

COMPASS

NEWSLETTER

Summer 2014

Security Patrol

Back on the job after hundreds of incident reports last summer

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Tot Lot

Now owned by the city of Newport Beach

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Foundation Finances

A detailed explanation of the use of funds donated to CFBPP

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Donors

The Community Foundation of Balboa Peninsula Point thanks its generous donors.

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PUBLIC ART



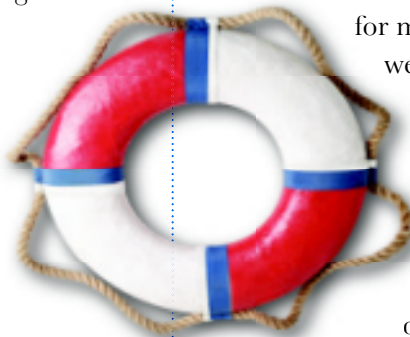
By now, everyone should be aware of the historical mural commissioned by CFBPP on the wall of the donut shop on Main St. in Balboa Village.

Response to the mural has been universally positive, and we hope that it will stimulate others to commission similar artwork projects in and around Balboa.

The positive mural response reminds us again that good public art is inviting to tourists and locals, conveys a sense of distinction, enhances quality of

life and conveys a sense of pride in the community by community members. We are pleased to have listened to your requests for more public art, and we are considering other projects. Of course, our number one priority is and will continue to be public safety on Peninsula Point with continuation of the Nordic night/early morning security patrol program.

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One of Our Neighbors



Aaron Peirsol

Aaron Peirsol is a three-time Olympian swimmer and seven-time Olympic medalist (five gold, two silver). He has won a total of thirty-six medals in major international competition, (twenty-nine gold, six silver, and one bronze) spanning the Olympics, the World, Pan American, and the Pan Pacific Championships. Aaron specialized in the backstroke.

How did you get into competitive swimming?

It's easy around here. The first person I met who didn't know how to swim was when I went to college in Texas. I had never met anyone in Southern California who didn't

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Public Art continued from Page 1

As funds permit, we will also consider other murals, statues, enhancement of the A St. island entrance and other beautification projects on Peninsula Point. Most of these projects require intense negotiations and collaboration with the city, and we are willing to expend a lot of effort to get them accomplished. As we proceed, we are interested in hearing your ideas. If you think that more public art on Peninsula Point is desirable, we will work hard to make it happen for you.

Aaron Peirsol continued from Page 1

know how to swim. It was part of the culture in Southern California. When I was young we came down to the beach. There was a lifestyle of being around the water. I was in Junior Lifeguards. I played a lot of water polo, or I was in the neighborhood pool. I was in the water all day long. We met friends with similar interests so we all swam together and played water polo together. It was a natural progression for my circle of friends.

I started to take swimming seriously when I moved to a club team. I was ten years old. The kids in the club team were really good swimmers. I was pretty good at swimming. So was my sister. My mom liked the swimming program. I knew the kids from Irvine who were good swimmers. We would show up at the swim meets. I did Harbor View summer league. I swam at Corona del Mar with Ted Bandrick.

Then I developed an interest in what I might be able to achieve. From there I just fell into it. I got into the process. At some point you begin to see others who are getting serious by dropping other sports. They are starting to pass you by so I decided it was time to take it seriously. There's a Catch 22 in that. A lot of kids today take it too seriously at a young age. I was fortunate that I found

something when I was young that I was willing to put that much attention.

When I was 13, my coach pulled me aside and said, "if we train for the next four years you might have a chance of making the Olympic team." I was breaking national records when I was 12, 13 and 14. In my mind I was on a track to do that. It was where I found my purpose.

By the time I got to Newport Harbor High School I was entrenched.

Do you hold any swimming records at Newport Harbor High School?

I still hold three pool records. There are some good swimmers that came out of Harbor High. There was one record I could never touch, even if I was in the prime of my career. Harbor High and the other high schools along the coast have had a history of being very good in water sports, particularly water polo.

When you were at Harbor High, how many hours a day were you in the pool?

I was training in Irvine and we were in the pool for three and one-half hours per day. I was also doing what we called "dry land training", core work like running. I didn't lift weights until I got to college. At a certain point it is detrimental to be in the pool too much. You need time to recuperate. I made my first Olympic team when I was in high school. It was between my Sophomore and Junior year of high school.

The team in Irvine was very good. I wasn't the only one going to the Olympics. There were a few. It was a coincidence that there was a group of kids who were pretty good who all got together. We had great coaches and a good structure. It helped to stoke a fire. We were good. Many of the guys I swam with went on to Division 1 in college, national teams or the Olympics. As I look back, it might have been a unique circumstance, the way that Mission Viejo was in the 1970s.

Some of the best swimmers come out of Southern California because there are a million pools in Southern California.

One nice aspect of competitive swimming is that it is objective. There are stepping stones along the way – Junior Olympics, Junior Nationals, Nationals and Olympic Trials. You know your competitors who are going and you use that as your ladder. As a kid it is fun. You look out in front of you and realize who you need to catch. You figure out to do that. You learn quickly. I had a pretty decent mind set. I wasn't going to win every time. Especially the guys I was competing with. In 1996 a guy I competed with at USC had won the gold medal. Another guy who was training at USC had also won a gold medal. I would see these guys all the time. They knew me. I was this precocious punk. I was just touching their toes. There was nothing they could do about it. I was young and it was so easy to improve. I can relate – I've seen a lot of kids doing that to me. It was a process, a rather quick one. I don't think I skipped any steps.

Was Michael Phelps in the pool practicing more than other world class swimmers?

No, but his workouts were different. We might do less distance but it might be more intense. There are different methodologies and theories about the way the body works. My coach was a smart man. He got his doctorate in kinesiology. He devoted himself to understanding the swimming aspect. We were his guinea pigs. He is probably the best swimming coach in the world. So we were good. We were physically good and mentally very prepared. It can throw a kid for a loop to be on a stage with 17,000 people in attendance and a television audience of a billion.

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And you are in your Speedo swimsuit. We tried to prepare for that. At least we believed that we belonged there.

Describe the feelings on the podium after winning all those gold medals.

They are all different. You're at a different point in your life for each one. Each race means something different. At age 17 I was the young kid so I felt I had the opportunity for continued improvement. I was happy with the step I had taken. I'd won a Silver Medal at the age of 17. The guy who won the Gold Medal was also an American so I got to hear the national anthem. It was really strange because I didn't win but the national anthem is playing. I tried to take the advice that people gave me which was, you're young, don't take it for granted. I tried to soak it in as much as I could.

The first gold medal that I won was very powerful. I didn't realize that it was like having a monkey on your back. There are a lot of people out there who are capable of getting gold medals. I never stated that I was going to win a gold medal. After I won the gold medal I was walking back to the warm down pool. I was getting hugs, I was celebrating and I was happy. I was in the warm down pool and I wouldn't get the medal for 45 minutes and I just lost it. I broke down. I sat in the water and bawled for 10 minutes. I had a release of emotion that I didn't realize was there. At that point I knew that moment could never be taken away from me. That was real important for me. I kept it together for the ceremony. It was very powerful. It was surreal in a sense. I had tunnel vision towards the flag. All the sound drowned out. I wondered if this was really happening to me. I don't think I even heard the national anthem. I'll always remember that. Very special.



NORDIC RETURNS

Thanks to your continuing support, Nordie Security Services is on patrol again on Peninsula Point this summer. You will see Officer Chris Nelson (shown in the photo with Foundation Board members Dick Barker, John Bonar, Steve Gainey, Bob Yant and Ken Drellishek) patrolling the streets and alleys during the evening and early morning hours. Please feel free to stop him and report any issues that are of concern to you.

As in years past, he will ask visitors to leave the area after normal beach and pier closures at 10:00 p.m. and will deal with suspicious circumstances, including calling NBPD, if warranted. Don't be surprised if you get a knock on the door reminding you to close your garage door. This has been a recurring issue and Nordie has been diligent in reporting these incidents.

Welcome, Nordie Security Services and Officer Nelson.

On the other side I've been disqualified after winning the gold medal. That is also very powerful. I got the gold medal back before going up on the podium. That gold medal might be my favorite. It's a strange thing to wish for people to go through that but sense of perspective you get is important. You're going after something that means a lot to you. Something out of your control takes it away. And then the medal is given back. You realize you are not in control. It made me realize why I did what I did. As long as the other guys in the swimming heat knew that I had done nothing wrong, I was okay. As long as I

had gone there and done what I set out to do, I was okay. I didn't need the extrinsic awarding of the medal. Even if the medal was taken away you still get the important aspect of the pursuit. I was thankful for that and the perspective it allowed me to carry for the rest of my career.

That was ten years ago. That Olympics was very entertaining. It was in Athens and it was very beautiful. It is where the Olympics started. People in Athens loved the Olympics. The whole city didn't do anything for two weeks but attend the Olympics. I did very well there. I was at the top of my game.

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But I was also able to scale it back and leave with a very good perspective on it all.

You won gold medals as part of a team. How is it different to win a medal as part of a medley relay?

That's the other side of it. The emotion is spread out more. It is looser, especially being on our team. I was on winning teams in 2004 and 2008. The U.S. team is always very deep and you are swimming with three other guys who are very capable. It takes a bit of the pressure off of you. As long as you've done your work, you've done your part. Anything can happen so it is nice to know there are guys who can pull up the slack. At the same time we grew up together. It's a small group, and we knew each other very well. Michael Phelps was part of our 2008 relay team, and after we had won we told him it was okay to relax. That was his eighth gold medal. We were able to help him relish the moment. It was a cool dynamic. It was a high, a huge release. It was great. You're finishing off a quadrennium. You're walking away feeling great because you've got no goals.

Tell us about the charity named Oceana and your involvement with the organization.

I've been with Oceana for ten years. Growing up around here we were always privy to stuff that would keep us out of the water. A lot of red tides or certain encroachments on the back bay. We were thinking that we have to preserve something. Southern California is already so built up so I wanted to be a little forward thinking. It's been a neat fit with Oceana. I was a political science major at the University of Texas. I was able to learn about this process. Oceana is based in Washington



D.C. They have satellites all over the world. They are effective. They lobby. They are very active. There are many ways to approach environmental problems. Oceana is very reserved and methodical. I like their approach. I've worked with them on a variety of projects. They were young when I started with them. It's been neat to see them grow and expand. They have done a good job.

The heartening aspect is that ocean health has improved since the 1970s. There is more kelp in the ocean. There's a bit more life out there. There's a healthy population of healthy migrating whales. There's a healthy population of dolphin. If they aren't close that means there is more food. Harbor seals are starting to be seen more down here.

Otters have been spotted down here also and they haven't been seen in 50 years. But there are a many people here and we have a huge impact on what goes on out there. At our local fishery the fishermen have a hard time getting by. They have to get bigger boats so that they can go farther out to sea. Many of those fishermen can barely get by. It is good to understand that aspect of ocean health.

With ocean health it's out of sight, out of mind. If you don't live near the ocean you're less aware of the problems. Every river leads to an ocean.

You recently went hiking the John Muir Trail.

It was beautiful. That was the first time I had been up there. I grew up in California. I felt like I had so much to explore when I got back to California. I had a buddy who talked me into hiking the John Muir Trail. We were probably

far less prepared than we should have been. We did it and it was a blast. We spent three weeks. We did the whole trail from Tuolumme Meadows to Mt. Whitney. We summited Mt. Whitney. It was beautiful. I can't wait to get back up there. I brought my fly rod. After a while we weren't camping, we were actually living out there. We only saw five or six people the entire time. Mountains and the ocean are good for the soul.

Your Mom wrote a book about you in 2013. Any observations about the book and/or your formative years in this area.

From the outset I told my mom to be very careful with the book. She did a good job. She was a single mother. I think it's a book for single parents. She didn't have much when she had us. She managed to give us a life that I am very thankful for. She was on welfare for a few years and she had to completely reestablish herself. We were very young. For so long we were her life. I have a lot to thank her for. She managed to make it work and more. My sister and I look back on that ask one another if we remember those times. My sister, Haley, and I were always comfortable. Looking back my mom was not comfortable. For my mom the book was cathartic. It was nice to see her go through that process. For all of us it was nice to be able to sit down and talk about those times. We had our life with her and we had our life with swimming. My mom stepped away and let us have the life with swimming. That was very important. For a young mother that was very insightful.

What do you like about Peninsula Point?

I've always liked the Point. It's quiet and nice. It fits my lifestyle. I'm very active. I can walk straight out to one of

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the most beautiful beaches in Southern California. I like nature. I like being removed from the claustrophobia of bigger cities and lots of traffic. I feel like the Point is a little oasis.

Would you like to make it your permanent home?

Yes. We're still trying to figure that out. One of the coolest things about being down here is the community. Everyone is so nice. Everyone has been so welcoming to me. I know everyone who lives in the park in front of the house I'm in. There wasn't that sense of community where I grew up in the other parts of Southern California. This is special. Everyone here knows that. It's nice to know the people that I know work to keep it that way. Thank you guys for doing this.

CFBPP “serves as a catalyst and resource for philanthropy and seeks to improve the lives of people in the greater Balboa Peninsula Point area, now and for future generations”.

Any thoughts on ways to further those objectives?

A big part of this is supporting the businesses in downtown Balboa. If there is a nice place, such as the new Sliding Door restaurant, we should go there and support those businesses. By doing so we help to create a community. If the Performing Arts Theater can be established, we need to use the theater.

Any final comments?

There are little girls from up and down the street who bring cookies. They are little swimmers. I recognize things in those young swimmers that I had myself. It's important to keep things in perspective. Even if someone had all these accomplishments it doesn't really mean much if you weren't a good person along the way.



TOT LOT NOW OWNED BY CITY

In the fifth year of planning, neighborhood outreach, city coordination and fund-raising, the Tot Lot at the corner of E. Balboa Blvd. and Miramar Dr. is now the property of the City of Newport Beach. To formalize the event and to thank the residents of Balboa Peninsula Point for the gift, District 1 City Councilman, Mike Henn (right in photo) appeared with Jeff Dole (President of BPPA, left in photo) and Ken Drellishak (President of CFBPP) to accept the final, completed Encroachment Agreement.

Thanks again to all of the project participants and contributors. It would not have happened without major financial and technical support from Gary Jabara, project leadership from Paul McKelvey, BPPA willingness to accept and execute the Encroachment Agreement and the Board of Directors of CFBPP determination to pursue the project to completion in the face of many obstacles.

The playground is meant for children 2-6 years old. Please use it appropriately. No pets please and leave it clean for the next user. If you witness any abnormal use or abuse, please notify NBPD.

VISIT OUR WEBSITE

At the Community Foundation of Balboa Peninsula Point website you can read past Compass newsletters, view vintage pictures of Balboa, learn about the foundation and more. Visit us at:

www.cfbpp.org

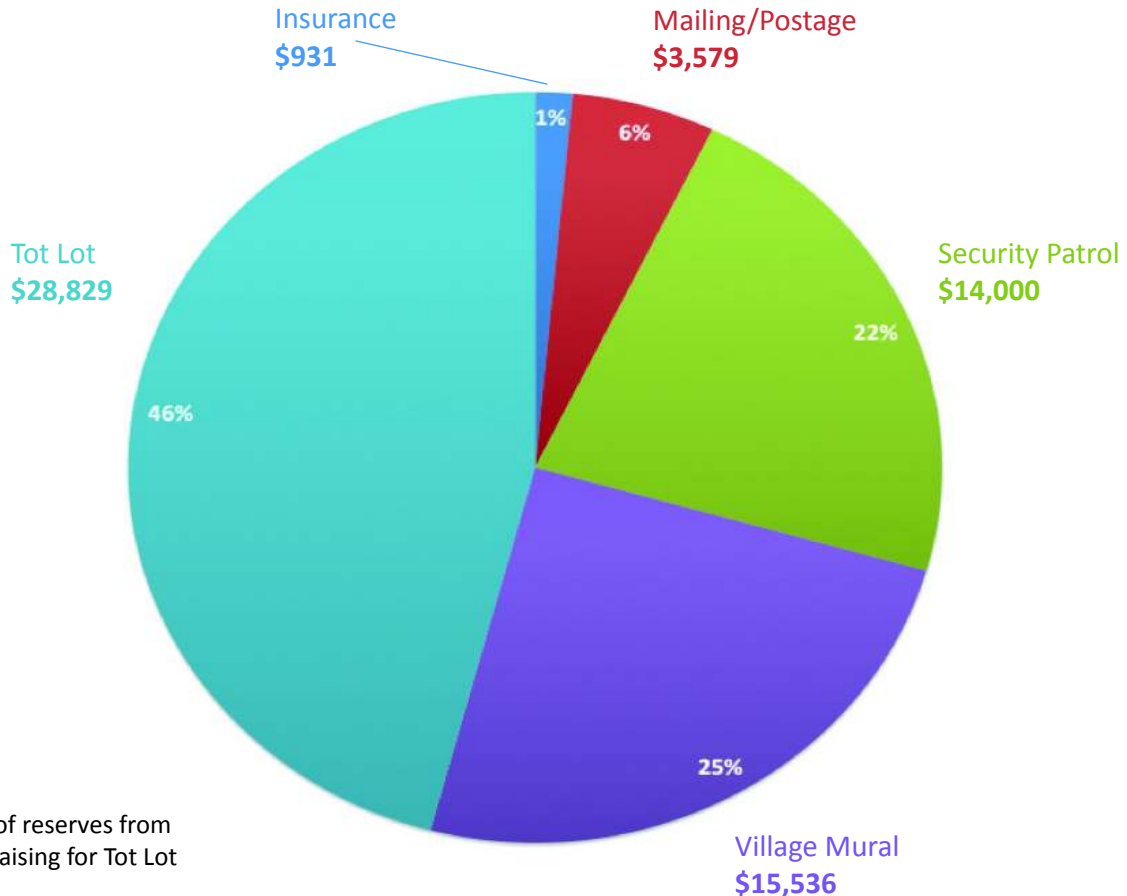
Contribute to CFBPP

- Make cash donations
- Donate stocks and bonds to CFBPP
- Consider CFBPP in estate planning
- Donate real estate including rental properties

Community Foundation of Balboa Peninsula Point USE OF FUNDS

January-December 2013

\$63,875*



*Includes use of reserves from special fund-raising for Tot Lot



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STAY TUNED FOR FUTURE PROJECTS

CFBPP continues to evaluate future projects in the following general areas:

- Neighborhood security
- Boulevard beautification
 - Traffic control
 - Public art
- Community outreach

IN APPRECIATION

The response to the CFBPP continues to be very positive. The following donors have contributed to improve the lives of people on the Balboa Peninsula Point. Donations listed are from August 2013 to May 20, 2014.

\$5,000 and above

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\$1,500 and above

John and Shannon Wadsworth

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