

# Seashore News



March 2012

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Issue 460

## FROM THE HELM

So last month my *From the Helm* article was kind of heavy, a recounting of our failure to agree as a community that it was time to amend the CC&Rs. This month we are moving on from that. We are looking toward spring (March 21) and it is time to consider renewal and the possibilities and optimism of the season.

What is in the future this spring for Niguel Shores? How about elections for Board members (three present members terms are expiring)? Also more landscape renovation, this time on the Nauticus slope above the Bluff parking area. Wait ... there is more. How about another CC&R amendment vote dovetailed into the Spring Board election and a potential start on redesigning the Mariner Drive entrance? Too much information for you? Let me boil it down.

There will be an annual election for Directors with ballots mailed in April and votes counted in May. To date no one has volunteered to run for one of the three open positions. If you think you have the talent and the time, please go to the office and fill out the nomination form. The Board has voted to put a revised and simplified version of the CC&R amendment we put

to a vote this past fall on the spring ballot. This time the proposition will be a simple sentence that would modify the CC&Rs to allow Directors to modify rules on a tract by tract basis. We will focus on neighborhood contacts and a group of Niguel Shores residents going door to door, to ensure a quorum of eligible voters and majority of votes in favor of the amendment.

Lastly, we are pulling together our landscape architect and our very capable landscape contractor, to start the 2012 and 2013 renovations of the Nauticus and Cabrillo slopes. We expect to achieve savings over our original budget estimates for these projects. Those savings, if they materialize, will allow us to start an incremental process of improvements on the Mariner entrance. There is a story board on the east side of Mariner showing potential changes that would update this area. Rather than make this a large scale project, as we have done with various slopes, we hope to take steps over several years to redesign that crucial area. Your input would be helpful and the blog on our website is the perfect place to let us know what you think.

— Steve Stewart

## FINANCE COMMITTEE REDUX

In August, 2008 an article about the Finance Committee was featured on the front page of the *Seashore News*. In the past four years a number of new members have joined, some have left and a new chairman was elected a few months ago. So, it seems time to do an update on that committee.

**Committee members:** Jeannie Sticher, Chair, Barry Banducci, Steve Barrett, Jodi Bradshaw, Martin Dedrick, Jim Eckstaedt, and Art Staudenbaur. The two remaining from the 2008 story are Banducci and Dedrick (who was new at that time). A couple

continued on page 4



Mt. Baldy seen from Marlinspike Drive after a rainy day in February

# FROM THE GM

## Amazing Committees

In my first two months on the job, I have had the opportunity to sit in on all of the active committee meetings. What a rewarding experience to see dedicated homeowners volunteering time to their community. I am very impressed with the quantity and the quality of work that is being provided for the Association. I want to take this opportunity to thank them for their hard work and dedication!!

The following committees meet monthly and volunteer their time to provide service to the Association: Architecture, Communication, Finance, Investment, Landscape, Maintenance, Master Landscape, Recreation, Traffic & Safety, and View Protection. These residents provide an invaluable resource to the community. The Committees are listed on the website which provides a forum for residents to communicate. Why not send a word of appreciation for these hard working individuals?!

## 2012 Annual Meeting & Election

A reminder that nominations for the Board candidates need to be submitted to the NSCA office by 5:00 p.m. on Friday, March 16. Candidates can still run for office after this day, but they will miss the cutoff date to be formally listed on the ballot that is mailed out to homeowners. If you love this community and want to keep the Association running effectively and efficiently, please consider serving on the Board and offering your time and commitment for a great purpose.

Please mark your calendars for “Meet the Candidates Night” scheduled for Wednesday April 4 at 6:00 p.m. This provides an opportunity for homeowners to hear from each candidate and ask questions. This year we have scheduled the Meet the Candidates Night prior to mailing the ballots so everyone can be prepared to vote once the ballot is received. The Annual Meeting is scheduled for Tuesday, May 15 at 8:00 p.m. in the ClubHouse.

## Landscape

I hope that you have noticed the excellent landscape maintenance being provided by Harvest. As a new vendor, it takes a little time to adjust to a new community and set priorities so they do appreciate your patience. The tree trimming is completed. Now, in an effort to improve the turf areas in the community, Harvest has scalped all of the turf and over seeded. This maintenance process will remove the dead grass (thatch) which has built up over time and will allow for a fuller, healthier grass to grow back. This process is an annual maintenance item which normally is completed in the September/October timeframe. However, since the thatch was so thick in the turf

areas, it was agreed to have Harvest move forward with the scalping now to get the process started.

If you have questions about the maintenance schedule for Harvest, the website now has the schedule posted. Each area is marked in a different color so you can see when they will be working around your neighborhood.

I am repeating the following important information regarding Landscape requests. To ensure that the Landscape Contract can be efficiently managed, Harvest can only take direction from management staff. All work orders and direction must come from the NSCA office and must be in writing. In the past, residents have made landscape requests directly to the landscape contractor—this is no longer acceptable. If you have a request for work to be completed by the landscapers, please fill out a **Homeowners Request Form** to be turned into the office. This form is available on the website or you can stop by the office. Once the form is received, it will be routed to the proper party.

## Master Landscape Plan:

Last month, everyone was notified that conceptual design plans were posted at the Mariner Entrance, Cabrillo Slope and Sunset Park. This was done to initiate input from the residents of the community and to help provide guidance to the Board as they look at what Master Landscape Projects to address in the next one to three years. We appreciate the comments received.

A special open board meeting was held Friday February 24 to finalize the plans for 2012 which will include the renovation of the Nauticus and Cabrillo slopes. Both slope projects will take two years to complete and efforts will be made to minimize the amount of visible bare slope during renovation. The Sunset Park renovation has been postponed.

## St. Patrick's Day Celebration

St. Patrick's Day is Saturday, March 17 at the NSCA community center patio. Come enjoy green beer and corn beef sandwiches with your neighbors, friends, and family! No need to purchase tickets ahead of time, just bring your Irish spirit and \$5 at the door (children 12 and under are free).

## Folding Chairs Available:

Recently the Association replaced the padded folding chairs for the ClubHouse. Now that the Association has received all of the new chairs and discarded the broken older chairs, we have 17 of the original folding chairs left. Due to limited storage space, the Maintenance Committee suggested that these remaining chairs be offered to the residents on a first come first serve basis at no charge. If you are interested in obtaining some of these gray padded folding chairs, please contact the NSCA office at 949-493-0122 for assistance.

—Deborah Baker

# BOARD ACTION SUMMARY

## FEBRUARY 1, 2012 BOARD MEETING (General Session)

### APPROVED:

- Approved the General Session Meeting Minutes of January 18, 2012
- Approval of the Architectural Committee recommendation to appoint Jerry Koppang as the chairman
- Approval of The Ballot Box Inspector of Elections proposal
  - Approval of conference room audio/visual equipment replacement proposal
- Approval of amendment to employee handbook
- Approval of Niguel Shores Operational Policy
  - Accepted and filed financial reports
- Accepted and filed General Session committee minutes

### DISAPPROVED:

- Disapproved resident request for reimbursement for tire damage

### DISCUSSED:

- Abalone slope project
- Shackleton slope project
- Master Landscape project
  - 2012 goals

### REVIEWED:

- Resident request for reimbursement for tire damage
  - Managers Report

### TABLED:

- Proposed rule changes

## FEBRUARY 15, 2012 BOARD MEETING: (General Session)

### APPROVED:

- Approval of the General Session Minutes of February 1, 2012
  - Approval of authorization to record lien against (1) property for delinquent assessments
- Approval of the Traffic & Safety Committee recommendation to appoint Tim Murphy as chairman
- Approval to publish on March 1 the proposed rule changes for 30 day review by membership
  - Approval of Uni-Point proposal for office computer back up
- Approval of proposed language for CC&R amendment
  - Accepted and file the financial reports
  - Accepted and filed the update litigation disclosure
- Accepted and file the General Session committee minutes

### DISAPPROVED:

- Request from guest of resident for reimbursement for tire damage

### DISCUSSED:

- Abalone slope project
- Shackleton slope project

### REVIEWED:

- Petition from Sea Terrace I regarding crime prevention
  - Managers report

### TABLED:

- Recreation Committee request that Association purchase recycling receptacles for beach bluff and park areas

## FEBRUARY 1, 2012 BOARD MEETING (Executive Session)

### APPROVED:

- Approved the Executive Session Meeting Minutes of January 18, 2012
- Accepted and filed Executive Session committee minutes
  - Received and filed financial reports

### DISCUSSED:

- Legal status report

### REVIEWED:

- Financial reports
- Tennis Instructor Agreement
- Amendment to employee handbook
- The Ballot Box Inspector of Elections proposal
  - Managers report

### HEARINGS / MEETINGS:

- Hearing for violation of Rule 4112

## FEBRUARY 15, 2012 BOARD MEETING: (Executive Session)

### APPROVED:

- Approved Executive Session Minutes of February 15, 2012
- Accepted and filed Executive Session committee minutes

### DISCUSSED:

- Legal updates
- Request to waive fine for violation of Rule 5109

### REVIEWED:

- Request to file lien against (1) property
- Managers report

### TABLED:

- Request for authorization to file complaint against (1) property
- Request for authorization to proceed with small claims action against (1) property

*NOTE: The NSCA Board of Directors meets the 1st and 3rd Wednesday 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 Friday Prior to the next meeting.*

**REMINDERS:** OPEN FORUMS ARE HELD AT THE BEGINNING OF EACH GENERAL SESSION MEETING (6:00 PM)



of those 2008 members are now on the Board: Sue Kichline and Steve Stewart.

The new chair, **Jeannie Sticher**, moved to Niguel Shores two years ago from Chicago, where she taught in the Marketing Department at DePaul University. Prior to teaching, Jeannie worked for Mars, Inc. selling and marketing such products as Snickers Bar and M&M Chocolate Candies. As a Vice President, she was responsible for managing Mars Inc’s largest customer within the U S and abroad. Jeannie currently teaches within the International Group at UC Irvine and is involved in several community organizations. Jeannie also serves on the Master Landscape Committee and is secretary of Sea Terrace II.



Jeannie Sticher

**Barry Banducci**, a retired businessman is head of the Investment Sub-Committee and is a member of the Human Resources Committee. **Steve Barrett** is a full-time sales and marketing executive, **Jodi Bradshaw** is employed full-time as a CFO, and **Jim Eckstaedt**, is a senior corporate executive who has been the CFO of three public companies, and has served as a board member of a number of domestic and international corporations. Jim founded Eckstaedt and Associates to provide Interim CFO services along with M&A assistance. He will take a lead role with the Controller, Ivy Hsia, in our 2012 Reserve Study. **Martin Dedrick**, former Chairman of the Traffic & Safety Committee, is a retired businessman and **Art Staudenbaur**, a retired businessmen, is also a member of the Maintenance Committee.

**Operating Budget:** To briefly repeat some of the pertinent information discussed in the previous article, the Committee is responsible for preparation of the Annual Operating Budget, recommending to the Board what portion of assessment monies are used to operate the community. The Niguel Shores committees are asked to submit proposed expenditures to the Finance Committee that are reviewed and, taking into account any inflation, special needs and past averages, the Committee recommends to the Board an operating budget based on these proposed expenditures for the coming year.

**Reserve Account:** That portion of the assessments that is placed in the reserve account is reviewed on a regular three-year basis by a professional service that looks at assets and reserve needs for the community. The major assets covered by the reserve account are the streets, Community Center buildings, pool and spa, fencing, street lighting, concrete sidewalks, stair wells and slopes. Internally an annual informal review is done with

input solicited from the maintenance staff, the Maintenance Committee, the Committee Board Liaison (Sue Kichline, former Finance Committee Member), the general manager and the Finance Committee. Within the Finance Committee, a sub-committee headed by Barry Banducci and assisted by Controller Ivy Hsia and the Finance Committee Board Liaison Sue Kichline, studies investment choices to determine where the reserve funds are to be placed.

**Current Plans:** In addition to reviewing the 2011 Year End Actuals and Reserves and Investments, the Committee spent time discussing objectives for the Committee in 2012. The Committee will focus on the following objectives for 2012:

- providing semi-annual budget updates/status reports to the residents of Niguel Shores
- streamlining the annual budget process
- education for the Committee and the community on the reserves
- update meetings with several of the Niguel Shores committees with substantial budgets and/or projects to be completed in 2012.

The Finance team is actively recruiting members for the Committee and encourage all interested in learning more about Niguel Shore finances and “where the assessment dollars go” to attend one of the meetings and consider joining the Committee.

—Mary Crowl & Jeannie Sticher

**Calling all Niguel Shores Photographers**  
(or just residents who take photos!!!)

**Both the *Seashore News* and the website staff (niguelshores.org) are always looking for photos to feature both on our website and in the *Seashore News*.**

If you have captured some great shots of the sunset, the huge surf or even of a wonderful adventure you have just returned from and would like to share, please take a minute to forward it to us. We would love to showcase your pictures and share them with the rest of the community. The website address is niguelshores.org. Please forward your pictures to Matt Northrop in our office at mnorthrop@niguelshores.org and be sure to include your name and location where photos were taken. Many thanks.

—Patti Staudenbaur

# COMMITTEE REPORTS

## EMERITUS/EDUCATION

Residents and friends or relatives of residents will have welcomed two films in February when attending the “Film as Literature” classes. *Charlie Wilson’s War* and *Sweet Land* will have played during this previous month. This class is overflowing with attendees as our instructor, Susan Hecht, reviews each film with extraordinary clarity, citing performances and relationships of the actors, directors, and production staff. Film goes just do not “see” a film, they learn about the film production. If one is seeing a film for a second or third time, our instructor’s discussions and the audience’s remarks make the film more meaningful and shed a “new light” on the films that are shown.

Next month this article will discuss films shown in March and give a preview of the films that will be shown in May.

The class on Tuesday, “Political Science-Current Events” continues as attendees are usually seated according to their political views. This class will get more exciting as the primary seasons “wears on”. However there are many issues discussed in class such as the economy, foreign policy, local and national events. Residents are encouraged to attend this class, to participate, and to make their own views known! In this way individuals will grow intellectually and will be able to demonstrate how participation will help us become better informed citizens.

—Bunny Ross

## LANDSCAPE

In case you haven’t noticed, we’ve been trimming, sculpting, and toning Niguel Shores to make it the first class community it is. We have it all!

Ranunculus have been planted at major sites and the spring flowers are blooming. We now have a schedule of maintenance for all of the nine areas. For more information on this, contact your rep. Our Committee’s objective is for better communication. When suggestions or problems arise please use a Homeowners Request Form that can be picked up in the office or on-line. Manager Deborah Baker will be assisting in all phases and Harvest Landscape is doing the work... good job, too.



Ranunculus

—Joan Beyer

## MAINTENANCE

**The envelope please.** And the winners are..... **Jerry Koppang** and **George Cooley** for leading the Maintenance

Department and the ad hoc Irrigation Committee in the first phase of a financially, and performance successful turnaround of the NSCA irrigation system.

In mid-year 2007, the installation of fifty-one new smart irrigation controllers was completed at a cost, after rebates, of \$85,951. These controllers were the latest technology with many inputs including satellite weather information. The controllers were purchased in the belief that the grass and vegetation would stay green while the consumption and cost of irrigation water would decrease. Instead, the streets and sidewalks got wet, the grass turned brown, and the cost and usage of irrigation water increased. Not exactly the planned for outcome.

The landscape contractor chose to solve the problem by eliminating all the inputs to the controllers except the time and duration of the irrigation cycle. These smart controllers were now operating just the same as the simple, dumb controllers one might purchase from Home Depot to irrigate private yards and vegetation. This solution kept most of the water off the streets and the grass began to get green. However, water usage and costs continued to increase. NSCA was receiving no financial benefit from the \$85,951 investment. These, also, were not the anticipated results.

Clearly, NSCA needed to find a way to make the controllers operate in the automatic, high tech mode if the “as advertised” benefits were to be achieved. The landscape contractor did not employ the technical skills necessary to make the controllers fully operational. The contractor who sold and installed the controllers was no longer in business.

Our own Maintenance Department was asked to get involved and help solve the problem. Late in 2008 limited manpower was assigned to assist the landscape contractor. During the next eighteen months, the magnitude and scope of the problems became more apparent. There were many issues, and progress toward a solution was slow. In September of 2010 the NSCA Board of Directors asked Jerry Koppang to lead an ad hoc Irrigation Committee. At the same time Maintenance assigned two full-time men, plus a significant amount of George Cooley’s time, to the project. During 2011 there was a full court press to improve and correct problems associated with the irrigation system.

The 2011 numbers are in, and the improvement is dramatic. Two sets of numbers stand out. The average yearly water usage 2005 thru 2010 was 63,155 CCF. The water usage in 2011 was 44,598 CCF. The average yearly water cost 2005 thru 2010 was \$127,442. The water cost in 2011 was \$88,568. Favorable weather conditions contributed to this improvement but a huge portion of the improvement

# COMMITTEE REPORTS

is due to the repairs and changes implemented by the Maintenance Department.

In the course of making the controllers work, a multitude of installation problems, and issues with the old irrigation infrastructure, were discovered. Much work remains to be done. In 2011 Maintenance dedicated half its work force to landscape irrigation at the expense of reduced or delayed projects and cleaning. If Maintenance were asked to continue to maintain and improve the irrigation in the year 2012, the Maintenance and ad hoc Committee offered two alternatives: staff the Maintenance Department with two additional people, or find a landscape contractor capable of maintaining and improving the system. Of the two alternatives, the Committee's preference was to find a technically competent landscape company. Harvest Landscape Company was hired, and it is the Committee's belief that we will now see the benefits envisioned in 2007 by the purchase of these high tech smart controllers.

—Jack Christiansen

## RECREATION

Join us for March fun days and mark your calendar for other planned events you do not want to miss.



**March 17: St. Patrick's Day**, 4:00 to 8:00 p.m. at the ClubHouse. Enjoy the green beer, and beer with snacks, music and you singing the Irish songs and doing an Irish jig, with your neighbors. \$5 at the door.

**March 15: Kookie and Sally's Cooking Class**, 11:30 a.m. to 1:30 p.m. A luncheon menu of salmon, salad, asparagus and dessert. You will learn the preparation and have the tasting for \$39. Tickets in the office.

**March 18: Potluck**, 6:00 to 8:00 p.m. You will want to attend to enjoy an evening of conversation with Niguel Shores friends. Look for details on page 8.

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Enjoy spring break and Easter with your family. Mark your calendar for dates in May and June.

**May 5: Cinco de Mayo**, 4:00 to 8:00 p.m. Taco Cart is back at the Bluff with a D.J. for \$10. Tickets in the office.

**June 16: In-N-Out Burger** is back too. Watch for details in the future *Seashore News* or on the Website.

Hope all these dates are on your calendar.

—Carol Yocom

## TRAFFIC & SAFETY

**Update: Watch for Safety Patrols.** Living in a private gated community has many advantages we all enjoy every day! From the wonderful pool and ClubHouse to the beautiful Beach Bluff, we even have dedicated onsite management and staff plus 24-hour security. With all Niguel Shores' great amenities come many responsibilities, such as leashing and picking up after your pets, (something that sadly is overlooked by many residents even with bags provided!)

Too often the most overlooked rule is basic Traffic Safety! Whether it is the parent late for school or someone rushing to an important appointment, speeding and running of stop signs in Niguel Shores is a chronic problem



that must be addressed. That is why the Traffic and Safety Committee invited community police representative, Deputy Pelayo to our most recent meeting. Many residents may not know that **Niguel Shores' 13 miles of roads are governed by the California Vehicle Code and open to enforcement at any time by the Dana Point Sheriff's Department.** That being said, Deputy Pelayo has agreed to step up patrols in our neighborhood. He will be concentrating on more dangerous areas, such as the main entrance, where rarely a moment goes by without someone running either of the stop signs while exiting or any of the steep grades where many drivers unknowingly reach unsafe speeds. He will also be on the lookout for illegal cell phone use, especially texting while driving.

Please be careful and follow all traffic laws, in and outside the gates. Not only will you save a hefty fine by avoiding a ticket, you may save something priceless... someone's life!

—Geoff Dunlevie



## GARDEN CLUB

Annual Election of Officers: In accordance with the Garden Club's Bylaws, a committee was selected at the February meeting to nominate members to fill the two year terms for officers for 2012-2013 and 2013-2014. The following nominees were announced, with the election to be held at the April meeting:

*President* — **Jerry Koppang**

*Vice President* — **Irene Hopson**

*Secretary* — **Melanie Wilcox**

*Treasurer* — **Karl Kuhn**

*Membership Chair* — **Gunjan Anand**

*Hospitality Committee* — **Carmen**

**Murphy, Carole Daly, Joanne Webb**

*Seashore News Correspondent* —

**Morry Meadow**

Installation of the new officers will take place on June 18 at the Club's annual Beach Bluff Barbeque.

**Guest Speaker:** Tim Isle, Pest Control Advisor for Crop Production Services Company, provided some disturbing information about the thrips, mites, aphids, caterpillars, leaf miners, mealybugs, borers, weevils and the ever-unpopular psyllid; and other garden and agricultural pests that lay siege to our botanica, reminding us that we must maintain a constant vigil.

Representatives of Harvest Landscape, the Shores new landscape contractor, gave an update on improved irrigation maintenance, tree trimming progress, dethatching of green belts, and lacing of shrubs and trees to promote strength, growth and flowering.

**Field Trip:** Signups were held for the trip to LaCanada-Flintridge, slated for April 17 for a tour of Descanso Gardens. The cost for the bus and private tour is \$30. This 160 acre, award winning botanical gem has North America's largest collection of camellia plants. Latecomers and non-members can still sign up, depending on availability of space on the bus, by calling

President Jerry Koppang. Lunch is available on the grounds. The bus will leave the ClubHouse at 9:00 a.m.

### **Bad Gardening Advice—Some Misconceptions:**

- Putting gravel at the bottom of containers does not improve drainage... instead, use soilless potting mix, especially formulated to drain well. Gravel and styrofoam actually discourage good drainage. To avoid runoff mess, you can use some pottery shards, fine mesh screen or even a coffee filter to retain the soil, and allow water to escape.

- Planting acid-loving plants under pine trees does nothing to acidify the soil below the tree. A better idea is to use plants that can take dry soil and dense shade; or, add a layer of organic mulch such as wood chips under the pine tree.

- Are you using ladybugs in your garden to kill off pests such as aphids and mites? Not necessarily a good thing, since these gentle insects live solitary lives and are prone to leave your garden to make homes in other places...probably your neighbors' yards. (Hence, the saying, "fly away, fly away...")

### **Glossary of Gardening Terms:**

**Grass:** A plant found in flower gardens that needs little or no care.

**Bulb:** Potential flower buried in fall, never to be seen again.

**Perennial:** A plant that would have come back year after year if it had survived.

**Correction** to last month's column: we incorrectly described our guest speaker's farm as inorganic. It is an organic farm, open to the public on Saturdays only.

A man should never plant a garden larger than his wife can take care of.

—T.H. Everett

—Morris Meadow

## MEN'S CLUB

The Men's Club met on for breakfast on Tuesday, February 7 with Nancy

Baumann as the featured speaker. Nancy is a CPA, resident of Niguel Shores and has an office in Dana Point. Nancy reviewed several changes in the tax laws as well as aspects of the Health Care Law. She offered some suggestions regarding deductions.

The Men's Club continues to meet the 1st and 3rd Tuesday of each month; we offer a hearty breakfast and then start our meetings. We welcome any new members to be our guests for breakfast and join our club to enjoy the fellowship.

There are also golf groups that usually play after breakfast and on the Tuesday mornings when there is no meeting. We welcome your attendance.

—Al Thome

## WOMEN'S CLUB

Fashion Show! Back by popular demand, the Assistance League of Capistrano Valley will bring *Fabulous and Frugal Fashions* from the Bargain Box for the Women's Club Luncheon on Thursday, March 8 at 12:00 noon in the ClubHouse. Women's Club members will join Assistance League volunteers to model those fabulous fashions. All items will be for sale. Remember, there are always surprising gems amidst these treasures...

If you have a "like new" clothing item or small household item you no longer need, please bring it to the luncheon so that it can be transferred to the Bargain Box. All proceeds from the shop go to purchase new clothing for needy children in the Capistrano Valley School District and for babies and preschoolers at Camp Pendleton.

Reservations: You will receive your e-mail invitation on Thursday, March 1 and you are asked to rsvp (*repondez s'il vous plait*) by Sunday, March 4.

—Mary Crowl



## ACTIVITIES

### WEDNESDAY BRIDGE

We would like to have at least three tables of bridge players; you do not need to come with a partner; we welcome singles as well. Please call Helen if you are interested in playing, 496-4230, and we will gladly fit you in. We meet every Wednesday at 11:00 a.m. and we are finished playing by 3:00 p.m. You can bring a snack; however, there are always plenty of goodies to be shared. We look forward to hearing from any and all potential Bridge players who would like to join our group. Please call Helen for more information at 496-4230.

**This month's winners:**

- 1st—Angel Kwasny
- 2nd—Helen Campbell
- 3rd—Dorothy Horany

—Helen Campbell

### LIBRARY NEWS

**March 5: Your Love Numbers—Discovering the Secrets of your Relationships:** Master numerologist and author Richard Andrew King will give a free workshop on *Your Love Numbers*. There will be an introduction to numerology followed by a hands-on workshop. See [www.RichardKing.net](http://www.RichardKing.net). The fee will be \$25. Call the library for information.

**March 16: Friday movie night:** *The Piano in a Factory*—a Chinese film. Chen's estranged wife asks for a divorce and custody of their daughter. The musician daughter decides she will live with whichever one can provide her with a piano—Chen has no money and decides to make a piano. 105 minutes. Mandarin with English subtitles.

**Save the Date—April 14: Literary Orange**—A celebration of authors, readers and libraries. See [www.literaryorange.org](http://www.literaryorange.org) for information and registration to this event at the UC Irvine Student Center presented by OC Public Libraries and UCI Libraries. There will be two days of panels by many authors on subjects such as memoirs, mystery, law, poetry, literary fiction, inspirational fiction, war, history, science fiction, etc. Call 949-824-4651.

—Ellen Dovey

### OREO COOKIE BOOK CLUB

The Oreo Cookie Serious Book Club met on the 15th at the home of Phyllis Tezer to discuss the recent book by George Friedman, *The Next Decade*. Rich Schwartz led the discussion by citing the key points of the book that America, without intending to be so, is a de facto empire in the world because of its economic impact and

military strength. Our country should act in a way to forestall competing alliances that might be inimical to our self-interest. Reverberation of an alliance between Germany and Russia were considered, as well as relations with China over influence in the Pacific region. The next meeting is on March 21 to discuss the book *How We Decide* by Jonah Lehrer.

—Norton Schwartz

### PAGE TURNERS

Page Turners' Book Club will meet this month to discuss *The Apothecary's Daughter* by Julie Klassen. The book blends romance, family drama and historical detail. The Monday morning group will meet at 10:00 on March 26 at the home of Ceacy Johns, 33545 Halyard Drive. The Monday afternoon group will meet at 12:30 the same day at Diane Hearne's, 23802 Cassandra Bay. Diane Hearne will lead both the morning and afternoon discussions. The Thursday afternoon group will meet at the ClubHouse at 1:00 on April 5 with Bunny Mahoney as discussion leader.

Our combined June meeting has been changed again to Monday, June 25. For more information about Page Turners: Karla Sanders: [karlajoe@cox.net](mailto:karlajoe@cox.net), 496-8413—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.

—Diane Hearne

### POTLUCK

Let's continue celebrating  
St. Patrick's Day!

**WHEN:** Sunday, March 18

**TIME:** 6:00 p.m.

**WHERE:** Niguel Shores ClubHouse

Please bring your beverage of choice, table service and either a main dish, salad or dessert.

An e-mail will be sent to previous attendees.

**It is important to RSVP!**

*Any questions?*

Please call Ann Christiansen at 412-2460.



## MEN'S GOLF

January 24 was a fine day at Talega Golf Club in San Clemente. Twenty golfers showed up and the tournament featured a Common Drive with foursome net scoring. First Place was the team of Bill Verbrugge, Blair McDonald, Mac Brown, and Jack Sweeney. Second Place went to the team of Morry Dohner, Tom McNicholas, Bob Gutknecht, and Peter Rask.

Third Place went to the team of Mike Baskins, Dennis Rosene, Jon Monson, and Roy Dohner. Closest-to-the-Pin on #8 Tom McNicholas and on #13 Jon Cobain.

Next up on February 14 we celebrated Valentine's Day with a tournament at Tijeras Creek Golf Club. The wives really went the distance by supporting our golf tournament on this special day. This warm summerlike day brought out 17 golfers. First Place was the team of Roy Dohner, Bill Verbrugge, Boyd Van Ness, and Bob Gutknecht. Second Place went to the team of Bob Russell, Matt Kelliher, Kent Wellbrock, and new to our group, Nadar Sadoughi. We had a Third Place Tie which went to the team of Gary Katsuki, Jack Sweeney, and Blair McDonald and the team of Paul Wager, Jon Monson, and Dennis Rosene. Closest-to-the-Pin on #5 Bill Verbrugge and on #16 Jon Monson.

A man came home after playing golf and his young son said excitedly, Daddy, did you win." "Well," said the father, "in golf it doesn't matter so much if you win. But I'll tell you one thing: I got to hit the ball more times than anybody else."

—Bob Russell

## WOMEN'S GOLF

Our February tournament was a cloudy cool golf day that happens occasionally in this normally nice winter weather that we are so used to. We had a good turnout with fourteen of our members braving the weather. Golf Captains Irene McDonald and Ceacy Johns created a Valentine's Day Game that was enjoyed by all. The winners of the "Secret Valentine Contest" were won by the low gross pair of Irene McDonald and Marge Foster. Next were low net partners, Marlene Lynch and Helena Keeshen. Closest to the pin on #8 was Chris Beaver who also had the Low Putts for the day. The closest to the special "Valentine's Heart" on pin # 9 was Irene McDonald. Our meeting and luncheon followed with our President Marlene Lynch presiding.



Pickleball Court

New members Marge Foster and Terri Matrisch were welcomed into the club. Chris Beaver thanked all for their condolences upon the passing of her sister. Ceacy Johns spoke of the inability of Mary Berberich to join the club due to illness. Ceacy Johns also related that her husband Dick, has volunteered to do the booklets that are needed by the club during the year.

Golf Captains for the month of March are Gretchen Rask at 489-2259 and May Gramer at 248-1272. We will all be looking forward to having you join the group on March 12.

—Chris Beaver

## PICKLEBALL

Are you interested in playing one of America's fastest growing sports.....Pickleball?

A proposal was made at the Niguel Shores board meeting in January that we consider Pickleball in the Shores. The board asked that we include information on the website and in our next edition of the *Seashore News* to see if interest could be generated in this fun, easy, fast paced, great exercise game. If there is enough interest, the board would seriously consider adapting a tennis court or two (this would not alter the tennis court at all) for Pickleball play maybe once a week to see if the game would catch on.

Originally invented in 1965 as a backyard pastime, Pickleball is now an organized sport represented by national and international governing bodies. The game has spread across the United States, into Canada, and, in the last ten years, throughout the world. The United States Pickleball Association estimates there are close to 200,000 active players in the United States alone.

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## Carol's Cuisine Corner

*This month is St. Patrick's. Enjoy the Irish Celebration at some of the Happy Hour places in our area. Many restaurants are now starting early with good small plates or sharing of appetizers. I have been asked to give some remarks about the places. These are from me as a person who enjoys food, nice places and good service. Drinks are your own. Happy Hours are in the bar areas only of restaurants.*

**Zona's:** (a new restaurant) 647 Camino De Los Mares, Suite 126, San Clemente, 940 8845. Restaurant hours: 4:00 to 11:00 p.m. Happy Hour: 3:00 to 6:30 p.m. Appetizers to enjoy: Mediterranean Duo, Dates, Fried Calamari, Crispy Green Bean Fries.

**Chart House:** 34442 Green Lantern, Dana Point, 493 1183. Happy Hour with a view from 4:30 to 6:30 p.m., \$4-\$5-\$6. Good Prime sliders and fish tacos. Morton's and McCormick&Schmicks have been added to Chart House chain.

**Hunter Steakhouse:** 30100 Town Center, Laguna Niguel, 276 2945. Happy Hour: 7 days a week 3:00 to 6:00 p.m. Good Ahi, and Hunter Trio and chipotle, Mac & Cheese. Open 11: 30 a.m. to 10:00 p.m. Sunday Brunch 9:30 a.m. to 1:00 p.m.

**Mangia Bene:** 27281 La Paz, Laguna Niguel, 831 0141. Happy Hour 3:00 to 6:00 p.m., Sunday to Thursday. Garlic bread is fantastic, artichoke hearts dish is one to try, and bruschetta. Open 11:30 a.m. to 9:30 p.m.

**Cassanova:** 33585 Del Obispo, Dana Point, 496 0992. Happy Hour 3:00 to 6:00 p.m. Eggplant is good, spicy mushrooms, calamari. They have enjoyable D.J. music during Happy Hour.

**Big Fish & Ice Cold Beer:** 540 S. Coast Highway, Laguna Beach 715 4500. Happy Hour 2:30 to 6:30 p.m. and 9:00 p.m. to close. Oysters, wings and shrimp. Open daily at 11:30 a.m.

**Cannons:** 34344 Green Lantern, Dana Point, 496 6146. Happy Hour 3:00 to 6:00 p.m. with great views. Try the Calamari strips, wedge salad, herbed artichoke. Open 5:00 to 10:00 p.m.

*We are lucky to live in this area with so many good restaurants that have Happy Hours. Hope to see you at some of them. Bon appetite. Carol Yocom*



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# SPORTS NEWS

Pickleball continued from page 9

The game is similar to tennis, but with key differences that make the game more accessible to a wider range of players. Chief among these differences is the speed of the ball (similar to a wiffle ball) which moves at one-third the speed of a tennis ball, and, the “racket” (in this case called a paddle) which weighs 8-9 ounces and is about the size of an 8 x 10 picture frame. Also important is the size of the court (20' x 44') which is just under one-third the size of a tennis court. The smaller area combined with the slower moving ball makes Pickleball much easier to learn and play than tennis. Children and seniors find the smaller playing area very suitable.

Our local Crown Valley Pickleball Club (over 250 participants), has consented

to come over on a designated day to demonstrate the game. If you are interested, please contact Niguel Shores resident Jack Hodges at: [jhodges26@cox.net](mailto:jhodges26@cox.net). If there is enough interest, arrangements will be made for a demonstration. Please view the Pickleball links on the Niguel Shores website for more information.

—Jack Hodges



Palos Verdes at sunset 2-22-12

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## Travel Tidbits . . .



**The Alcan Highway:** Do you own an RV or have you ever rented one? Have you gone camping, fishing or just cruised around enjoying beautiful scenery and fresh air away from the city? Maybe this type of adventure is on your list of things to do or maybe on your list of things to never, ever do. Either way, you probably have heard of the “Alcan Highway” between Dawson Creek, British Columbia and Fairbanks, Alaska. This is the dream trip for many.

How did this road come to be? After the attack on Pearl Harbor in 1941 it was decided a secure land transportation link was needed between the lower US and Alaska. There were 1500 miles of wilderness to be conquered. To build the highway 11,000 American engineers, 16,000 Canadian and American civilians and 7,000 pieces of equipment arrived in Dawson Creek, a town of 600 people. After eight months of intense construction, through some of the toughest wilderness areas in the world, the Alaska Highway was finished. The 1528 mile road included 133 major bridges and more than 3000 culverts. The cost was \$140 million. Since its completion in the 1940's, there has been continuous widening, straightening, and upgrading. Once an emergency wartime road, the Alaska Highway has become a beautiful, scenic drive for those who like to get away from it all. It has been designated as the 16th International Historic Civil Engineering Landmark in the World by the American Society of Civil Engineers.



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

—Barbara Milner



# MEET YOUR NEIGHBORS

## The Egans

Did you know we have a wildlife habitat in Niguel Shores? I had the opportunity to visit the very special garden last week at the invitation of your neighbors Kathy and Kevin Egan. Kathy and Kevin moved to the Shores in 1971, renting a home for a year on Sidney Bay before purchasing their current home on Spinnaker Drive.

Kathy spent her earliest years on a dairy farm in Massachusetts, then her father became involved with the plastics industry. He helped to develop a plastic injection molding machine that he brought to California in 1956. Her family settled in the San Fernando Valley where she attended Van Nuys High. She met Kevin, who was going to nearby Notre Dame High, at a school mixer when they were both 15. After graduation, Kathy worked for a petroleum company for thirteen years as an accountant, later earning her bachelor's degree in social work at Cal State Fullerton.

Kevin, born in Jersey City, New Jersey, had relocated to California with his family when he was 13. After high school, he moved to Newport Beach in 1964 and enrolled at Cal State Fullerton, graduating with a



Kevin, Aaron and Kathy Egan

master's degree in Marine Biology in 1967, which was the year he and Kathy were married.

All the while he was in school (and beyond), Kevin was enjoying his favorite activity, body surfing. In 1969 Kevin was on national television winning the top prize in body surfing at the "Wedge" in Newport Beach. The event (and Kevin) was featured in Sports Illustrated. He continues to body surf today, calling it a lifetime activity.

He and Kathy share a love of sports activity. They both enjoy horseback riding and Kathy has been a runner for over 30 years. She runs with other women in Niguel Shores as well as with their 5 ½ year old son, who rides his bike alongside as Kathy jogs. Son Aaron, who goes by the name "Spike," loves swimming and karate, besides bicycling.

continued on page 13



# WELLNESS – Caffeine Dreamin’?



Sleep ... it’s what we yearn for at the end of a long day, and especially after a long work week...perhaps house guests, noisy kids or neighbors have been turning your schedule upside down and they’ve finally either left, gone to bed, or moved out! A good night’s sleep is what you’re craving. For some of us, it can be quite a challenge to get to sleep at night, or to simply sleep softly all through the night. One important way to support a healthy lifestyle is to get adequate, restorative sleep each night. So often, we don’t, and for many reasons. One of the more common culprits is caffeine consumption. About 90 percent of North Americans consume some form of it daily and most people are not bothered by moderate doses of caffeine, about 200 to 300 milligrams or two to three cups of brewed coffee a day. However, we should consume

those two to three cups before noon to give the drug ample opportunity to be metabolized and no longer present in our bodies. Caffeine has a half-life of six hours so it will be with you all day and on into the night especially if



**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).*

you have the habit of pulling into the local coffee drive-through for a little “pick me up” in the afternoon!

Beyond the afternoon coffee drive-through, many things impact our ability to get to sleep and to stay asleep...but what really gets us off to sleep is when our body releases melatonin. If you have caffeine circulating in your system, it will overpower the melatonin that your body releases to signal you to head for bed. The caffeine will win for sure and the result will be a restless night. Unfortunately, your sleep cycle will be delayed by the caffeine and if you decide to do what many of us do...stay up and watch late night TV...that will only delay sleep even further. Oh, and let’s not forget that the alcoholic beverage we believe will deliver us to a blissful night of sweet dreams is very short lived. When the alcohol wears off you’re back to your restless self.

So, if you’re not getting that much needed restorative sleep at night, one thing you might want take a look at is your caffeine consumption—how much you consume and when, are two great places to start! Oh, and don’t forget decaf! Same great taste and it won’t keep you up all night! To Your Health!

Neighbor continued from page 12

Kevin is Vice President of Sales and Marketing (and co-owner) of 21st Century Spirits, the maker of Blue Ice Vodka. He is proud to tell you it’s the highest rated American made vodka and the only one that uses Idaho Russets exclusively in its concoction.

Kathy uses her BSW degree working for the last 11 years as social worker for the Rehabilitation Institute of Southern California. The Institute works with traumatic brain injury, Alzheimer’s, Downs Syndrome, and cerebral palsy patients, doing physical therapy, occupational therapy, and speech therapy. Kathy is now at their branch office in San Clemente.

Also during these past years, the Egans have owned and then sold a Laguna Beach restaurant, raised seeing-eye dogs, and worked with their gardener, Rick England, to create their wildlife habitat on Spinnaker Drive. To be officially designated by the National Federation of

Wildlife Habitats, their garden had to be organic, all natural, with a water supply and houses for birds. Their birdbath attracts many song birds: finches, hummingbirds and even, on occasion, a peregrine falcon. Kathy and Kevin are proud to display the official “Wild Life Habitat” designation placard near their front door.

I felt a sense of peace as I walked through their garden. It is charming. There is a stone figure of a little girl that sits on a bench, a life-size statue of a young deer poking its head out of the bushes, and giant metal sunflowers that brighten up the garden and their home, when they open it up, makes the habitat part of their living area.

I was glad to have had the opportunity to experience a real wildlife habitat and to meet our creative neighbors Kathy and Kevin Egan.

—*Laurel Livesay*



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