

The Watchhorn

December 2009

Holiday Harbor/Cabrillo Marina

Ah, the season is upon us. Christmas lights have been hung (or at least have been left there from last year, a true American tradition), our bellies are still full of Thanksgiving turkey, Nat King Cole and Sinatra serenade us with ballads that rekindle fond childhood memories, and the smells of spiked eggnog permeate the air. Give me another few weeks of gorging on glazed meats and chocolate drinks and the only discernable difference between myself and Santa will be the color of our clothes, assuming I can even fit into them by then. It's going to be a good month.

Growing up in a Portuguese family (a nation of cooks if ever there were one), I have been led to believe that eating is what December is all about. It starts with Thanksgiving; a holiday that I'm quite positive was only placed in November to give time for last minute Christmas shopping before the true holiday binge begins. Then comes the chocolate calendar, an ingenious invention which lets you eat your way all the way through the end of the month, one delicious day at a time. A recent addition to the Randolph festivities is the celebration of Hanukkah, which, although it may conflict with our Catholic upbringing, is a welcome series of ten course meals that goes on for nine full days (traditionally it would be eight days, but our candle holder came with a spot for nine candles and we got confused). Then comes the big day itself, which for some reason is actually split up into two distinct days, Christmas Eve, when the parties kick off, and Christmas day, which of course needs no introduction. Each of these days have their own foods, beverages and traditions, and which can sometimes blend into one very long blur you'll still be regretting on New Years Eve if the eggnog is strong enough.

Joking aside, please enjoy the holidays responsibly. Life is too short to be counting every calorie, but it'll be even shorter if you aren't careful about what foods you consume. A recent study done by the FDA showed that tryptophan, commonly blamed for putting people to sleep after thanksgiving dinner, actually only works on an empty stomach. It was found that the more likely culprit for the thanksgiving nap is carbohydrate overload resulting from overeating. We have a tendency to overdo ourselves in the name of a good time, and it is far easier to put the weight on than to get it off. Keep all good things in moderation, move your focus from the dinner table to conversations with friends and family, and please have a safe and happy holiday season. Merry Christmas.

D.H. Jr.

Real News

- This year's annual Christmas party will be held in the Boaters Lounge on December 5th from 3:00pm-6:00pm. Like always, there will be lots of delicious food, great company and good times. Immediately following the Christmas party will be the Holiday Afloat Boat parade, taking place from 6:00pm-9:00pm. Registration forms for the boat parade can be found in the marina office.
- Those of you intending to leave the area for Christmas vacation are encouraged to visit your boat before leaving. Please check to ensure power cords have not fallen in the water, all bilge pumps are in good working order, dock lines are free of chafe and securely tied to both boat and dock, and no fuel leaks are evident. It is also encouraged to leave additional contact info with marina staff so we may properly contact you in the case of an emergency.
- Although Holiday Harbor employs around the clock security for your protection, there are a few precautions you as a boater can take to ensure a safer, more secure marina. Please keep these simple precautions in mind the next time you visit our facility. 1. Keep gates closed at all times and never leave the lock ajar for any length of time. The gates are there for a reason, if someone is meant to get in, they will have a key or will be with a tenant that has one. 2. Don't let in strangers. They may seem friendly to you, but if they don't have a key, they probably don't belong. If you are unsure, have them visit the marina office and we'll decide whether they should be let in or not. 3. Keep dock carts inside the gates when not in immediate use. We lose dock carts every year because people leave them in the parking lot, where neighboring marina tenants get a hold of them. 4. If you see a suspicious person on board a boat, notify the marina office (310-833-4468) or contact the Port Police (310-732-3500) immediately. With a simple phone call you could save a boater thousands of dollars in damage or theft.