



Shorerider

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8070 La Jolla Shores Dr. PMB # 446 La Jolla CA 92037

Message from the Pres...

Louis Fehrensén

Hello Members,

Welcome to Fall, the season of hope that we might soon be getting some great waves. It is also the season to renew your membership to the association. Remember all the good things you are doing by becoming a member, paying dues and contributing to events that make our local ocean and community a better spot, not only for surfers but for everyone who comes to La Jolla Shores.

We are currently working on documentation to move the summer surf/swim flag further south. This would accommodate the increased use of La Jolla Shores as a surfing destination and surf camp staging area. We seem to have the support of the lifeguards who have noted the increased numbers of surfers and the danger squeezing them together in the summer. Hopefully with the lifeguards support, we can get the City Council to agree with our outline for a permanent boundary LJ Shores surf park. We are also considering designating club funds to build a permanent sign

that would be posted at the beach outlining the rules of surfing.

I wanted to remind members to join us for our October meeting where all present will decide how to allocate our club funds to worthy causes. (see list below) So please join us at the La Jolla Rec. Center on October 25th 6:30pm and cast your vote.

We held our annual Board elections at our last meeting and I'd like to welcome **Phil Bimer** as our new 2nd Vice President replacing **Stephanie Hoffman**. Welcome Phil! Thankfully Stephanie has agreed to continue to be our Contest Coordinator for our Annual Menehune Contest in April.

Best wishes to everyone and see you out in the surf... when it arrives.



♥ 2006 LJSSA Community Support

Here is short list of charities & projects that members have nominated for our support...we'll make final decision at our October meeting with your input. Please e-mail lorraine@ljssa.org with suggestions!

- ♥ LJ Parks & Rec. "Map" project LJ Shores
- ♥ Interscholastic Surfing Federation
- ♥ Surfrider Foundation
- ♥ Toys for Tots annual toy drive
- ♥ Scripps Institute Oceanographic collections
- ♥ UCSD Cancer Center Luau (surfboard donation)
- ♥ Toys for Tots annual toy drive
- ♥ Coalition Contest scholarship fund
- ♥ Surfing Sign and/or Bulletin Board (permanent) at LJ Shores...(this is a longer term/multi-year project and will take club set aside funds).



Mark Your Calendars!

- ⇒ **SUN Oct. 7&8:**
Windansea Surf Club Annual Menehune Surf Contest at LJ Shores
- ⇒ **Sat/Sun Oct 14&15**
Swamis Surf Assoc. Coalition Surf Contest @ "D" St. Encinitas.
- ⇒ **WED. October 25th**
LJSSA Monthly Meeting 6:30 p.m. at LJ Rec. Center
- ⇒ **DEC—TBA** Annual Holiday Party & Toy Drive!
- ⇒ **JAN 1st—Annual New Year's Potluck**
- ⇒ **JAN (usually 1st or 2nd weekend), 2007**
Doheny's Longboard Surfing Assoc. "Gathering of the Tribe" contest at Church's.



LJSSA

welcomes baby **Olivia Rose Welch** into the surfing family....proud parents **Scott**

Welch and Karen Williams have been taking turns with baby Olivia while the other one steals precious time out surfing.Olivia was born last April 26. Now 5 months old, she's lighting up the boardwalk with the world's cutest smile!!

La Jolla Shores by Amelia Opean

I'm home now, but I can still feel the warmth of the sun on my face and taste the sea salt. I can still feel the gentle rocking of the waves as I sat in a kayak in the ocean near the cliffs of La Jolla. The sights of the pristine La Jolla homes on the bluffs, and leopard sharks and garibaldi swimming beneath the gentle swells still fill my being. The sounds of the pelicans and the faces of the seals come rushing back to me like the current on the shore. The camaraderie of the friends, who with strength of body and generosity of heart have helped make this morning of kayaking possible, will be remembered and cherished forever. The offers of help and support from those who stayed back on shore watching the waves and waiting for their opportunity to go surfing echo in my memory. I've been swept up time and again by the warmth of the people at La Jolla Shores. It all washes over me in a big healing rush of contentedness that distracts me from the endless physical struggles that I face on shore. One morning of kayaking lasts well beyond the hour that we paddled along the coastline from the boat launch at La Jolla Shores to the children's pool of La Jolla proper and back again. It's been a great summer.

I have had years in my life that seemed to me an interminable test of endurance and struggle. I was



Margaret helps launch Amelia and Dan in tandem kayak (above) and at right:

Lorraine, Kathie, Amelia, Mary, and Margaret.



Above: from left—Lorraine, Kathie, Amelia, and Mary after 1st outing

Contest Update

One of the many benefits of membership is surfing for the “team” at one of the Coalition Contests in Southern California...This past August, LJSSA competed in Ocean-side...conditions were good, and our own **Stephanie Hoffman**, team captain, advanced to the finals. Also shining was Shores surfer **Rebecca Bray** who placed 3rd in the pro-noseriding event. Congratulations Rebecca!



injured in automobile accident many years ago. A paraplegic on forearm crutches, I came to La Jolla Shores a year and a half ago to walk and get some exercise. It was a walk that changed my life. In the past few months, I have been fortunate to have the opportunity to participate in activities ranging from traveling and wine tasting to horseback riding and kayaking. None of which would have been possible without the extra hands and encouragement from the many friends whom I have met and come to respect at La Jolla Shores. They have helped me experience life more completely and with much more joy than I ever thought I could. For the seamless acceptance of my crutches, braces, and wheelchair (when needed), for all of the walks, food, and water fun, for this and for all of you I am grateful. Thank you all.

Special thanks to Dan and Mary, Margaret, Kathie, and Lorraine —pictured below with me after my ocean debut—well, my first time in the ocean in many years anyways—on August 6, 2006 ♥



PHOTO BY MARGARET WIESEHAN

The next contest is at “D” Street in Encinitas, sponsored by the **Swamis Surfing Assoc., Oct. 14-15**. Come check out the action! In November, we'll post sign-ups for Doheny's annual coalition surf contest (at Church's) at Dave's truck....This is a wonderful event, in a great setting, with good surf...usually 1st or 2nd weekend in January...we'll keep you posted. We'll also reserve camping spots at San Mateo Creek campground. Plan on being there! Remember, it's first come, first served, with priority given to dues-paying members. It is the current policy of the club to reimburse entry fees for members placing 1st-3rd in the contests. For more information about the Coalition events, check our their website: www.surfclubs.org.

BELIEVE IT OR NOT!



I'm not sure which photo is more unbelievable....the 600 lb. Mako shark at left, being caught by fly rod off Mission Beach...or **Inside Wave Dave** at right...yes, in a TUXEDO for a formal affair at the Shores ...the wedding of **Michelle Vincent and Kevin Connelly** last month. That's lovely **Deborah Hoyt**, bridesmaid, being escorted down the isle by Dave, also in the wedding party...if YOU would like to submit an amazing photo, surf-related or otherwise, send it to me: lorraine@ljssa.org. Your photos & stories are always welcome!

From recent edition of *Field & Stream* magazine. For the full photo essay & fly fishing story...follow this link: <http://www.fieldandstream.com/fieldstream/fishing/photogallery/article/0,13355,1515959,00.html>

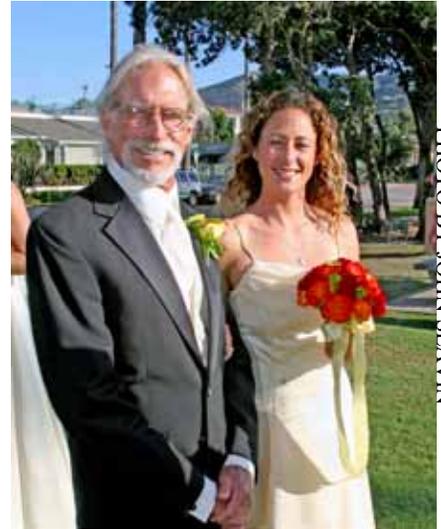


PHOTO BY JOHN SLAVIN



Chile Relleno Casserole

You asked for it....Here is Lorraine's casserole from our LJSSA picnic....not for the cholesterol timid!

- 1 lb cheddar cheese
- 1 lb. Jalapeño jack cheese
- 1 can evaporated milk
- 1 large can (27 oz) whole green chilies, or 3-4 small cans
- 4 eggs
- 3 Tbsp. Flour
- 1 can tomato sauce & 1 large fresh tomato

In casserole dish (rectangular, 9 x 13) remove seeds and lay 1/2 of the whole chilies flat. Second layer, cheddar cheese cut thick (1/4 in). Third chilies, and fourth jack cheese, grated. Beat whites. To yolk mixture, add the milk and flour, salt/pepper to taste. Fold egg whites into yolks. Pour over chilies & cheese. Bake 1 hour covered at 325°. Add sliced tomato and tomato sauce and bake 1/2 hour more at 325° uncovered. Enjoy!



PHOTOS BY D.P. SCHMALEBERGER

Stephanie Hoffman, above, competing at Oceanside, and oh the joys of toddlers...buckets of fun!!

Summer 2006

Surfing photos below by Phil Rumsey



Clockwise from top left: Sam Otjens, Michelle Vincent, Dave McLeod, and Legends Skip Frye and John Peck.

Member Profile: Donnie Laughlin

FULL NAME: Donald Wayne Laughlin, age 52

OCCUPATION: school custodian / surfboard shaper

STARTED SURFING WHEN: 8 yrs . old - 1962 at the Shores

FIRST SURFBOARD: 9'6 Hobie . It had a big chunk of foam missing from the nose . The owner left it outside during the rainy months with the nose sitting on an open bag of fence post concrete , cost \$ 25 . That board sure did pearl a lot.

ALL-TIME FAVORITE SURFBOARD: my current 6'6" twinzer fish . It reacts to the subtlest movement with speed — other designs cannot have because of center fins foam epoxy laminated.

GOOFY or REGULAR: I eat a lot of fruits and vegetables so am real regular

FAVORITE SURF SPOT? WHY? the hole at private beach . because it's like having my personal point—only happens in spring then goes the way of sand flow .

MOST MEMORABLE SURF EXPERIENCE? Either surfing 8' to 10 ' blacks in high school, or surfing the hole Christmas of 1999—4-6' - surfed an entire tide change , perfect surf . Two people out, glassy till almost the end .

FAVORITE THING ABOUT THE SHORES? 3 things:
1) Damon's breakfasts
2) South wind afternoons after all the morning folks leave
3) memory of Doug Jones and me being dropped off by his brother, Stan, in the morning , stashing our stuff in the hedge and surfing and hanging all day eating powdered donuts and drinking chocolate milk

SHORES BITCH? dirty . you don't need a special day or belong to a club to pick up a few pieces of trash each day

FUNNIEST THING YOU EVER SAW IN THE WATER? Archie Letterman surfing Archie's left and talking to himself every time he surfed it , and watching other folks reactions . He dominated that left (which is still Archie's left) and he ripped.

ROLE(s) IN LJSSA? Silent

WHEN DID YOU LAST GET A HAIR-CUT? Last spring



Donnie Laughlin (above) and John Crow (below) on a recent surf reconnaissance mission to Nova Scotia this summer



DUES REMINDER NOTICE: Please renew your membership in the LJSSA by paying your annual dues. If you've already renewed, thanks for your support! The dues help support "operations": newsletter, website, mailbox, postage, printing, special events & parties.....The LJSSA always welcomes new members. If you would like to invite someone to join, please bring them to attend a monthly meeting and stop by Dave's truck for a club application. Dues are \$35 for individuals, \$25 for students, and \$10 for each additional family member. First time members pay an additional \$10 and receive a club t-shirt. We do have club stuff for sale embroidered with our LJSSA logo: hats (\$15), navy blue hooded sweatshirts (\$27), t-shirts (\$10), and ladies pink t-shirts (\$15). Ask Dave or Pete Z.



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