

A view from the beach....

Hi All – As you all know, due to the COVID-19 outbreak, life has changed drastically in a very short period of time. From empty shelves in our markets and stores to shelter-in-place orders for our older and health-challenged residents, we can react in several ways. If you need to go out, washing your hands thoroughly for 20 seconds with soap and water and practicing social distancing can help you to stay healthy. If you must stay home, you can garden, paint, read, or even clean your sock drawer. They say that a good attitude is one of your most important characteristics to attain success...or good health, I hope. No matter what the future holds, we can all try to enjoy each day as a gift.

The safety of our community is the Avila Beach Civic Association's top priority. We continue to closely monitor the COVID-19 outbreak and are acting based on guidance and directives from the Public Health Department, the federal Centers for Disease Control, and Governor Newsom. We have cancelled our Easter Festival, which was scheduled for April 4, and have changed the date of our Family Fun Bingo Night from May 1 to Friday, June 5. Envision Avila workshop scheduled for April 16 has also been cancelled.

Currently, the only activities taking place at the Community Center are the Alcoholics Anonymous meetings scheduled for Sundays, Mondays, Wednesdays, and Thursdays at 7 p.m. and Saturdays at 9 a.m. These meetings are open to anyone who wants to do something about his/her drinking problem. If you are in question regarding whether the meetings are being held, please call the Alcoholics Anonymous San Luis Obispo Central Office at 805-541-3211 for the latest, up-to-date information.

Family Fun Bingo Night on June 5 – Because so many people enjoy playing Bingo, we have decided to add another fun evening for our community. On **Friday, June 5**, we will be hosting a **Bingo Night** fundraiser at the Community Center from 7 - 8:30 p.m. Tickets are \$5/person which includes your first Bingo card (or 3 cards if you are a member). Wine will be available for \$5/glass and beer will be \$3/bottle, and we will play at least 15 games. For more information, to purchase tickets, or to get involved with this event, please contact me at 805-627-1997 or avilabeachcc@gmail.com.

ASK Campaign – The ASK Campaign is a major method for raising funds to enable the Avila Beach Civic Association to maintain and operate the Community Center. We are fortunate that one of our members has offered to match new funds raised through this program. If you are interested, please call me at 805-627-1997. Thank you for your support.

Healing Garden Commemorative Engraved Paver Program – The Civic Association continues to accept orders for engraved bricks through our Commemorative Engraved Paver Program. We have installed 138 bricks which honor and remember many members of our community currently living in or visiting the greater Avila Beach area as well as loved ones who have left us. If you are interested in purchasing a brick, please contact me.

Avila Beach Community Center Rentals – The Avila Beach Community Center is available for rental for your parties and other special events. We have a large Multi-Purpose Room that can accommodate

meetings, reunions, wedding receptions, or any gathering. In addition, our Healing Garden, with its plants and the arbor, makes a beautiful backdrop for your wedding or special occasion when you rent the Community Center. Non-profit organizations, who are members, receive 10% off our rental rate. For more information, availability, and rates, please contact me.

Get Involved - The Avila Beach Civic Association is always in need of people who want to become involved. As you have read above, we have variety of opportunities. If you have a few hours to spare and would like to work in our garden, on our website, in our office, or at our events, please contact me.

ABCA 2020 MEMBERSHIP FORM

October 1st kicks off the Avila Beach Civic Association's annual Membership Campaign to support the programs and operations of the Avila Beach Community Center. The **Avila Bay Athletic Club & Spa** is continuing to offer discounts to all our ABCA members and, as a special bonus, all members will be given a **one-week pass** with new or renewal memberships for 2020. Please join us today and let us know if you are interested in getting more involved with your community.

Business Membership:

- \$100 Level includes facility rental discount and website recognition.
- \$250 Level includes facility rental discount, website recognition, and business link.
- \$500 Level includes facility rental discount, website recognition, business link, and one event sponsor.

Individual Membership:

- \$25 Level includes an ABCA pin.
- \$50 Level includes an ABCA pin or a coffee mug.
- \$100 Level includes an ABCA pin and a coffee mug.

The Avila Beach Civic Association is a non-profit organization (95-6067627).

Please make checks payable to: **ABCA, PO Box 154, Avila Beach, CA 93424**. Thank you for your support.

AVILA BEACH CIVIC ASSOCIATION CLASSES AT THE COMMUNITY CENTER

CANCELLED UNTIL FURTHER NOTICE: Courses for Seniors through Cuesta Emeritus College – The **Emeritus College at Cuesta** is continuing to offer free classes at the Community Center if we can attract enough students to each class offered:

- **Creative Cooking** – Julie Andrews-Scott will be teaching **Creative Cooking**. Designed for adults 50+, this class presents healthy food and cooking choices that maintain optimum health for active older adults. The curriculum changes with the seasons. The objectives of the course include learning to prepare single serving meals; cook with local seasonal produce; plan a

plant-based diet; and create simple, healthy, and seasonal dishes. Students learn basic concepts of nutrition as well as how to prepare tasty, flavorful, and nutritious meals based on those concepts using fresh food from local markets. The class is being held on **Tuesdays from 1-2:50 p.m. at the Community Center Multi-Purpose Room from January 21-March 24, with no class on March 3.** Please call 805-591-6212 for more information.

SAN LUIS COASTAL ADULT SCHOOL CLASSES OFFERED AT THE AVILA BEACH COMMUNITY CENTER

CANCELLED UNTIL APRIL 14: Kat Yeung is teaching **Gentle Yoga** classes to increase your flexibility, strength, and range of motion through Vinyasa style with fluid movements emphasizing posture, breathing, relaxation, and stress release. Gentle Yoga classes are held on **Tuesdays/Thursdays from 9:30-10:45 a.m., from January 14-April 30, 2020. Classes are cancelled on March 3 and March 5** due to the Community Center being a location for primary voting on March 3. Cost for the series is \$118. Pre-registration is required. Please contact San Luis Coastal Adult School at 805-549-1222 or ae.slcsd.org to register.

CANCELLED UNTIL APRIL 14: Sue Gin is teaching **Strength Training** for seniors to promote muscle strength and increase flexibility and coordination while building strength and endurance. Strength Training classes are held on **Tuesdays/Thursdays from 11 a.m.-12:15 p.m., from January 14-April 23, 2020 with no class on March 3 and a make-up class on April 7.** Cost for the series is \$118. Pre-registration is required. Please contact San Luis Coastal Adult School at 805-549-1222 or ae.slcsd.org to register.

PEACE LUTHERAN CHURCH

CANCELLED UNTIL FURTHER NOTICE: **Lifetree Café** – Lifetree Café 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 5:30-6:30 p.m. at the Community Center, current topics of interest are discussed allowing the participants to talk about issues respectfully at tables of 4 over coffee and snacks. For more information, please call 805-489-2708 or info@peacearroyogrande.com.

Community Spotlight...

By Mary Foppiano

Commodore Barry Stewart was born in Avila Beach and spent 3-4 months each summer with his family in a mobile home on the current site of the Avila Beach Lighthouse Suites before the “Big Dig”. He and his family have been involved in water activities his entire life and he joined the San Luis Yacht Club 12 years ago.

The San Luis Yacht Club (SLYC) members are active in power boating, sport and commercial fishing, scuba diving, Search and Rescue, kayaking, cruising, bareboat chartering, whale watching, sail training, local history, and nautical tradition. They provide an instructor and their boat for Cuesta College’s sailing courses, and they also instruct members in preparation and use of the Club’s sailboats.

The SLYC supports the Harbor District and Commission, including some members have served on the Commission as elected Commissioners. They provide facility access to the US Coast Guard Auxiliary, the San Luis County Sheriff's Dive Team, District staff and employees, and the local Jr. Lifeguard Program.

The SLYC sponsor sailboat races for members of their Club and other interested sailors. They staff, organize, monitor, and educate participants. They also provide volunteer crews on chase and taxi vessels and assist as needed.

Their Clubhouse was used for coast watch during World War II by the military and the Lighthouse was used for navigation. During the "Big Dig", their historic Clubhouse was moved to Wild Cherry Canyon and relocated back to the Avila Pier when the work was completed.

The SLYC co-sponsors the Avila Beach Civic Association's annual Easter Festival and has been a strong supporter of our community events. Last year, members of the SLYC welcomed participants of our Avila Apple Festival to the Club and presented historic information to enhance the evening. We look forward to continuing our wonderful working relationship with Commodore Barry Stewart and the members of the San Luis Yacht Club.

Pet of the Month

By Mary Foppiano

As the first entrant into my **Pet of the Month** column, Bailey, a 2-year-old pup, was adopted by the Dibbern household on St. Patrick's Day 2018. Her mother was rescued from the Montecito Mudslides on January 9, 2018, while pregnant. Aristen, Ashten, and Bailey spend Saturdays at the Arroyo Grande Village Farmers Market and her favorite vegetable is carrots. She has exactly 73 spots and a curly tail for which the kids call her "Pig". She loves to snuggle on the couch with Aristen and go to the Avila Jr. Lifeguard competitions and any other beach activity.

Please send me your pictures and a short paragraph about your pet to avilabeachcc@gmail.com. Thanks, and see your furry friend next month!