

# Seashore News



February 2013 Published Monthly by Niguel Shores Community Association Issue 471

## BERKUS HOMES



Berkus home Model 118



Berkus Home Model 207

A recent long obituary in the *Los Angeles Times* for architect Barry Berkus prompted an interest in his early involvement in our community—the design of the Berkus Homes that carry his name. Barry Berkus became quite well known in the architectural world as the one who concentrated on “design for the 99 percent.” Instead of working on luxurious custom homes or high end commercial projects in his early days, he designed for developments across the United States. His obituary mentions that, in the late 1960s, he drew the plans for Harbor View in Newport Beach where the designs featured “muscular lines and experiments with materials.” He was one of the first architects to incorporate a bonus room in a home that could be an office, den, spare bedroom or playroom.



Model 118 Floor plan

After graduating from USC’s School of Architecture Berkus specialized in residential design, opened his own firm and had, as an early client, William Levitt, the real estate developer called the father of American suburbia. Berkus, however, disdained Levitt’s identical box houses and believed that “people could live in exciting spaces even if they couldn’t afford their own architect.”

Berkus Design Studio, based in Santa Barbara with world-wide offices, won many awards over the years and, in 1991, Berkus was named one of the world’s 100 top architects by *Architectural Digest*. The second Berkus firm, B3Architects, specialized in custom design while the Design Studio focused

on production housing. In addition to domestic residential architecture, international projects included planning communities in Malaysia, new towns in Japan, villages for Euro Disney in France and redevelopment of the waterfront Expo site in Vancouver.

So, how do the Niguel Shores Berkus Homes manifest this architect’s design ideas? Have a walk or drive through that neighborhood and notice the many interesting designs of the homes there. There



Model 207 Floor Plan

are 105 of them with an establishment date of January 5, 1972. They are on Periwinkle and Leeward Drives, a few on each of the Circles: Dasya, Gelidum, Spindle and Padina, and as you go up the hill on the right are Abalone, Dosinia and Cockleshell Drives. Niguel Road and Stonehill Drive define the area’s outside walls. There are five floor plans: 118 (1560 sq. ft.), 119 (1785 sq. ft.), and 120 (1966 sq. ft.) were one story and, in 1972 sold for \$52,900 to \$58,900. The two-story models were 206 (1996 sq. ft.) and 207 (2223 sq. ft.) priced at \$60,900 and \$63,000 respectively. The three smaller models had three bedrooms and two baths, the two larger had four bedrooms two or two and one/half baths and, all had family rooms. The “Conventional Financing” from California Federal

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# BOARD ACTION SUMMARY

## JANUARY 8, 2013 BOARD MEETING: (General Session)

### ACCEPTED AND FILED:

- Financial Reports
- General Session Committee Minutes

### APPROVED:

- General Session Meeting Minutes of December 4, 2012
  - 2013 Holiday Schedule
  - January 2013 Litigation Disclosure Statement
  - Annual Meeting Timeline
  - Emergency Preparedness Committee Charter
  - Emergency Preparedness Committee Members
- Men’s Club request regarding fundraiser/logo (conditional)
- Request for reimbursement for damage to water line (partial)

### DISAPPROVED:

- Request for park bench in Villas (view blockage)
- Request to waive annual guest bar code fee

### HEARINGS/MEETINGS/PRESENTATIONS:

- Architectural appeal of property line fence height
  - Geotechnical Engineer

### REVIEWED/DISCUSSED:

- Master Landscape/ Nauticus slope project
- Requested speed bump on Periwinkle Drive
  - CC&R amendment
  - NSCA logo design
  - Manager’s Report

### TABLED:

- Gatehouse project update
- Year end allocation of 2012 operating budget surplus fund
  - Appointment of Nominating Committee

## JANUARY 22, 2013 BOARD MEETING: (General Session)

### ACCEPTED AND FILED:

- General Session Committee Minutes

### APPROVED:

- General Session Meeting Minutes Of January 8, 2013
  - Nominating Committee members
- Director Russell as the Board Liaison to the Emergency Preparedness Committee
- Ratify removal of Manta Green Belt tree
- Authorization to file liens against two properties for failure to pay assessments
  - New signage at vehicle gates
  - Redesign of one existing speed bump on Periwinkle Drive
  - Turf reduction proposals
  - Binnacle slope repair proposals
- Extension of paver installation contract
- Budget variance for janitorial services
- Reserve expense for painting common area items

### DISAPPROVED: none

### HEARINGS/MEETINGS:

- Harvest Landscape – Turf Reduction Project

### REVIEWED/DISCUSSED:

- Architectural appeal
- Gatehouse project
- Homeowner correspondence regarding architectural procedure
- Manager’s Report

### TABLED: none

## JANUARY 8, 2013 BOARD MEETING: (Executive Session)

### ACCEPTED AND FILED:

- Executive Session Committee Minutes

### APPROVED:

- Executive Session Meeting Minutes of December 4, 2012

### DISAPPROVED:

- Request for drainage easement

### HEARINGS/MEETINGS:

- (2) Violations of Rule 4112 and Rule 4121

### REVIEWED/DISCUSSED:

- Legal correspondence
- Manager’s report

### TABLED: none

## JANUARY 22, 2013 BOARD MEETING: (Executive Session)

### ACCEPTED AND FILED:

- Executive Session Committee Minutes

### APPROVED:

- Executive Session Meeting Minutes of January 8, 2013

### DISAPPROVED: none

### HEARINGS/MEETINGS:

- Violation of Rule 4112 and Rule 4121

### REVIEWED/DISCUSSED:

- Legal correspondence
- Nauticus Isle slope opinion
- Authorization for liens
- Manager’s report

### TABLED: none

**NOTE:** The NSCA Board of Directors meets the **1st and 3rd Tuesday** of each month unless otherwise posted. The last approved General Session Minutes are posted on the Bulletin Board across from the NSCA Office entrance. In addition, the General Session Agenda for the next Board Meeting will also be posted at noon on the Thursday prior to the next meeting.

**REMINDERS:** OPEN FORUMS ARE HELD AT THE BEGINNING OF EACH GENERAL SESSION MEETING (6:00 PM)  
THE NEXT BOARD OF DIRECTORS MEETING WILL BE HELD ON **TUESDAY, FEBRUARY 5, 2013**

# BERKUS HOMES

continued from front page

Savings and Loan in 1972 required a 20 percent down payment and seven percent First Trust Deed. The Community Association dues were \$33.50 per month.

The drawings of the houses illustrate different exterior designs within each of the five models even when the floor plans were identical. Accompanying this article is a floor plan of the smallest model (118) and a photo of one of the houses, plus a photo and floor plan of the largest model (207) which can be seen in a number of design variations throughout the Berkus Homes neighborhood. Not all of the homes in this area have ocean views but do have attractive back patios that can serve to extend the living space. Some have been remodeled beyond recognition but, in the process, add to the wonderful variety of houses on those

lovely streets, streets with houses on both sides and thus, creating a neighborhood feeling. Large lots provide opportunities for homeowner landscaping as well as home additions.

We have copies of the original drawings and floor plans of all of the models and photographs of many of them and hope to have this and other material scanned in and posted on a web page so all Berkus homeowners can see how the houses were in the beginning—for those that have been remodeled or added on to. In addition to the Berkus Homes, we have the same materials for other sections of Niguel Shores and intend to put all of it on the website eventually.

For further information about the architect, search on Barry Berkus.com and/or Berkus Design Studio.com.

—Mary Crowl

## GM REPORT

**A**nnual Meeting and election of Board Members: It is time to begin preparing for the Annual Meeting and the election of Board members. The Annual Meeting is scheduled for Tuesday, May 21 at 7:00 p.m. This year the terms of Directors Pat O'Brien and John Dougherty are concluding, so there are two (2) positions open for election. The term of office is two years. If you or someone you know is interested in becoming a candidate, the first step is to complete the Nomination Form (Call for Candidates) that is included in this issue and return to the NSCA Office by March 12, 2013.

Serving on the Board takes a significant commitment of time as the Board meetings are conducted twice per month, currently on the first and third Tuesday and usually last 4+ hours. Email communication with Board members is done on a regular basis so computer literacy is an important asset. During special projects, you may need to spend a little extra time on association business. Having said all of that, I can't begin to express how important this process is to the governance and the success of the Association. If you are interested in running for the Board or would like more details about the responsibilities, please contact me at [dbaker@niguelshores.org](mailto:dbaker@niguelshores.org) or a current board member.

**Landscape:** As we move into 2013, we have a landscape project that will benefit Niguel Shores in many positive ways. When Harvest Landscape was hired, one of their directives was to make sure that the irrigation controllers were working properly and to monitor the water use of the community. To address the efficiency of the irrigation system and reduce water use, Harvest in cooperation with South Coast Water District (SCWD), has proposed a project to remove 113,000 square feet of turf. The project was approved by the Board of Directors at the 1/22/13 meeting. The thought of Turf Reduction may sound drastic, but actually the areas that have been identified

are passive areas. Areas that are either smaller sections of turf which have improper irrigation and hard to maintain or turf areas in remote areas that are not used by residents. This project WILL NOT take away the beautiful green belts that are appreciated by all. Area maps identifying the project areas are posted on the website, plus we will be scheduling a presentation by the water districts and Harvest Landscape to explain the project to the residents in the near future. See the Landscape Committee Article in this issue for more information.

The maintenance of the trees in the community is an important subject. Tree removals have strict guidelines to be followed. The Board must approve all tree removals and the recommendation requires a good explanation such as the tree is causing damage, is unhealthy, is a safety issue or is

### SEA TERRACE II TOWNHOMES ASSOCIATION

Our annual 2013-14 meeting will be held February 11, at 8:00 p.m. at the Niguel Shores ClubHouse. The agenda will include:

- Election of officers
- Discussion of our painting program, including a display of colors
- Presentation of the 2013-14 budget

This will be a time to meet your Board members and get answers to any questions you may have. If you have not already done so, we urge you to mail in your election ballot by that date. If you wish you may hand deliver your ballot at the meeting but it must be in the self-addressed envelope provided in our mail out.

causing a view blockage. This is what happened to the four liquid amber trees that were recently removed on the corner of Periwinkle and Niguel Shores Road.

**Emergency Preparedness Committee:** The NSCA Emergency Preparedness Committee (EPC) has been established and the Board has appointed four members to the committee: Linda Foth, Janet Sener, Jeannie Sticher and Kent Wellbrock. EPC has scheduled its first meeting for late January and should have something to report in the next *Seashore News*. I do want to continue to extend

the invitation to join this committee. Our current members have excellent emergency response experience, but we can always use more volunteers. One of the main purposes of the committee is to raise community awareness regarding the preparation for emergencies such as fires, earthquakes, hazardous spills, acts of terrorism and other manmade or natural disasters. The Charter allows for up to 11 members, so please contact the NSCA office if you have an interest in serving your community.

—Deborah Baker

## COMMITTEE REPORTS

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### LANDSCAPE

#### *Letter from the Harvest President*

The Niguel Shores Board of Directors early last year hired Harvest to review the condition of the landscaped areas, including the irrigation system, overall plant health and variety and to identify opportunities for water and maintenance savings for the community.

The Board wanted to find ways to save money, save water and to enhance the health and beauty of the community. Harvest approached the water district and began plotting a strategy that would resolve years of deferred irrigation maintenance. We came back with a plan that will not only save water, but will reduce needless expenses associated with street, light pole and other hardscape damage caused by years of over-watering. We were able to secure a turf-replacement rebate through the Metropolitan Water District of Orange County. We expect the landscape renovation project to pay for itself in as little as seven years from water savings alone.

Here is a summary of the work being done and the anticipated results:

#### **Retrofit the existing irrigation system for efficiency:**

The system is 30 years old. Over time, it became necessary to compensate for problems caused by years of over-watering. In order to ensure that plants and turf received the water they needed, previous maintenance companies used a flood irrigation method to get the proper distribution. This over-watering resulted in damage to the community's streets, lamp posts and other hardscape. Harvest is in the process of installing low-flow nozzles to further enhance the efficiency and effectiveness of the irrigation system.

**Remove 113,000 square feet of turf:** Lawns require a lot of water, many more times than other drought-tolerant plant varieties. Niguel Shores has more than 900,000 square

feet of turf. Harvest is removing the lawn in passive areas of the community, along the base of slopes or other locations, and will be replacing it with low-water-use shrubs.

#### **Harvest will not be removing turf in the large green-belt areas of the community.**

#### **Identify opportunities to save money and water:**

We want to spotlight the savings achieved through this project because ultimately that is the reason we are doing it. Niguel Shores is expected to see a return on investment for this project in as little as seven years on water savings alone. Harvest was able to get a rebate from Metropolitan Water District of Orange County for \$34,104 for the passive turf areas that we are swapping out with low-water shrubs. It's rare for a water district to award rebates for water savings in communities where reclaimed water is used for irrigation but Niguel Shores helped make that happen. The water district was impressed with the community's dedication to doing what's right and felt Niguel Shores should be rewarded in order to encourage other communities to do the same.

Harvest has seen communities time and time again realize significant savings through their landscape renovation projects. Niguel Shores is unique because you have already done much to save water. The irrigation system operates using reclaimed water and the recently installed smart-timers better control the timing of irrigation.

The changes taking place today will complete a process Niguel Shores committed to long ago. They will save money at a time when water rates are quickly climbing. Above all, the changes taking place will make the landscape healthier and therefore, more beautiful. Over time, the investment made today will reap rewards long into the future.

—Steven Schinhofen, President  
*Harvest Landscape Enterprises, Inc.*

# COMMITTEE REPORTS

## MAINTENANCE

“The best laid plans...” sometimes actually work. Witness the condition of the community's streets. Even though they are about fifty years old, most would agree that they are functionally sound and their condition is good. This is the product of years of planning and annual refurbishment projects.

The planning began many years ago with the establishment of reserve accounts and annual funding to ensure that money will be available for these refurbishment projects. In 2007 an engineering firm was hired to survey all the streets. A thirty-year preventative maintenance program was developed and implemented. To minimize disruptions, the plan calls for doing about twenty percent of the streets to be refurbished each year. This plan is reviewed and, if warranted, modified each year.

Maintenance has begun planning for the 2013 refurbishment cycle. There are three possible tasks that may be required:

**Total Reconstruction:** This is very expensive and, with good preventive maintenance, should seldom be needed. The last reconstruction projects were Mercator Isle and the Beach parking lot. No further reconstruction is planned.

**Overlay:** This process includes removing and replacing the top inch of asphalt. All streets are planned for this process every thirty years. This year, Binnacle, Capstan, Halyard, Spinnaker, Marlinspike and Windward will be overlaid.

**Seal Coat:** This is a preventive maintenance process that improves the appearance and reduces moisture intrusion thereby extending the life of the street. The process includes laying down two coats of a liquid asphalt solution. All streets are planned for this process every four years. This year Amundsen, Atlantic, Bothnia, Cassandra, Coral, Ionian, Kara, Marmara, Taranto, Tasman, and Windjammer will be seal coated.

Maintenance personnel and the Committee will survey the planned streets and note any special repairs that may be needed. A consulting engineering firm will then be hired to also survey the streets and note any additional special repairs that may be needed. The firm will prepare a scope of work, a contract, identify potential contractors and send out invitations to bid, evaluate proposals and recommend the selection of a contractor for the NSCA Board approval. The consulting engineer will be on-site during construction to ensure the contractor performs to the specifications.

Weather permitting, the construction will begin and be completed in September 2013.

—Jack Christiansen



Niguel Shores residents rocked in the New Year at the Annual Niguel Shores New Year's Eve Party. We were greeted with Bellini Cocktails and light appetizers as one hundred plus residents and guests had a wonderful time dancing the evening away to the tunes played by DJ Matt Castillo. Some brought their own treats and dined and danced during the festive evening. Check out the gallery of photos supplied by NS Board member Steve Leonard. Once again, thanks to our Recreation Committee for putting this fun evening together. Be sure to put this party on your calendar for 2013 (that's December 31!) and look forward to another year of other great activities planned by the Recreation Committee.

—Patti Staudenbauer



**When:** February 17

**Where:** Niguel Shores ClubHouse

**Time:** 6:00 p.m.


Please join us and get together with your neighbors and friends for a potluck dinner and bring \$1, your table service and beverage of your choice. You are also asked to contribute a main dish, salad or desert for our always delicious buffet.

Former attendees will receive an email invitation and we would like to have your reply by Wednesday, February 13.

If you are new to Potluck, we would love to have you join us. Please call Ann Christiansen, 248-1962, Irene McDonald, 481-3035 or Gretchen Rask, 489-2259. We would be happy to take your reservation and answer any questions you may have.

—Irene McDonald

## RECREATION

It is February, the month to remember that special person in your life and enjoy a  together. The recreation committee has a St. Patrick's celebration planned for March 17—mark your calendar to enjoy green beer and corned beef sandwiches. Details will be in March *Seashore News*.

**Potluck:** February 17. Look for the article with the details.

**Cooking Class:** February 28, 11:30 a.m. to 1:30 p.m.

A Cooking class by Kookie Brock featuring Soup Fest with salad and dessert, a family meal. The class is \$39. Sign up in the office, pay at class. Remember this includes tasting.

**Evening Cooking Class:** The new exciting news is that an evening class will be offered in March. At the present time it will be March 21 at 6:00 p.m. Bring your own wine to have with the menu to be announced next month. The class is \$39.99.



# COMMITTEE REPORTS

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Mark your calendar with these dates:

**March 17:** St. Patrick's Day Celebration

**May 5:** Cinco de Mayo, our Taco Cart Night

**May 26:** Bluff BBQ

**June 15:** In-N-Out Night

Have a good month of February and make plans to attend the Recreation Committee planned events all year.

—Carol Yocom

## SEASHORE NEWS

*You asked about a rule...* We are introducing a new column this month to continue our mission to inform and entertain our readers. You will see on page 12 an article about Guest Entry rules. This is the first of a regular article by our very knowledgeable Karen Decker, Community Association Manger, in which she will discuss various rules and regulations that are pertinent to the daily operation and activities of the community. This is intended to be information in response to your questions and needs. We owe thanks to Karen for offering to write this column on a monthly basis or as needed depending upon her day to day experiences. Let her or us know if there are subjects you would like discussed.

—Mary Crowl

## TRAFFIC AND SAFETY

**Back to Normal** On the early morning of January 6, some folks reported they saw "La Befana" leaving certain houses here in Niguel Shores. Her quick departure via her usual mode of transportation served to symbolize the end of the holiday season. As we settle back to our regular life styles, I hope we can remember, when parking our cars on the street, to take valuables inside and lock the cars. To the best on my knowledge, the thieves that tend to plague our community have, for quite some time, left locked cars alone.

**Why?** In the past few weeks we have had several reports of skate boarders operating during hours of darkness on Niguel Shores Road, across from the Broadmoor homes, and on the walking path behind the homes on Windward. Most of these skaters are dressed in black and weave in and out of both vehicle and pedestrian traffic. I only can imagine that the reported several near-miss collisions served to add to the skaters' rush. I firmly believe that the concerned parents don't know what these skaters are up to. Consequently, friends and neighbors, it is up to us to help them out. Talk to the parents, advise the office or call security. Any or all of these actions may well save someone from being hurt. The "Big Kahuna" of all skaters, Pat O'Brien, is a big supporter of safe skating and strongly condemns such irresponsible actions. He reports that it sullies the reputation of all those seriously involved in the sport.

**Leash Law:** In the past week we had two reports of dogs on leashes being attacked by bigger dogs running loose. One such incident involved, according to description, either a Pit Bull or American Bull Terrier. The owner has been identified and appropriate corrective action was taken which included a veterinarian bill. The other incident occurred at the Beach Bluff and involved a boxer-like dog. In this matter, the suspect dog is still outstanding. We have leash laws and rules regarding dogs. Please consider these and remember to exercise good judgment with the safety of people and pets foremost in our minds.

**Who Speeds?** Better yet, who speeds here in Niguel Shores? Most people would probably guess that it would be members of our young adult population. Wrong! I know that it is subjective, but almost all people that report speeding problems tell us that it is parents taking their children to and from school activities. Be careful!

If you don't know, you might want to Google "La Befana". Her story is interesting. God Bless.

—Tim Murphy

## WWW.NIGUELSHORES.ORG

**Photos:** The Communication Committee wants to add its thanks to the Recreation Committee for the terrific New Year's Eve Party. Resident and current board member, Steve Leonard, shared his pictures of the event and they are now on the Website gallery for all to enjoy. Thanks, Steve! Well over 100 residents and guests attended the Party. If you took pictures and would like to share, please send them to Matt Northrop at mnorthrop@niguelshores.org and he will add them to the photo gallery.

**New Year's Resolutions:** Is 2013 the year you resolve to improve your mind and/or body? You can do it all right here at Niguel Shores. There are several fitness programs including water aerobics, exercise classes and tennis. We understand for those that play golf, it can be considered exercise as long as you don't mind a good walk interrupted. Niguel Shores has both women's and men's golf groups that offer friendly competition and even occasional prizes. If you are looking for something that will expand your knowledge, Niguel Shores has two book clubs, a Society for Civil Discourse and an Emeritus film class. The Men's and Women's Clubs always have interesting agendas and are a good place to meet some of your neighbors and hear informative speakers. If you like cards, the Bridge group meets once-a-week and always welcomes new players. The Garden Club is often going somewhere stimulating to learn something new about our beautiful flora and fauna. If you would like more information on any of the above, please call the office or refer to the *Seashore News* or Website at [www.niguelshores.org](http://www.niguelshores.org). Enjoy!

—Matt Northrop, Patti Staudenbaur and Ellen Dovey

# CLUBS

## GARDEN CLUB

January's meeting took the members on a field trip to the Plant Stand in Costa Mesa. Members carpooled and got a lot of expert advice from staff. Following the tour, everyone drove to Sherman Gardens in Corona Del Mar for a look at the beautiful plantings, followed by a specially prepared lunch. If you haven't visited the Gardens, plan to visit it this year. Good food and wonderful ambiance.

February's meeting will be a Garden Workshop. Discussion will center on dealing with common garden problems and helpful gardening hints.

*A weed is a plant that has mastered every survival skill except for learning how to grow in rows.—Doug Larson*

—Morry Meadow

## MEN'S CLUB

The Niguel Shores Men's Club meets every 1st and 3rd Tuesday of the month at the ClubHouse for breakfast and a get together with our neighbors. All men who are residents are welcome.

Our first meeting of 2013 was on the 15th as the 1st Tuesday of January was New Year's Day. Jerry Koppang and his team served a delicious breakfast.

President George Schramm nominated officers for the new term ending his term of office. New officers elected were: Charlie Clark: President, Al Thome: Vice-President, Bill Tally: Secretary, and Morry Meadow: Treasurer.



Men's Club Officers for 2013: Treasurer – Morry Meadow, President – Charlie Clark, Secretary – Bill Tally, Vice-President – Al Thome.

Pat O'Brien, President of the Niguel Shores Homeowners Association Board of Directors, was our speaker. Pat reviewed the financial status of our Association as of December, 2012 and spoke on several issues facing the Association, including the new landscaping master plan.

The Men's Club is social and philanthropic. We have golf outings, an annual trip to the races at Del Mar, a Christmas dinner as well as our famous 4th of July Breakfast, our main fund raiser for our Dana Hills High School Scholarship Fund.

—Al Thome

## WOMENS CLUB

Women's Club members have a treat in store with our Valentine's Day Program—a very interesting and accomplished lady, doyenne of Dana Point and major contributor to our community. Ingrid McGuire, Fulbright Scholar to our shores who

found her beloved husband here, lived a life of work and adventure and came to Dana Point to add her energy and enthusiasm to help incorporate our city. She was elected to its very first City Council and again to become mayor and then was elected a number of times to the South Coast Water Board. So, you see she has lots to tell us about this wonderful life.



Ingrid McGuire

(She also loves beautiful clothes...)

Lunch is at noon on February 14 in the ClubHouse. You will receive your e-mail invitation on the previous Thursday, February 7 and please respond by 5:00 p.m. on Sunday, February 10. You will be notified if you are to bring a salad once you respond. Please note that you need bring salads only, not hot dishes.

Following are some tips to the ladies from Sheriff Deputy Hoffman at the last luncheon: Crime in Dana Point includes stealing from unlocked cars (he called *car fishing*), fraud and identity theft, Craig's List scams, and traffic problems. Lock your cars! Shred your mail and don't have more than three credit cards. Keep serial numbers of all of your possessions. Note details when phoning the sheriff's office and, in emergencies, use land lines (cell phone calls go via the CHP).

—Mary Crowl

# ACTIVITIES

## BRIDGE NEWS

Please call and let us know you are going to join us for a fun game of bridge on Wednesday afternoons. We are pleased to welcome all new players. Call Helen at 496-4230. We meet at 11:00 a.m. on Wednesday and play until about 2:30 or 3:00 p.m.

### Our recent winners:

January 2	Freida Baskin and Judy Bates
January 9	Doris Deal and Kay Wittmack
January 16	Dorothy Horany, Jeannie Bookai and Trudy Buck

—Helen Campbell



## ACTIVITIES



The Bridge Group Christmas celebration: From L to R: Doris Deal, Margaret Brugger, Jeanne Bookai, Kay Wittmack, Judy Bates, Dorothy Horany, Patricia Conaway, Pouri Fowzi, Helen Campbell, Frieda Baskin.

### COUPLES BRIDGE GROUP ANYONE?

Do you and your spouse enjoy playing Bridge? This may be an opportunity for you! We are looking for Niguel Shores residents to play party bridge—couples who enjoy the game, have played together and want to have a relaxing and enjoyable evening playing bridge. We look forward to hearing from you!

—Lisa and Alan Buchner, 949-496-9546

### OREO BOOK CLUB

The Oreo Book Club met at the home of Sally Lee Howd to discuss the book, *The Big Burn* by Tim Eagen. We reviewed the rapacious behavior of big business toward public owned lands which, with the cooperation of corrupt senators and legislators, stole resources to enrich themselves. Under the tenure of Teddy Roosevelt this behavior was mitigated and the Forest Service was made stronger and more responsible. Clear cutting, controlled burns or leaving the forests alone, were reviewed as possible alternative policies.

The next meeting will be at the home of Rich Schwartz on February 20 to discuss the book *Red Dust* by Mai Jian. Janet McKaig recommended the book and will lead with provocative questions and insightful comments.

—Norton Schwartz

### PAGE TURNERS

The Page Turners Book Club will meet this month to discuss *The Whistling Season*, by Ivan Doig. “Ivan Doig has written another captivating account of life on

the homesteads of eastern Montana in the early 20th Century. This book is centered on one of the old one-room schoolhouses that were common in rural areas of the west through the first half of the last century. The book is a fascinating account of life in those days, with some surprising twists. A book to savor, but one that is very hard to put down. At least as good as his other early Montana stories.” This sounds like a good read to me. I look forward to the experience and forming my opinion. It’s always fun to hear what others have to say about it, too. Our best discussions come when we have divergent opinions.

The Monday morning group will meet on February 25, at 10:00 at the home of Ceacy Johns, 33545 Halyard Drive. The Monday afternoon group will meet at 12:30 in the home of Irene McDonald, 24076 Gourami Bay. Diane Hearne will lead both discussions. The Thursday afternoon group will meet at the ClubHouse at 1:00 on February 28.

For more information about Page Turners contact:

**Gretchen Rask:** [grask707@gmail.com](mailto:grask707@gmail.com)

489-2259 — Monday morning

**Diane Hearne:** [Phearne4@cox.net](mailto:Phearne4@cox.net)

661-6267 — Monday afternoon

**Lisa Buchner:** [lisabuchner@cox.net](mailto:lisabuchner@cox.net)

496-9546 — Thursday afternoon

—Lisa Buchner

### SOCIETY FOR CIVIL DISCOURSE

On Friday, January 18, the Society for Civil Discourse met for a discussion on *Gun Control*. There were four members present and three different opinions as to what would be appropriate measures. One quarter held that we had too many laws and restrictions now on guns and that any more would be unwarranted. Another quarter held that some regulations could be tried, but they would be useless in effecting change. The remaining members believed that limiting the cartridges in assault rifles to three (like Canada); tight screening of gun buyers; requirements for buying gun licenses; requiring instruction, registering of all gun owners and banning automatic guns; and requiring gun lockers in homes, would decrease deaths by guns.

The next meeting at the Dana Point Library will be on Friday, February 1 at 10:00 a.m. The topic will be *Personal and Private Ethics* in the areas of athletics, car-driving behavior, and income tax reporting and to what standards we should hold ourselves and others.

—Norton Schwartz



## Carol's Cuisine Corner

*You want to treat that special person in your life to a nice meal to show your love. Here are a few places to think about and be sure to make reservations. Featured are: Mexican, Italian, Thai, Steak, India and Comfort.*

**Savannah:** 32441 Golden Lantern, Laguna Niguel, 493-7107. They still have the \$10 dinners with a couple of new items. Valentine will be regular menu.

**Tamarind of London, Crystal Cove:** 7862 Coast Highway, Newport Beach, 715-8338. They feature India menu and will have a special Valentine price fixed menu.

**Javier's Crystal Cove:** 7832 Coast Highway, Newport Beach, 494-1239. Their regular Mexican menu will be served.

**Chaparosa:** 30271 Golden Lantern,

Laguna Niguel, 363-9888. They will have a special Valentine menu.

**Chart House:** 34442 Green Lantern, Dana Point, 493-1183. A special Valentine menu, plus regular.

**Casanova Italian Restaurant:** 33585 Del Obispo, Dana Point, 496-0992. Will have a special Valentine three course meal.

**L'Hirondelle:** 31631 Camino Capistrano, San Juan Capistrano, 661-0425. One of their busiest nights. Regular menu plus special Valentine.

**Thai This:** 24501 Del Prado, Dana Point, 240-7944. Regular menu, do not know at this time about Valentine special.

**Wind and Sea:** 34699 Golden Lantern, Dana Point, 496-6500. Regular menu, do not know at this time if there will be a Valentine special.

**Mare Culinary Lounge:** 696 South Coast Highway, Laguna Beach, 715-9581. This is a new place (Holiday Inn) for the chef that owns the Alessa restaurants. It is open for breakfast, lunch and dinner. There will be a special Valentine menu.

*Any of these will be a nice place to go and show your love to one another as you enjoy a special meal.*

*Bon Appetite! Carol Yocom*

## Travel Tidbits . . . Travel's for the Birds

I was at the beach recently, the Orange County Parks section by Beach Road, enjoying one of our beautiful days. This spot affords a great view of the harbor and headlands. Taking in all the scenery I noticed a multitude of birds also enjoying the view. They perched on the phone wires. Looking at them I wondered what happens when the trains come by. Lo and behold I heard the far off whistle. Naturally I stayed right there until the train passed. What happened? Virtually nothing. The birds did not seem to be the least upset by the train. A few fluttered around a bit but most stayed put. I watched another group at water's edge just standing there 'til the first one sort of jumped up and "stretched" and then all the rest followed and ended up standing just where they started.

The interesting behavior of birds is no doubt one of the reasons many people are avid bird watchers. This past November the first World Birding Contest was held in Peru. Twenty-four experts spent five nights and six days of non-stop Amazon to the Andes birding. This was a competitive team rally with four ornithologists per team and

teams from the US, UK, South Africa, Spain and Brazil. They started in the jungle and ended in Machu Picchu.

This is a relatively small geographical area where 781 bird species can be found. Winners were the team from Louisiana State University, identifying 493 species with the UK team, "Forest Falcons," a close second finding 490 species.

You may not be ready for next year's "Birding Contest," but if you think you would enjoy a trip where at least part of the emphasis is on finding and watching rare and exotic birds, there are adventure and nature oriented travel companies who can offer you this experience. International Expeditions offers a trip to Guyana and Trinidad which is a journey into Earth's last virgin tropical rainforest. You might see the rare Guianan cock-of-the-rock and rare oilbirds. Zegrahm has a trip to the Galapagos led by Peter Harrison who is considered to be the world's foremost authority on seabirds.

So grab your binoculars...the birds are waiting.



*"The World is a book and those who do not travel read only one page" —St. Augustine*

*—Barbara Milner C.T.C., [bmilner@wtbinc.com](mailto:bmilner@wtbinc.com)*

## MEN'S GOLF

In 2013 we will kick off our first tournament on January 22 at Tijeras Creek Golf Club. The following dates and locations have also been scheduled for the first half of 2013. Other dates may be added as we go through the season.

February 26 head back to a favorite Twin Oaks Golf Club.

March 26 we will play Pala Mesa in Fallbrook A great course that is on the schedule for the first time

April 30 we play at The Crossings in Carlsbad

May 28 we will be at Arrowood in Oceanside

We welcome new players of all skill levels. To become a member of the Golf Club just email Roy Dohner roy@dohner.com or Bob Russell russler65@gmail.com

My uncle, who has golfed all his life, has his own definition of the word G.O.L.F.: *Getting Old and Living Fine!*

—Bob Russell

## WELLNESS —

### Dealing with Short Winter Days

The expectation of a jolly, happy holiday season can be a real challenge for some. In reality, while so many are reveling in the season of joy, some of us are just feeling down and a little blue. The holidays are definitely behind us, but the short winter days are still upon us. Perhaps you've known someone who has shared that during the winter months they just don't feel as content or happy...that every day is just a challenge and that in fact, they feel kind of depressed. They may live here in Southern California or even more likely, they live in more northerly latitudes. Well, this is the time of the year when SAD, or Seasonal Affective Disorder, is most prevalent...short winter days with less sunlight available to keep us feeling cheerful and optimistic.

As some of you may know, the cycle of light and dark determines our waking and sleeping patterns. Before the advent of electricity, our circadian rhythm, or our "body clock" was determined by natural light and people went to sleep with darkness and awakened at dawn. During the winter, people slept more and were less active. However, we now override this natural pattern with modern living and have filled our lives with electric light and technology 24/7!

Besides revealing the beauty of the world around us, light controls our appetite, sleep, mood, temperature, and more by traveling from our eyes to our brains...the hypothalamus to be exact. Without enough light, these functions begin to diminish. Some people need just a bit more light than others and

when that need isn't met, SAD can develop. After two or three seasons of consistent mood changes a person could be diagnosed with SAD, with symptoms being a lack of energy for everyday tasks, prone to illness, sleep problems, can't keep a job, anxiety, depression, mood changes, and overeating, especially carbohydrates to mention a few. For some, the symptoms are so severe that they can't function without treatment, while others just suffer from the "winter blues".

The causes are not clear...SAD has been researched since the early 1980's with a couple of theories coming to the surface. It has been speculated that low serotonin or melatonin levels are to blame, as well as a faulty body clock. However, hormonal upheavals, like childbirth, bereavement, or a serious illness seem to be triggers for some. Also, people who live within 30 degrees of the equator are less likely to exhibit symptoms of SAD... by the way, Dana Point is approximately 33 degrees latitude.

What can a person do? Treatment involves bright light therapy, counseling, and sometimes drug therapy. Also, reducing stress, being outside on bright days, exercise and eat right, take on big projects in the summer, and perhaps join a support group. Family members need to understand as well, and be supportive. Most of all, talk to your doctor about it...and if you suspect that someone you love suffers from SAD, bring it up to them in conversation. If it is done out of love, you can't go wrong. In the meantime, we all wait patiently for our longer sunnier days.

To your health!!



**If you would like to make a comment or suggest a topic please send an email to . . .**  
*Sharon Stewart RN, Certified Health Coach — [sharonstewart@cox.net](mailto:sharonstewart@cox.net).*

## WOMEN'S GOLF

Do we all remember how cold it was on Monday, January 14? Seven hardy women golfers braved the cold... and the hour long frost delay...to take part in Fun Day that day. Five more, not so hardy golfers, waited for the warmest part of the day, lunch time to get to Aliso Creek Golf Course in time for the meeting. The winners of the day, amongst the hardy golfers were:

**May Gramer**— Low Gross and Closest to the Flagstick on #6 hole

**Helena Keeshen**— Low Net and Longest Drive on #9 fairway.

**Marlene Lynch**— Low Putts for the day

The game-of-the-day was **showing up to play**. Every player received a prize for that.

Monday, February 11 is the date; 9:00 a.m. is the time for the next Niguel Shore Women's Golf Fun Day. Marge Foster (951-6256) and Brenda Tuckley (249-6912) are golf captains for the day. If you wish to play, be sure to get in touch with either Marge or Brenda...and hope for blue skies and reasonable weather.

"Cold! If the thermometer had been an inch longer we'd all have frozen to death." — Mark Twain and I

— *Ceacy Johns*

## YOU ASKED ABOUT A RULE...

### **Guest Entry Procedures** *by Karen Decker*

Over the holidays several residents inquired as to the exact regulations for guest entry, parties and other events. In response to these inquiries I have put together the following bullet points in order to help clarify the current process for guest entry:

**Entry of Five (5) Individuals or Less:** Residents may call the Mariner Gate or the NSCA Management Office to authorize a one-day pass for up to 5 individuals (guests, service providers, or contractors) daily. (*Rule 6601.1*)

**Entry of Nine (9) Individuals or Less:** Residents may submit a guest list to the Mariner Gate or the NSCA Management Office to authorize a one-day pass for up to 9 individuals. (*Rule 6601.1*)

**Entry of Ten (10) Individuals or More:** Resident may authorize a guest list of 10 or more individuals for a one-day pass by submitting a written list to the NSCA Management Office no less than three business days prior to guest entry. (*Rule 6607*)

Some important things to remember when authorizing guest entry:

- Residents are responsible for authorizing their guest's entry by notifying the Mariner Gate or the NSCA

Management Office at least 30 minutes in advance of the guest's arrival (unless a longer period of time is designated under the rule specified for the event entry)

- Your guests must provide the Mariner Gate attendant with the following information in order for the attendant to process the guest pass: authorizing resident's name, authorizing resident's address, guest name as provided by the resident.
- Your guest must have a valid pass clearly displayed on the dashboard of their vehicle in order to avoid enforcement as outlined under Rule 6440.3e, which can include removal of the vehicle at the vehicle owner's expense.
- The resident that authorizes entry of individual into the Niguel Shores Community is responsible for that individual for the duration of time they are visiting.
- Guests are limited to the upper parking tiers in the beach lot. Vehicles found parked outside of the designated area are subject to immediate removal of the vehicle at the vehicle owner's expense. Service providers and contractors are not authorized to park in the beach lot at any time.

## MEET YOUR NEIGHBOR — THERE'S A NEW BIKE SHOP IN TOWN...

### BILL AND MELISSA MOL

Bill and Melissa Mol have lived in Niguel Shores with their two sons Will and Parker for the past six years. Bill grew up in Seattle and Melissa, in Los Angeles; however, their paths crossed when they were both students at UC Santa Barbara. Prior to meeting Melissa, Bill spent four years in the United States Army, was stationed in Panama in 1989 and served in the Gulf War in 1991 as a combat photographer. Bill and Melissa have been married for sixteen years with their first few years together spent in Santa Barbara, an area which they loved. However, they saw more opportunity profes-

sionally in Northern California so, when Bill had the offer to work for a large commercial real estate firm up in the Berkley area, they moved to the East Bay. In 1999 they decided to move their young family to Auburn in Northern California where Bill was able to transfer with his company and where they purchased a beautiful home on a large piece of property. This was a great spot to raise their young sons and Melissa was able to stay home with Will and Parker for several years. Unfortunately, the real estate market began to fail and the firm where Bill worked was affected by the economic downturn. Luckily, Bill had been working with a computer software firm that specializes in the real estate market as part of his position and he was offered a job working for the computer software company in Santa Barbara. The Mols packed up the family and moved again, this time back to Santa Barbara where they lived for about a year before Bill transferred to Laguna Niguel with a subsidiary of IBM.

The move to Southern California has turned out to be a surprisingly good one for both Bill and Melissa and their sons. They lived in Beacon Hill in Laguna Niguel for a couple of years and then, in 2005, they found a wonderful home on Manta Court and have happily lived in Niguel Shores ever since. In addition to finding a home in a community which they love, Bill and Melissa were also able to take advantage of a business opportunity and have recently open a new bike shop, Cycleogical, in Dana Point. Shortly after moving to Niguel Shores, they noticed that a local bike shop had closed. Bill has always been an avid cyclist, racing BMX bikes as a kid and riding regularly in his free time. Bill and Melissa saw this hole in the market and jumped on the opportunity. On St. Patrick's Day in 2012, they opened their shop in the La Plaza Town Center



Cycleogical owners Melissa and Bill Mol at their bike shop

(across from Hennessey's and a few shops down from Hobie's).

Cycleogical is off to a great start. The shop specializes in both repairs and sales. It carries bikes that range in price from \$100 for a well-made children's bike, to very high quality bikes that sell for several thousand (and everywhere in between). Bill and Melissa's philosophy is that they want to provide "expert" service and true customer oriented sales. When they sell an individual a bike, they want the customer to be confident that they have selected the right bike for their particular needs. Consequently, they encourage their clients to test their bikes, not just for

a ride around the parking lot, but for 24 hours, to be sure they have made the best choice.

Recently, Cycleogical was named Dana Point's Business of the month and will be presented with an award at an upcoming City Council meeting. What brought Cycleogical to the City's attention, was its recent involvement with the Boys and Girls Club of Capistrano Valley. The Club serves children from Dana Point and San Juan Capistrano and this year Cycleogical participated in the "Homework for Holidays" program where kids earn points that they can then use for Christmas shopping. Businesses throughout the community donate items and the students who earned highest number of points "go first" in selecting gifts for their family and then one gift for themselves. Bill and Melissa, in conjunction with the Dana Point Grand Prix Foundation, donated fifty (!!) bikes and helmets to this program this past December.

The same passion they have for their business, they also share for the community of Niguel Shores. They feel that Niguel Shores has a true sense of community. They love participating in the 4th of July Celebration, Halloween and the Christmas Tree Lighting events. They have met lots of great neighbors and friends here and Bill has even developed a reputation as the "go to neighbor" when it comes to offering a hand with household projects (i.e. helping to hang Christmas lights). The Mols look forward to many more years as business owners in Dana Point and as residents of Niguel Shores. Bill and Melissa are obviously passionate about both their business, Cycleogical, and their community, I hope you join me in wishing them continued success.

—Patti Staudenbaur



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