over coffee and snacks. For more information, call 805-489-2708 or info@peacearroyogrande.com.