

Seashore News



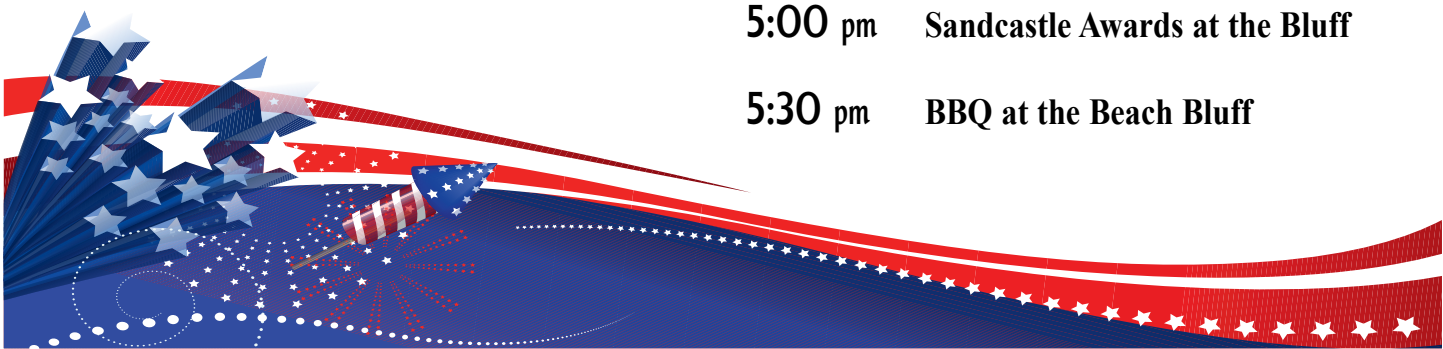
July 2012

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Issue 464

July 4th Celebration Schedule



- 8:00–10:00 am Niguel Shores Traditional *great* Pancake Breakfast (provided by the Men’s Club)
- 10:00 am Flag Raising with the “Young Marines”
- 10:20 am Neighborhood Patriotic Parade
- 10:45–noon Games and tattoos in the ClubHouse Park for one and all
- 11:30–noon Sand Castle Registration at the Bluff
- 11:30–1:00 pm Hot Dogs and all the fixins at Poolside (provided by the Women’s Club)
- 4:00–8:00 pm DJ at the Bluff Park
- 5:00 pm Sandcastle Awards at the Bluff
- 5:30 pm BBQ at the Beach Bluff
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BOARD ACTION SUMMARY

JUNE 5, 2012 BOARD MEETING (General Session)

ACCEPTED AND FILED:

- View Preservation Committee Charter
 - Financial reports
- Litigation Disclosure Statement
- General Session Committee Minutes

APPROVED:

- Organizational Meeting Minutes of April 16, 2012
- General Session Meeting Minutes of May 10, 2012
 - Proposal for reserve study preparation
 - Proposals for landscape projects
 - Proposal for Nauticus slope renovation
 - Improvements to 11 Breakers Isle slope control area as approved by the AC

DISAPPROVED: none

HEARINGS/MEETINGS/PRESENTATIONS:

- Harvest Landscape presentation/ report
- Request for variance to modify side yard slope on Nauticus Isle
- Request for variance to side yard fence height on Cockleshell Drive

REVIEWED/DISCUSSED:

- Manager's report

TABLED:

- Request for reimbursement for vehicle damage

JUNE 5, 2012 BOARD MEETING (Executive Session)

ACCEPTED AND FILED:

- Financial reports
- Executive Session Committee Minutes

APPROVED:

- Executive Session Meeting Minutes of May 10, 2012
- Suspension of privileges for one account
 - Fine for violation of CC&R Article IX, Section 16 and Rule 4112
 - Fine for violation of 3135.3
 - Fine for violation of 6405

DISAPPROVED: none

HEARINGS/MEETINGS:

- Meeting with owner regarding neighboring architectural project
 - Suspension of privileges for delinquency
- Violation of CC&R Article IX, Section 16 and Rule 4112
 - Violation of Rule 3135.3
 - Violation of Rule 6405

REVIEWED/DISCUSSED:

- Legal status report
- Manager's report

TABLED: none

JUNE 19, 2012 BOARD MEETING: (General Session)

ACCEPTED AND FILED:

- General Session Committee Minutes

APPROVED:

- General Session Meeting Minutes of June 5, 2012
- Change to Board Liaison positions in two committees
 - Proposal for SWPPP

DISAPPROVED:

- Request for reimbursement for vehicle damage

HEARINGS / MEETINGS / PRESENTATIONS:

- Harvest Landscape presentation/ report
- Sea Terrace Townhomes I Board of Directors – Status of STI Association
- Appeal of AC condition of approval

REVIEWED/DISCUSSED:

- Master landscape project status
- Mariner Gatehouse concept drawing
 - Owner correspondences
 - Manager's report

TABLED:

- Landscape proposal
- 2012 Board Goals

JUNE 19, 2012 BOARD MEETING: (Executive Session)

ACCEPTED AND FILED:

- Executive Session Committee Minutes

APPROVED:

- Executive Session Meeting Minutes of June 5, 2012

DISAPPROVED: none

HEARINGS/MEETINGS:

- Meeting with owner regarding neighboring architectural project
 - Violation of Rule 3104.5

REVIEWED/DISCUSSED:

- Legal status report
- 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 P.M.)
THE NEXT BOARD OF DIRECTORS MEETING WILL BE HELD ON TUESDAY, JULY 3, 2012.

FROM THE HELM

At the June 19 Board meeting Harvest gave us an update on the Nauticus slope. The demolition is completed, the irrigation system is 50 percent completed, and the plants are ordered and delivered. The grow and kill cycle will start and take about six weeks.

Also we heard some complaints regarding our landscape maintenance, one of which is weeds. The Board and Harvest are working on this problem. This time of year the weeds are the most active and Harvest is working on the problem, not by just cutting the weeds as they grow, as in the past, but allowing the weeds to grow and killing them.

GM REPORT

4th of July at Niguel Shores is an amazing celebration thanks to the combined efforts of the Recreation Committee, the Men's Club and the Women's Club. On behalf of everyone, thank you to these volunteers for their time, energy and efforts dedicated to making their community a wonderful place to live!

Renovation of the Nauticus Slope: The renovation of the Nauticus Slope is coming along. The demolition is complete (vegetation removed) and the new irrigation installed. The Geotech checked the slope after the vegetation was removed to ensure the stability of the slope and will provide guidance to the contractors if action is needed. The next step is the "Grow and Kill" which is underway now. The slope needs to be cleared of the weeds and previous plant species before the new plants are installed. The current schedule will allow the planting of the slope to begin by the end of July. For this project, the Board hired Mosaic Consulting as the project management team to ensure that this project is completed correctly and efficiently.

Recycling Information: The Recreation Committee made a recommendation to the Board of Directors several months ago to purchase special recycling trash bins for the bluff and park areas. As the Board researched the recommendation, CR&R (the trash removal contractor) was contacted to verify the recycling requirements for the Association to follow. We found that, at this time, CR&R provides one bin for all trash and they separate the recyclables at their facilities. Even if the Association would provide several containers for the recyclable items—everything would be dumped into one container. Due to this information, the Board did not approve the purchase of special bins at this time—but has directed Management to continue to monitor the recycling programs by CR&R. When CR&R requires that trash is separated prior to pick up, then the Board will revisit the purchase of recycling bins for the Association.

Camp Hobbledehoy: Are you looking for a great summer activity for your children ages 6 to 12? If so, sign them

up for Niguel Shores own day camp—Camp Hobbledehoy. This is the 13th year for Camp Hobbledehoy with the leadership of Craig Dunn, Ryan Crane and Peter Chance. There is no camp the week of July 4th, then it runs from July 9 through August 17. If you wish to sign up for the camp, contact the instructors directly at (949) 489-3447 or go onto camphobbledehoy.blogspot.com

Another major concern we are addressing is our outdated irrigation system which is the cause of one of the biggest complaints, brown spots in the turf areas. Presently we are manually watering these areas to minimize the problem. For the past months Harvest has been mapping our irrigation system and will complete it in the near future. This will give us a plan to correct the problem, which is a major undertaking and will be a long term project.

I hope everyone will continue to give their input to the Board and the Committees. Working together, we will keep this a great community. Enjoy the summer and have a great 4th of July!
— Pat O'Brien

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Important Rule Reminders as Summer Begins:

- **Enforcing Rule 6406 Beach Parking—Guests Parked at the Beach Lot** – Please take care to make sure that your guests have their passes properly displayed on the vehicle dashboard and that they are parked within the designated upper parking tier as posted when visiting the Beach Bluff Park. Guest vehicles found without a properly displayed pass or found parked outside of the top parking tier are subject to tow per Rule 6440.
- **FOBS and Security**—This is a friendly reminder to bring your FOB to gain entry to the Community Center complex. We have a friendly, customer service oriented staff who wants to be helpful—but as of June 1 they will not be allowed to "just buzz you in" if you forget your FOB. To keep from putting staff in an unwanted situation, remember to bring your FOB or provide one for your family members and guests.
- **Pool Monitors**—From Memorial Day through Labor Day, pool monitors will be assigned to the community center pool area to enforce the rules and regulations. The Association does not provide Lifeguards, so persons using the pool and spa do so at their own risk. Persons under 14 years of age must be attended by and under direct supervision of an adult 18 years of age or older when in the pool/spa areas. Pool and Spa Rules are posted in the area, but please review rules 5102 and 5103 to ensure everyone's enjoyment of the facilities.

Have a wonderful 4th of July!! — Deborah Baker

COMMITTEE REPORTS

LANDSCAPE

Landscape Renovation a Smart Solution for the Future

A history of system neglect and overwatering has taken its toll on Niguel Shores' landscaping and the community association's budget as well. Things may have looked lush and green, but overgrowth and years of poor irrigation management and repairs had us spending much more than we had to on landscaping.

Late last year, the Association hired Harvest Landscape Enterprises, Inc. to develop a comprehensive strategy for streamlining our landscape maintenance budget. Work is currently underway to optimize our landscape—in both appearance and cost of maintenance—with a complete overhaul.

Initially, in order for the property to get better, it is going to have to get worse. Harvest is busy uncovering and addressing trouble spots. Some landscape areas are being sprayed to remove vegetation and replace it with attractive water-efficient varieties of plants. Overgrowth and weeds are being cleared to ensure that irrigation gets evenly distributed. A complete overhaul of the irrigation system is underway.

Harvest has a strong reputation for creating beautiful landscapes that save communities 50 percent or more on their water and maintenance costs. With water rates continuing to rise, this is clearly a smart decision for our future.

Listed below are some of the tasks being taken or planned as a part of this project:

- Irrigation mapping to identify inefficiencies in the watering system and correct them.
- Reprogramming controllers and putting them on a WeatherTrak system that regulates water according to the weather.
- Developing a water management program similar to what Harvest has done at other communities, saving them hundreds of thousands of dollars on their irrigation costs.
- Install master valves, flow sensors and smart timers.
- Remove small strips of turf and fill in with drought-tolerant plants.
- Dethatch the turf.
- Mulch the planter beds.

We look forward to going through this process in order to raise the standard of water management in our community. In the end, Niguel Shores will be a flagship community for balancing beauty with shrewd practices that are both good for the environment and for the Association budget.

—Deborah Baker

MAINTENANCE

The Garibaldi Gate vehicle gate operators, barrier arm and battery backup system, were scheduled for refurbishment later this year. As is often true about “the best laid plans,” events on Memorial Weekend forced a change in these plans. On Monday, May 28, a staff holiday, the gate would not open or respond to the barcode reader (this never happens during normal working hours).

George was called in and later Tom answered the call to help trouble shoot the system. Turning off the power allowed the battery backup to open the gates. Problems with the dual-beam barcode reader were identified and a spare back up single-beam reader was temporarily installed. This fixed the immediate problem with the barcode reader. From there things went downhill.

When power was turned back on, the gate remained open and would not close. It appeared that memory had been lost to the DSX controller. The gate controller computer, located in the office, self-diagnosed indicating that a full download of all barcodes was needed. The download was completed. The gate still would not close. A suspect relay was identified. Removing the relay allowed the gate to open and close with the barcode reader, but the emergency vehicle entry key switch and the telephone keypad were not working. Replacing the relay with a new spare relay did not resolve the problems. By now Maintenance had spent eleven hours on the system. They left the gate open and went home.

Royal Access, our gate contractor, was contacted on Tuesday the first working day after the holiday. Scot Stevens (owner/operator) arrived on Wednesday and with the assistance of George, they spent four hours diagnosing the remaining problems. Scot concluded that the suspected relay, along with something else in the battery backup system, was causing the backup and keypad not to work. Time to punt. No use spending more time and money trying to fix a system that was already scheduled for refurbishment.

Royal Access needed to reschedule their work plans and order the equipment, which had to be shipped from the distributor in New Mexico. We have an excellent relationship with Royal Access and they were able to get back on site the following Thursday, June 7, with all the necessary equipment. Four new gate operators and one new barrier arm assembly, all with state of the art battery backup, were installed. Parts also arrived, and the dual beam barcode reader was re-installed. By the weekend a new reliable system was up and working.

A painting contractor will paint this gate and fence as well as the Manta Gate and fence. The Manta Gate has been repaired, fixing the damage caused by a SDG&E truck.

COMMITTEE REPORTS

Later this year we will replace the Garibaldi exit spike strip and the pressed brick at the entrance and exit gates.

—Jack Christiansen

RECREATION

I know, as you read this, you are making plans to attend the Niguel Shores 4th of July day from the schedule on the front page. What a community to have this day for everyone. Nancy Tinnes has been the chairman for 11 years. This requires so many individual volunteers including the Men's Club and Women's Club. Please let them know your appreciation for this day. Come have a blast with your neighbors—Celebrate as Proud Americans!

July 4th: See schedule on the front page for all the information.



July 28: Food Truck and Sweet Truck Night...cash only... A DJ will be there for your enjoyment. There will be a menu for children. Some items on the menu are: lamb sliders, carnitas, fries, steak taco, cevichi.

Sweet Truck will have homemade cookies filled with all flavors of ice cream. The Food Truck will be from 5:00 to 8:00 p.m. and the Sweet Truck, from 6:00 to 8:00 p.m. A must attend for everyone.

NO TICKET EVENT. CASH ONLY FOR THE FOOD AND SWEET TRUCKS.

August 25: Bluff Concert...The Trip Band is back!! This high-energy band will be performing modern and classic rock, 80's hits and rhythms and blues. This is the third year that the band has rocked Niguel Shores. We know we will see you there with your dancing feet. All this for \$10 per ticket or \$100 for a table. Tickets go on sale August 1 in the office. If you want to follow the band, it is www.meetingthetrip.com.

What a summer for you to enjoy !!!

—Carol Yocom

TRAFFIC AND SAFETY

Pedestrians be aware! In the past few months we have had a series of near collisions between **incoming** cars and residents using the crosswalk to walk across Niguel Shores Road at Mariner Drive. Although these pedestrians had the right-of-way, some drivers making the turn onto Niguel Shores Drive were apparently oblivious to anything other than vehicular. Oddly enough, all reported offending drivers were driving apparently different quiet Prius automobiles. Although in each incident the pedestrians were in the right,

all of us crossing streets must be cognizant that we can't depend on our sense of hearing to always detect approaching quiet cars. At the same time all of us must remain mindful of a seemingly false sense of right-of-way when driving into our community.

We had a lot of reports regarding our skateboarders. Some folks indicate that we have more skaters than any other time. On the positive side, more and more of these athletes are utilizing helmets and other safety equipment. Even the old professionals like Pat O'Brien recognize that it is foolish to skate without your "Gear." Primarily on the liability side of skateboarding, our community rules prohibit recreational skating in common areas.

From the paraphernalia and trash occasionally found in some out of the way areas in our community, we can easily deduce that some of our young folks engage in activities that their parents likely wouldn't allow in the house. Apparently, much of this activity occurs late at night.

With the July 4th coming up we would like to remind everyone to ensure that all visitors and guests are listed with the gate. This date is exceptionally busy, so your cooperation is important. Also July 4th is an exception day to our guest parking rule at the Bluffs. **Residents only on this day.** Without laboring a point, please be responsible for your guests.

Extra security will be on duty to assist each of us ensuring that this is a fun filled and safe 4th.

—Tim Murphy

Sand Castle Contest



Registration will be at the Bluff

at 11:30 a.m. All participants must register at the sign-up table to receive their numbered flags. The flag is to be displayed at the sand creation on the beach.

Choice of sand sculpture is up to you. Each creation will be judged in two categories:

1. Creativity, imagination and originality
2. Sculpting skill and detail

In pursuit of fairness, there will be three new categories this year:

1. Sand Fleas – children ages up to 12 (no adults)
2. Sand Hoppers – teenagers 13 to 19 (no adults)
3. Sand Tribes – families/groups – all ages (must include adult(s))

Judging will take place between 2:30 and 3:30 p.m.

Awards will be announced at the Bluff BBQ at 5:00 p.m.

—Suzanne Enis

GARDEN CLUB



Garden Club BBQ on the Bluff June 18.

The Garden Club held its final meeting for the 2011-12 year at its annual Beach Bluff Bar-B-Q. A large turnout enjoyed the many tasty dishes provided by the members, plus outstanding hamburgers done to perfection under the careful supervision of chef extraordinaire Bob Borland.

Jerry Koppang, re-elected for a new two-year term as President, thanked the outgoing Vice President, Janet Dohner, and introduced the newly elected officers who will serve two-year terms: Vice President—Irene Hopson; Secretary—Melanie Wilcox; Treasurer—Karl Kuhn; Membership Chairperson—Gunjan Anand, and Morry Meadow as *Seashore News* Correspondent.

President Koppang also announced that the annual plant sale was a huge success, and resulted in an all-time high \$1,000 profit for the Club, the proceeds to be used for club sponsorship of local reforestation efforts and financial support of county and state garden organizations.

Plans are underway to prepare another educational and fun-filled year beginning in September. Look for our next report in the October *Seashore News*.

“What is a weed? A plant whose virtues have never been discovered.”

—Ralph Waldo Emerson

—Morry Meadow



BBQ chef extraordinaire Bob Borland

MEN'S CLUB

The Niguel Shores Men's Club meets every first and third Tuesday of the month at 8:00 a.m. in the ClubHouse for breakfast and a presentation by a guest speaker, usually on a topic of interest to the membership.

This past Tuesday, our speaker was Ms. Cordula Dick-Muehlke, PhD, Director of Education UCI Institute for Memory Impairments and Neurological Disorders. Dr. Dick-Muehlke reviewed in detail the impact of Alzheimer's Disease in the US and the various stages of the disease. Alzheimer is the most common form of dementia and not only affects the individual but family and friends as well.

This year's Dana High School recipients of the Men's Club \$1,000 Scholarship Awards also attended the breakfast to introduce themselves and thank the membership for the awards. The students were Luke Wallace who received the Boy's Award, Lauryn Cerutti, the Girl's Award and, Shana Hu received the Fran and Buck Ewing Arts Award.

The Men's Club will once again be serving the traditional 4th of July



Men's Club Scholarship winners l to r: Shana Hu, Luke Wallace and Lauryn Cerutti. George Schramm, president of the Men's Club is at the podium.

CLUBS

Pancake Breakfast in the ClubHouse from 8:00 to 10:00 a.m. All residents and friends are welcome—a great way to start the great day.

—Al Thome

WOMEN'S CLUB



The Women's Club members attended a delightful June tea at which hats, pretty tea cups, delicate sandwiches and dessert cookies were thoroughly enjoyed by all. See accompanying photo of two of our members decked out in fabulous hats for the occasion. New officers were installed: President—Lyn Long and Vice-President—Nancy Tinnes. Treasurer Barbara Milner was absent and, Acting Secretary, Karla Sanders, was acknowledged.

Our next meeting will not be until September but, in the meantime, the **Member Directory** is being assembled and, if you have not already paid your dues, please do so now before July 20 so you can be sure to be in the directory. Photos are needed, too, so, if you would like



The ladies under the hats are Carol Yocom and Suzanne Enis

one different from that in the current Directory, do send a new one to mccrowl33@yahoo.com (or drop a photo by the office to be scanned and forwarded). Please take your check for the \$10 dues to the office.

A reminder: The **Women's Club Home Tour** is coming up in the spring and is often limited to members. If you plan to attend, join now

and reap the benefit of all the wonderful luncheons and speakers between September and May.

Another reminder: On **July 4th Women's Club** volunteers will be selling a set menu of hot dog, chips and a drink for \$3 in the ClubHouse from 11:30 to 1:00 p.m. Stop by and send your friends and relatives.

—Mary Crowl

ACTIVITIES

BRIDGE NEWS

Come and have a little game of bridge with us on Wednesdays at 11:00 a.m. and bring a snack for lunch. We are usually finished playing by 3:00 p.m. We want new players in the community so, please give us a telephone call at 496-4230 and we will welcome you.

Our latest winners are:

May 9 Ellen Tolme, Jeanne Bookai, Pouri Fowzi
May 16 Helen Campbell, Freida Baskin, Kay Wittmack
May 23 Pouri Fowzi, Trudy Buck
May 30 Pouri Fowzi, Freida Baskin
June 6 Dorothy Horany, Margaret Brugger, Helen Campbell
June 13 Doris Deal, Helen Campbell, Bernadette Bloom

—Helen Campbell

LIBRARY NEWS

The Summer Reading Program starts on June 25 and ends Sunday, July 29. Volunteers, especially teens, are still needed for this praiseworthy and always fun program.

The Sunshine Readers will read stories aloud to children of all ages on **all Tuesdays** in July and August 7 and 14 from 11:30 a.m. to 12:30 p.m.

Thursday programs from 11:00 a.m. to 12:00 noon will be for children ages five and up. Please, no toddlers and no strollers. The performances are as follows:

July 12: John and Carolyn Hopkins present **Take a Musical Storybook Journey**, with songs and stories.

July 19: Full Spectrum Entertainment presents Ticket to the Stars, a planetarium show. **Seated is limited! Sign-ups required!**

ACTIVITIES

July 26: Science on the Go presents **While You Were Sleeping**, a live animal show.

Dana Point Library will also be presenting a foreign film on Friday, July 20 at 7 p.m. **King of Devil's Island** is an award winning Norwegian film with English subtitles. For more information on this film and the reading programs, please stop by the Dana Point Library.

—Ellen Dovey

OREO BOOK CLUB



The Really Serious Oreo Cookie Book Club met June 20 at the home of Diane Hearne where the book, *Eisenhower—1956—Year of Danger* by David Nichols, was discussed. Members had to reach back in their memories for their impressions of Eisenhower and the period of time discussed. The moral courage of Eisenhower

in putting a stake in the heart of colonialism by France and England was noted. His views on the evils of the

military/industrial complex and his staunch dealings with an aggressive Russia in the mid-east was noted. His relation with Dulles and the rest of his staff was reviewed. Eisenhower's ego and his heart problems at the time of his reelection were considered.

The next meeting will be at the home of Rich Schwartz on July 18 and *Waiting for Snow in Havana*, recommended by Diane Hearne, will be discussed.

—Norton Schwartz

THE SOCIETY FOR CIVIL DISCOURSE

Friday June 1 the Society for Civil Discourse met at the Library to discuss the best path for the government to follow in an effort to increase jobs. We also reviewed other national economic concerns and possible resolutions. The June 15 meeting discussed: "*Is Real Science only for Liberals and are Conservatives Stuck in the Mud of Bad Science?*" Areas explored were: Darwinism vs. Intelligent Design; Global Warming vs. It's all Overblown; Oil Drilling Fracking Ruins the Water Table vs. It's Really OK; The Proposed Oil Pipeline—Will it Ruin the Water vs. The More Oil for Everybody the Better!

—Norton Schwartz

SPORTS NEWS

MEN'S GOLF

On June 12 the gang traveled to Arrowood Golf Club in Oceanside. The weather was great and the course was in great shape. The format was the challenging 1-2-3 Foursome Team play. In this format the 1st hole score is that of the best of the four player team. The 2nd hole is the score of the best two players and the 3rd hole is the best three players. It then starts all over on the 4th hole.

First place went to the team of Bob Russell, John Monson, Kent Wellbrock, and Morry Dohner. Second place went to the team of Roy Dohner, Al Brown, Jon Cobain, and Boyd Van Ness. Third place went to the team of Al Thome, Woody Woodward, and Gary Katsuki. Closest-to-the-Pin on #8 was John Monson and on #15, Woody Woodward.

Next up on June 26th is The Crossings in Carlsbad. **Tip of the**

month: There are two things you can learn by stopping your backswing at the top and checking the position of your hands: How many hands you have and which one is wearing the glove.

—Bob Russell

WOMEN'S GOLF

After the exhilarating fireworks of July 4th, Niguel Shores women golfers' thoughts will turn backward. The 20th annual Memorial Tournament will take place on Monday, July 9, starting at 9:00 a.m. at the Aliso Creek Golf Course. The tournament was suggested and originally sponsored by J. A. Goodman to honor Maggie Waterman, the founder of the Niguel Shores Women's Golf Club. "J" Goodman has left to us a legacy of remembering our golfing friends once a year with golf and a special luncheon. We will be thinking of Lavonne Borland, Fran Magwood Ewing, Pat Johnson, Marion



SPORTS NEWS

Pearl, Peggy Bucci, and Marguerite Horne along with a dozen and more of our “Heavenly Golfers.”

Judy Boitano, 661-9495, and Irene McDonald, 481-3035, are golf captains for July 9. If you are not on their list of players and wish to play, please call one of them. Ruth Stahl, 248-5750, and Joan Beyer, 496-1428, are in charge of arrangements for the Memorial Luncheon at Gemmell’s Marina Lounge at 12:00 noon following golf. Club members, former, present and perspective and all their friends, are cordially invited. Call Ruth or Joan for details.

Low gross score winner of a 9-hole tournament will become the 2012 Club Champion. It looks like the golfer to beat will be Val Mitchell. Last month she won prizes for low gross, least amount of putts and, the longest drive.

Barbara McKlveen put her ball closest to flagstick at hole #6, but Val prevailed on hole #8. The winning team for the game of the day was composed of Marlene Lynch, May Gramer, Marge Foster and Barbara McKlveen. “Birdie” gals were Judy Boitano and Gretchen Rask.

Someone, maybe one of the above, will be ‘in the zone’ or ‘on her game’ this month and will have her name engraved on a plaque in the ClubHouse with the previous Niguel Shores Women’s Golf Club Champions. Everyone participating will have a Fun Day.

“There’s rosemary, that’s for remembrance...”

—Act 4, Scene V: Ophelia

—Ceacy Johns



Carol’s Cuisine Corner

It is summer time, which means sandwiches, salads and all those goodies that go with the summer time food. We have good delis around that will help you with the menus for guest and family this summer.

Monarch Beach Market: 24040 Camino Del Avion, 429 8750. Open from 7:00 a.m. to 7:00 p.m. Sign in with items you want and breads. At 7:00 a.m. there are breakfast burritos, breakfast bowls, and a variety of breakfast items. A few seats outside.

Harbor Deli and slice of New York: 34667 Golden Lantern, Dana Point, 496 0424. Hours 7:00 a.m. to 10:00 p.m. These are the real New York deli sandwiches: Reubens, pastrami, corned beef and chopped liver to name just a few. They are large portions and delicious.

Tutor and Spunky: 34135 Pacific Coast Highway, Dana Point, 248 9008. Open 7:00 a.m. to 7:00 p.m. If you like egg salad, try it on squaw bread. Tuna salad is good on, again, squaw bread. By the time you read this they will have a license for beer and wine. They have a very large variety of meats, salads and a variety of breads. Good soups. Some seating in the deli.

Buena Vista Market: 34065 La Plaza, Dana Point, 496 6491. This is down the street from Hennessey’s. They feature Mexican meats as well as makings for Mexican tacos, burritos, etc.

Tina & Vince’s Italian Imported Deli: 221 Avenida Del Mar, San Clemente, 498 5156. Italian Subs, stuffed shells, eggplant and pizza just to name a few of the items you will want to try, plus the different meats and cheese on your sandwiches.

Gelson’s Market: 24 Monarch Bay Plaza, Dana Point, 488 7063. A full-service deli with a carving station. Fresh turkey and prime rib sandwiches and, they have fresh sushi. Salads are very good with a nice variety. They give you samples to taste. A small area if you want to eat there.

Whole Foods: We finally have one. 23932 Aliso Creek Parkway, Laguna Niguel, 900 5830. Natural and organic foods. The Deli includes ethnic, sushi, seafood, salad bar, sandwich bar, olive, wine bar. Hot and cold vegetarian items, wonderful breads and unusual salads. They give you samples to try so you can get what you like. There are a few places to eat there. Soups (black bean) are very good. The service is good for each department. Plus, you may serve yourself in good sturdy containers for the hot and cold items.

All the grocery stores in the area have good delis where you can purchase any kind of meats, cheeses for sandwiches and ready-made salads:

Ralphs: There are many close and all have a nice variety. Again, try the samples to know what you want.

Albertsons: Several close by. Their chicken wings are very good as well as bakery items.

Stater Bros.: Nice variety of meats and salads.

Vons: Good Paninis, meat and cheese pita sandwiches.

Now you are ready for all that company. You can spend more time at the beach and pool with all the available delis in our area. Enjoy your July. Bon appetite—Carol Yocom

WELLNESS – The Founding Father’s Fourth of July

Mmmm...I can smell the BBQ with burgers, hot dogs, and corn on the grill after a fun filled 4th of July here at the Shores...maybe enjoying the parade, flag raising, pancake breakfast and the games at the park...or perhaps a day at the beach breathing in the salt air amidst the sounds of the ocean and children playing followed by eye popping fireworks and patriotic music! It is a holiday that we celebrate very well here in Niguel Shores and one that gives us the opportunity to express our gratitude for being an American...but what does that have to do with health and wellness?

Well, while taking in a sunset at the bluff, I got into a conversation with another Shores resident named Mike...he likes to surf...and he also likes to write...when he posed the question to me, “What the heck did our Founding Fathers eat on the Fourth of July?” It was a good question, I thought, so I started looking around the internet for some information along with perusing some of the books here at home.

It turns out that their 4th of July is not all that different from ours...barbequed or roasted meats, corn bread, vegetable and fruit plates, cakes, ice cream, and let us not forget...beer! Thomas Jefferson, however, probably opted to decant some fine wine instead of a beer on Independence Day, after which



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.

he enjoyed a bowl of vanilla ice cream that he is often credited for introducing to our budding nation, but the truth is that it was here long before he was our Ambassador to France, which is where some thought he had discovered it.

So what does this all mean? It means that those late 18th Century revelers had the same enthusiasm for Independence Day that we do! Fun, patriotic celebration, and their version of BBQ! They, like us, also needed to **think beyond the moment** and choose wisely what they ate and drank. So, as our enthusiasm for the day with our family and friends grows, let’s not throw the baby out with the bath water...that is, while poolside, at the beach or on the patio, be mindful about what you are eating and drinking.

Enjoy the holiday foods in **moderation**, stop when you are full, enjoy the vegetable tray instead of too many crackers and cheese...and drink plenty of **water** (avoid sodas and watch out for the alcohol) to stay hydrated in the summer sun...perfect segue to sun screen...wear it! Being mindful about our health is a habit, and to create habits we must practice them every day, even on holidays. It’s like practicing the piano...after awhile you don’t even need the music to play the piece...same goes for your health...the healthy behaviors will come naturally.

So this 4th of July have fun! But be mindful...when you wake up in the morning on July 5th you’ll be glad you were...our Founding Fathers would be proud of you!



Travel Tidbits . . .



A few years ago while looking for a greeting card, I came across this lovely sentiment:

*May the winds of life fill your sails
with wonderful opportunities
And take you to the places where
your heart wants to go*

Of course, I interpreted this in terms of travel. As many of you know, the local paper has encouraged readers to send in a

picture of themselves, holding a copy of the paper, when traveling in some far off place. Looking at that today I thought, wouldn’t it be fun to feature our neighbors’ travels in this article (without the newspaper). I’m sure many of you have “sailed” away to places your heart wanted to go recently. Please share a picture and a few comments on where you went and what was the highlight of the trip. This can be dropped off at the office or emailed to Matt. Do be sure to read this column next month to see who is our first Niguel Shores super traveler.



“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

MEET YOUR NEIGHBOR

The Cobb family has lived in Niguel Shores for the past 12 years. Like so many of us, they felt they had truly found their Nirvana when they happened upon Niguel Shores back in 2000.

Cristin and Jim have been married for twenty-two years. They have three growing and very busy sons, Blake 15,

Shane 13, and Chad 12. Jim and Cristin met in Boston where they both attended college, Cristin attending Simmons College and Jim attending Babson College. Jim was born and raised in Massachusetts; however, his family had many ties to Southern California and visited the west coast frequently as he was growing up. He knew he eventually wanted to relocate to California. Meeting Cristin, a Southern California girl attending college in Boston, was just a wonderful stroke of luck for him and the rest, as they say, is history.

Unlike Jim, Cristin was born and raised in Orange County. As a matter of fact, Cristin's Great Grandfather moved from New York in the early 1900's and started the original Excelsior Creamery in Santa Ana, which her family owned and operated until the mid-1980s. Excelsior was an Orange County icon of sorts back in the day. They produced and delivered milk, butter and cheese all throughout Southern California. Cristin attributes her work ethic in good part to her very early involvement in the family's business.

After Jim completed his undergraduate degree, he was hired by Pepsi Corporation located in Pershing, New York. Jim continued to live and work on the east coast while Cristin, after completing her degree, moved back to southern California. Luckily, they were able



The Cobb family: Shane, Cristin, Chad, Jim & Blake.

to continue their relationship, albeit long distance, until Jim was transferred with Pepsi to their Torrance location. Cristin was working for Abbott Diagnostic at that time and encouraged Jim to consider a career change and become involved in the medical diagnostic industry. Jim was able to make that transition successfully and continues to work in the medical field, presently in medical device marketing for a firm in San Clemente.



The familiar Excelsior Creamery truck in the old days...

After Cristin and Jim were married, they settled into the South Bay area of Los Angeles and started raising their family, first in Hermosa and then Manhattan Beach. They loved the location, its close proximity to the beach and their careers. However, they were beginning very quickly to run out of space so they began their search for a larger home in a neighborhood where they could raise their sons and really

enjoy the outdoors. Fortunately, a friend suggested looking in Niguel Shores. The home they looked at and eventually purchased was not even on the market at the time. However, with the help of their realtor, they were able to strike a deal and purchase the home.

They immediately fell in love with Niguel Shores, the parks, the beach, and the beautiful green belts. After moving into the Shores, however, they noticed that there was one thing missing, children. At the time they moved to Niguel Shores, they had a three year old, two year old and a six month old. They needed playmates! Cristin placed an ad in this very publication, the *Seashore News*, asking if there were other families with young children who would be interested in getting together for a play group, and, as she said, they came out of the woodwork! As their sons grew, however, so did the need for still a little more space. Since purchasing their home on Padina Circle, they have survived two remodels. The most recent remodel required moving out for about six months. This was a little tough on their sons but, now that they are back at home to a wonderful "new home," all is well.

Cristin, Jim and the boys have made and maintained many friendships over the years in Niguel Shores. They believe that there is a true sense of community here that is unique and the feeling that you really do get to know your neighbors. It was great to meet and get to know the Cobbs, and like many of you, I agree with Cristin and Jim, we are very fortunate to have found our Nirvana here in Niguel Shores.

—Patti Staudenbaur

FIREWORKS!

Origin: Yes, we all know they were invented in China eons ago (the Chinese invented gun powder after all) and the explosives evolved from military uses to entertainment as fireworks at many festivities. The use of explosives and the resultant fireworks traveled the route of the Silk Road and came to Europe and beyond. In the beginning fireworks provided the noise of an explosion and red color only but, with the addition of various chemicals over the years, additional colors and multiple designs were achieved. And, more recently in the 1920s, when flash powder was invented, firecrackers and fireworks became brighter and more explosive. The largest manufacturer and exporter of fireworks is China and the largest consumer of fireworks is Disney with its Disneylands and Disneyworlds.

Types: Each of the displays has a name, some of



The Palm



Time Rain



Diadem



Spider



Crossette



Kamuro

which are shown in these photographs (see them on the website in color):

At bottom left is the *Crossette* in which the light trails criss-cross over one another. The *Diadem* has a center of contrasting color. Next the *Palm* in which a number of the standard spherical shapes with tails and longer arms create a palm tree effect. The one at bottom right is called a *Kamuro* (Japanese for a boy's spiky haircut) and last, the *Spider* that has a fast-burning tailed star that is burst very hard so the stars travel far out in straight lines.

There are many others, a few of which are listed here: *Peony*, *Chrysanthemum*, *Dahlia*, *Ring* which can contain smiley faces, hearts and clovers, the spectacular *Horsetail* with heavy long-burning tailed stars that travel a short distance before free-falling to the ground, and probably the most beautiful of



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all, *Time Rain*: large, slow-burning stars that leave a trail of large glittering sparks and make a sizzling noise as they fall to the ground.

The one non-colorful firework that mostly makes a loud explosion is called the *Salute* and is the one that is fired in large quantities for the finales. These *Salutes* contain flash powder that explodes with a very loud noise and to which titanium may be added to produce sparks around the flash.

Competitions: Pyrotechnical competitions are held among fireworks companies to display their firework innovations. An annual competition is held in Montreal, Canada, another in Cannes, France and the World Pyro Olympics is held annually in Manila in the Philippines—an intense international competition and, no doubt, a great place to watch the most and the best fireworks.

Organization: The Pyrotechnics Guild International, formed in 1969, is a worldwide organization that strives to advance the art and craft of pyrotechnics, preserve the history and the safe usage of fireworks. Another place to indulge in a week-long nightly fireworks display at which club members, both professional and amateur (there are 3500 worldwide), conduct an open shooting of professional and hand-built

fireworks. The fireworks are judged and some of the biggest and most intricate displays in the U.S. can be seen. The week ends with the Grand Public Display on Friday night at which the winning company struts its stuff in front of some of the world's biggest fireworks aficionados. This year's Guild meeting will be in LaPorte, Indiana at the County Fair Grounds the week of August 11-17.

How to make fireworks: It seems from the directions that one must be a chemist, physicist and engineer. Read on: Fireworks generate three very noticeable forms of energy: sound, light and heat. The booms heard are the result of the rapid release of energy into the air, causing the air to expand faster than the speed of sound producing a shock wave, a sonic boom. Colors are produced by heating metal salts (calcium chloride or sodium nitrate) that emit colors. Then there is a long explanation of the atoms of each element, their energy states (when the sodium nitrate is heated, the electrons of the sodium atoms absorb heat energy and become excited... these excited electrons quickly release their energy (about 200kJ/mol) which is the energy of yellow light). Higher energies correspond to shorter wavelength light (violet/blue), lower energies correspond

to longer wavelength light (orange/red). And, all this has not spoken of the dangerous explosives involved and getting it all up in the air. So, you see what I mean. You can read up on it online...

Tip: Take your 3-D glasses to see the fireworks. They make the spectacle more spectacular!

Information taken from the Encyclopaedia Britannica and the Wikipedia.

— Mary Crowl

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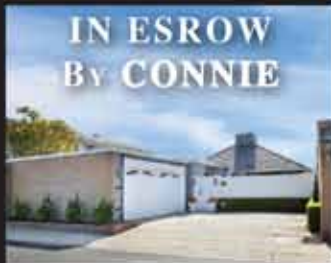
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