

# Seashore News



September 2013

Published Monthly by Niguel Shores Community Association

Issue 478

## FROM THE HELM

To begin I wish to welcome our new General Manager, Marla Miller. Marla is a Certified Manager of Community Associations and comes to us with many years of management experience in community associations. We look forward with much anticipation to her contributions to the management and improvement of Niguel Shores.

In the August issue I urged all the members of our community to attend an Open Forum meeting to become more fully briefed on the developments in the lawsuit filed by 12 property owners on Breakers Isle against the Association. This lawsuit objective is to prevent the Association from assigning its maintenance easement to the County for the purpose of repairing the revetment protecting the Breakers Isle slope. These owners object to the inclusion of a public walkway on the revetment and to its encroachment on approximately 10 feet of the lower portion of the slope (which is part of the Niguel Shores slope control area that the community is responsible to maintain). This well attended meeting was held on August 21. After a brief presentation, it was open to those attending; several points of view and numerous questions were addressed. My thanks to all who attended and participated.

One of the concerns expressed at the meeting was why do we anticipate spending so much money on the Breakers Isle litigation? The short answer is that we have no choice because we must do everything possible to shield all our 960 homeowners from the potential of liability of many millions of dollars in damages if there is a Breakers Isle slope failure with damages to the homes at the top of that slope. That slope has failed before in 1983 as a result of a severe winter storm! It could happen again with even more disastrous results if the present 30 year old damaged and inadequate revetment is not replaced. The revetment cannot be replaced without the approval of the Coastal Commission which has stated they will not approve any revetment replacement that does not have a public walkway or encroaches on the public beach. These requirements are 180 degrees opposite from those of the Breakers Isle Plaintiffs and put our Community in an impossible situation. Thus, the expensive litigation.

Due to the urgency, uncertainty of the outcome of the litigation, and potential disastrous financial liability to the Community, the Board has approved a motion to hold an

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## NEW ON THE WEBSITE: NIGUEL SHORES HISTORY AND DEVELOPMENT

We have recently added a massive amount of information to the Website which we think may be of interest to many of our residents. The addition is mainly a collection of copies of the early sales brochures for the different areas of Niguel Shores which include information about the architects who designed homes in each area, drawings and floor plans of the homes, some contemporary photos of the homes, original prices, plat maps and some contemporary prices.



Niguel Shores Development—1970s

This is not a perfectly organized presentation with a logical order so it may take a bit of searching through to find the area that interests you. Matt Northrop, our Webmaster who recently put this material on the Website, has added a table of contents and page numbers to help. Some of the material is crooked and there are poor reproductions but, as explained below, it all began well. The collection comes from a display I put together for the 30th anniversary celebration of the

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# NIGUEL SHORES

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# BOARD ACTION SUMMARY

## AUGUST 7, 2013 BOARD MEETING: (General Session)

### ACCEPTED AND FILED:

- Litigation Disclosure Statement
- Financial Reports
- General Session Committee Minutes

### APPROVED:

- General Session Meeting Minutes from July 24, 2013
- Emergency Preparedness Committee Charter
- Traffic & Safety recommendation to approve the appointment of Jack Webb to the committee
- Proposal for LED lighting along Mariner Drive
- Backflow replacement
- Installation of a speed cushion along the Periwinkle Drive side street between Dasya Circle and Gelidum Circle
- Assessment Collection Services Policy

### DISAPPROVED:

- Resident request to waive violation fine

### HEARINGS / MEETINGS / PRESENTATIONS:

- Harvest Landscape

### REVIEWED/DISCUSSED:

- Mariner entrance project
- Gatehouse project
- Proposal for 2012 Securitas contract
- Concerns regarding Mercator slope

### TABLED:

- Relocation of speed bump on Periwinkle Drive

## AUGUST 7, 2013 BOARD MEETING: (Executive Session)

### ACCEPTED AND FILED:

- Executive Session Committee Minutes

### APPROVED:

- Executive Session Meeting Minutes from July 24, 2013
- Withdrawal of one plaintiff in current litigation
- Election to amend CC&R's

### DISAPPROVED: none

### HEARINGS/MEETINGS:

- Appeal of fine for violation of Rule 9101
- Violation of CC&R Article VII, Section 1 and Rule 3103

### REVIEWED/DISCUSSED:

- Legal correspondence
- Litigation Disclosure Statement
- Follow up on violation of Rule 3103

### TABLED: none

## AUGUST 21, 2013 BOARD MEETING: (General Session)

### ACCEPTED AND FILED:

- General Session Committee Minutes

### APPROVED:

- General Session Meeting Minutes from August 7, 2013
- Appointment of Art Staudenbaur and Suzanne Enis as co-chairs of the Maintenance Committee
- Lien filing for one delinquent account
- Appointment of Mike Harrod to the Communications Committee
- Resignation of Ellen Dovey from the communications Committee
- Amended proposal for Mariner entrance tree lighting
- Proposal for Mercator slope planting
- Recommendations to correct seepage issues on Perth Bay and Windward Drive
- Amended cost to redesign speed bump

### DISAPPROVED: none

### HEARINGS / MEETINGS / PRESENTATIONS: none

### REVIEWED/DISCUSSED:

- Draft contract for architectural services
- Status of new requirements for pool signage
- Upcoming needed improvements to IT systems
- Correspondence regarding newsletter advertisements

### TABLED:

- Review of Mariner entrance monuments
- Review of Mariner entrance median lighting
- Review of correspondence regarding Sea Terrace II/Villas guest passes

## AUGUST 21, 2013 BOARD MEETING: (Executive Session)

### ACCEPTED AND FILED:

- Executive Session Committee Minutes

### APPROVED:

- Executive Session Meeting Minutes from August 7, 2013

### DISAPPROVED: none

### HEARINGS / MEETINGS: none

### REVIEWED/DISCUSSED:

- Legal correspondence
- Lien filing for one delinquent account

### TABLED: none

**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 and Executive Session agendas for the next Board Meeting will also be posted on the Friday prior to the next meeting.

**REMINDERS:** THE NEXT BOARD OF DIRECTORS MEETING WILL BE HELD ON WEDNESDAY, SEPTEMBER 4, 2013

Helm continued from the cover

election of the entire community to reform the Breakers Isle Declaration relieving the community of the responsibility of maintaining the Breakers Isle slope. This type of transfer of responsibility is provided for under the CC&R's that govern the Community. If approved by our membership, this reassignment of responsibility will permit the Breakers Isle home owners to make their own tradeoff decisions with respect to the need for revetment repairs.

On a parallel track, we are attempting to arrange a timely meeting of the parties (Breakers Isle plaintiffs, County and Niguel Shores Board) to see if a compromise solution can be found to avoid continuing expensive litigation. I urge all our members to go to the Niguel Shores Website to read the meeting's presentation now posted on the Blog and titled "Homeowner Forum Presentation Regarding the Revetment – August 21, 2013." — *John Dougherty*

# MARLA MILLER — OUR NEW GENERAL MANAGER

It's always a good feeling to know that we have an experienced and competent person in that General Manager's office and, I'm happy to report that, once again, we have one. Marla has several years of experience in property management, is happy to be here in our beautiful community and speaks well of everyone she has met so far.

Marla hails from Oregon, the city of Ontario to be exact, where her large family of four brothers and a sister still live as well as her grown daughter. She spent all of her school years and had an insurance agency there before coming south to California. Her son, his wife and young daughter are now living in Hemet where Marla maintains a home even though she is currently living in Carlsbad.

Here in California, Marla became a project manager for Pulte Homes until the downturn in the building industry forced so many lay-offs. Undaunted, Marla took a job with Professional Community Management (PCM) Company in Orange County and worked in a community in Hemet for four years. From



Marla Miller

there she became an Assistant General Manager of a large community in Indio of 3,400 homes—one with two golf courses, a restaurant and other amenities. She had worked with Deborah Baker, our previous general manager, during her years with PCM. A recommendation by Deborah brought her to the attention of our Search Committee and, after the required interviews, Marla was chosen for the Niguel Shores General Manager's position.

In discussing the difference between working for a management company

and working for a community like ours which is self-managed, Marla mentioned that PCM had given her, as a manager, wide responsibilities comparable to what she finds here and that she had also worked with many committees in previous communities. In fact, she reported that she actually started a finance committee at one time to enhance the supervision and handling of community finances. She confirmed that she has always enjoyed working with committees and boards.

So, welcome Marla, and best wishes for a long and happy stay in Niguel Shores.

## COMMITTEE REPORTS

### EMERGENCY PREPAREDNESS

#### Firehouse Visit



Firehouse Visitors

Station 30 Firehouse for a tour and safety and emergency preparedness tips from the firemen on duty. The Niguel Shores Emergency Preparedness Committee coordinated the visit with the firehouse and the camp counselors to bring an ongoing focus to greater safety awareness.

— Kent Wellbrock

### LANDSCAPE

#### Frank Turner Memorial Bench

A commemorative bench is being installed on Capstan in the grassy area below Halyard. The bench is a tribute to Frank Turner, longtime Shores resident and sculptor of the dolphin statue in front of the community center, and will include a memorial plaque. The bench will provide a new spot for walkers to stop, relax and enjoy the ocean view.

Residents who are interested in donating a memorial bench may contact the office.

—Kathy Jones

### MAINTENANCE

How much sand is carried up from the beach each day? Ask any mother who has loaded up some kids, boogie boards and toys from the beach into the back of a van and she will tell you "a ton." Ask the Maintenance staff and they will tell you that they shovel about **twenty-five gallon buckets** of sand from the sand trap each summer month.

## COMMITTEE REPORTS

Every morning someone from Maintenance will hose down the beach shower area, pushing the sand to the beach walkway. The sand remains on the walkway until the County washes some away and the winter rains send the rest back to the ocean.

This morning “hose down” prevents much of the sand from going down the shower drain and into the sewer line. But **twenty-five gallon buckets** of sand still go down the shower drain. To keep the sand from going into the sewer system, and to get a permit for a beach shower, the South Coast Water District required the installation of a sand trap.

Once a month, less in the winter, two members of the Maintenance staff clean the trap. This involves one person going into the trap and shoveling out the sand for the second person to bag and load into a truck. This dirty, contaminated sand then goes to a trash dump and not back to the ocean.

—*Jack Christiansen*

**NSCA Street Rehabilitation Project:** NSCA has contracted with Premier Paving for the last asphalt overlay of the Association's streets. In addition to the overlay, they will be doing asphalt and concrete repair and seal coat of other streets. The areas affected are the Sea Terrace I Homes and the Atlantic Drive Garden Homes. The project will start the latter of September and be completed in October. Individual home owners will be notified before work is started on their streets. There will be street closures involved, but they should last no longer than 24 hours.

**South Coast Water District — Domestic Water Valve Replacement:** The SCWD is replacing all of the domestic water valves on Atlantic Avenue and Atlantic Drive (Atlantic Garden Homes). The construction was to start in late August. It will take about three weeks to accomplish the entire task. Individual home owners may be inconvenienced, due to the lack of domestic water, no more than 6 hours. Home owners will be advised if an interruption in their water supply is planned. Atlantic Drive and Atlantic Avenue will have construction activity but the streets will not be closed.

—*Sam Johnson*



**Where:** Niguel Shores ClubHouse

**When:** Sunday, September 15

**Time:** 6:00 p.m. Social time to be followed by dinner at 6:30

As Potluck resumes we hope you can join us for an evening with your old friends and meet some new friends from our neighborhood. Please bring a main dish, salad



Dave Smith cleaning out the sand trap.

or dessert, your own table setting and beverage plus \$1 per person.

If you have never been to Potluck before we would love to have you join us. Please call either Ann Christiansen 248-1962 or Irene McDonald 481-3035 and we will be happy to answer any questions you may have.

Former attendees will receive an e-mail invitation. Please respond and tell us if you plan to attend, and whether you are bringing a salad, main dish or dessert. Please make your reservation by Wednesday September 11. (Those without e-mail will be called). If you have a new e-mail please let us know. We are looking forward to seeing you on September 15.

—*Irene McDonald.*

## RECREATION

Help needed... The Committee needs help for the upcoming events and anyone interested in the Recreation Committee would be most welcome. We meet once a month on the first Tuesday—a meeting that usually lasts an hour and a half. You would enjoy meeting and sharing your ideas with the group. Please let the office know if you are interested.

### September:

**15th:** Join the Potluck group. See the separate article.

**19th:** Kookie's Cooking Class 11:30 a.m. to 1:30 p.m. The feature meal will be Mix and Match Mediterranean buffet, you will see how to prepare, then, enjoy tasting. Sign up in the office for \$40.

### October:

**5th:** Garage Sale: Yes, it's time to clean out the garage and house for those things others can enjoy. See announcement in this issue.

# COMMITTEE REPORTS

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**12th:** Octoberfest. Mark your calendars for 5:00 to 7:00 p.m. to enjoy beer and treats. See the October *Seashore News* for more details.

**17th:** Kookie's Cooking Class: 11:30 a.m. to 1:30 p.m. Sign up in office for \$40. See gourmet food prepared and enjoy the tasting.

**20th:** Potluck: Look for details in October *Seashore News*.

**27th:** Halloween Party for all the family to enjoy. Parade of costumes for young and old, games, refreshments and enjoyment of this holiday.

The October *Seashore News* will have more details of the coming events you do not want to miss.

—Carol Yocom

## GARAGE SALE



**Saturday, October 5  
9:00 a.m. to 1:00 p.m.**

Clean out those closets and cupboards and that cluttered garage! There are others who desire those treasures.

**Vendors:** Sign up in the office to get your address on the Garage Sale Neighborhood Map.

**Shoppers:** Get a copy of the map in the office on Friday the 4th.

AMVETS will pick up unwanted items on Monday, October 7 for those requesting pickup at their homes. (No large items please.)

## SEASHORE NEWS

We're very pleased to report the appointment of Mike Harrod to the *Seashore News* staff. Mike is a recently retired biology teacher from the L.A. school system, a resident of Marlinspike Drive and a member of our Oreo Cookie Book Club. Mike will be the sub editor for all

## CLUBS

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### GARDEN CLUB

I would like to start our first Garden club newsletter by sending a message to Morry: Michael Jordan came back after a two year hiatus but you do not have to wait that long! Thanks again for your yeoman service.

The Garden Club Board has a great year planned for all of you. The first meeting of the Club will be on Monday,

committee articles for the newsletter.

Ellen Dovey has temporarily resigned from the committee at the request of the Board while the revetment litigation is pending. She has been an enthusiastic and invaluable member—one who was sub-editor for the committee reports and who worked with Patti Staudenbaur and Matt Northrop in getting our new Website up and going. We appreciate her contribution and look forward to her return.

—Mary Crowl

## WWW.NIGUELSHORES.ORG

The Communications Committee is excited to see that so many residents are accessing our Website ([www.niguelshores.org](http://www.niguelshores.org)) to stay current with important community information. If you are not already using the Website, please consider visiting and marking us a favorite.

Several residents have commented on how convenient it now is to log on and register guests as well as to refer to the site for up to the minute information on community maintenance projects or community meetings. There are numerous significant issues facing our community, the beach bluff revetment, Mariner gate landscaping project and the hiring of a new General Manager and the Website is a good way to stay informed.

Finally, if you are looking for a fun way to become involved in the community, our wonderful Recreation Committee is presently seeking new members. As you may know, this Committee plans all of the fun social events we are famous for throughout the year. Please consider becoming part of this dynamic group. Contact Matt Northrop ([mnorthrop@niguelshores.org](mailto:mnorthrop@niguelshores.org)) for additional information. We encourage you to keep up with these and many other happenings in our community.

—Patti Staudenbaur

September 16. We will be enjoying a delicious lunch at the Cedar Creek Inn at noon. Please meet in the ClubHouse parking lot at 11:30 a.m. We can carpool from there. For those who want to go directly to the restaurant, the address is: 26860 Ortega Hwy, San Juan Capistrano. Their phone number is: (949) 240-2229. After lunch, we will proceed to the Gardens of Mission San Juan. The tour there starts at 2:00 p.m.

# CLUBS

Larry Linger has kindly consented to fill in for me when I am unable to attend the meetings, so you can look forward to his insightful columns also.

And finally: What do you call a stolen yam? *A hot potato!*  
—Lakshman (Laks) Sehgal

## MEN'S CLUB

At our meeting on August 20 the featured speaker was Dr. Goerig, a Board Certified Dermatologist.

Put it on your calendar: The Men's Club will be having our annual Christmas Dinner on Wednesday, December 18 at the El Niguel Country Club.

The Niguel Shores Men's Club meets every first and third Tuesday of the month at the ClubHouse. We begin at 8:00 a.m. with breakfast where it's a great opportunity to get together with our neighbors. All men residents of Niguel Shores are invited and we are always welcoming new members. Our interesting speakers generally are from local government, businesses, the medical profession, law enforcement, fire department and the military.

The Men's Club is both social and philanthropic. We offer golf outings, an annual trip to Del Mar, as well as our famous 4th of July Breakfast. This breakfast is one of the ways our organization raises money for the Dana Hills High School Scholarship Fund. Come and join our group at our next Tuesday morning meeting on September 3.

—Bill Tally

## WOMEN'S CLUB

September is here and our new year begins with an interesting and exciting speaker with a subject dear to our hearts: Sam Dawson, a Laguna Beach author, has written a wonderful book called *Broad Appeal—Wit and Wisdom from Women Ages Sixty to Ninety.*



Sam Dawson

She had interviewed seventy *mature* women in compiling this entertaining collection of quotes that “smash the older woman stereotype and provide evidence that there is a full, rich adventure yet to come.” We all need that kind of pep talk as we amble through those years. Don't miss Sam's fun presentation. She is a philanthropist, activist, actor and retired publicist—lots of wide experience to call upon to “revolutionize old age.”

Luncheon will be on Thursday, September 12 at noon in the ClubHouse. You will receive your e-mail invitation on Thursday, September 5 and we'd like your reply by 5:00 p.m. on Sunday, September 8. Information about who is to bring salads will be included in the e-mail. Ardis Ghobrial is our new communication person who sends the e-mails so, please be prompt with your answers. We want her to be happy in her new job!

—Mary Crowl

New on the Website continued from the cover

opening of the old Community Center and was on display at that event. You can see photos of it in this collection. All of that material has since been reduced to fit in a looseleaf notebook on 8 ½ by 11 pages and there are some cut-off ends. However, the major content is there. (Many, many thanks to Ellen Dovey for scanning all those pages!)

The collection begins with a history of this area and the eventual development of Niguel Shores during the early 1970s, followed by some miscellaneous early photographs and then, the pages covering the several areas in order of development: Broadmoor Homes (1969), Custom Homes and Breakers Isle (1970), Shores Garden Homes (1971-72), Berkus Homes (1972), Sea Terrace Town Homes I and II (1972-74), Atlantic Garden Homes (1972) and the Villas (1976).

You will find the glowing descriptions of each of these developments along with charming drawings, lists of the

modern amenities in the homes and the original floor plans for most of the areas. Because this material was collected from many sources, some have markings and notes by the contributors but, at least, we have the documents.

A section on the opening of the original Community Center follows and some miscellaneous photos and past events that were collected at the time this collection was put together.

An appendix contains lists of the Board of Directors from 1971, Committee Chairs from 1973, General Managers from 1972 and the Volunteer of the Year Awards (originally the Dorothy Dudley Award) 1980-2012.

See page 15 for samples of the items that you will find on this Website addition. Click on the new tab at the top of the Website Home Page to access the collection.

—Mary Crowl

# ACTIVITIES

## BRIDGE NEWS

We welcome all Niguel Shores residents who enjoy a couple of hours of bridge every Wednesday 11:00 a.m. until about 2:00 p.m. Please bring a snack and \$1 and you are ready to play!!

### Our recent winners:

- July 24 Jane Olson, Sally Ann King  
July 31 Helen Campbell, Jeanne Bookai, Sally Ann King  
August 7 Pouri Fowzi, Doris Deal, Sally Ann King  
August 14 Doris Deal Helen Campbell, Sally Ann King

Please contact Helen for more information at 949-496-4230.

—Helen Campbell

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## OREO BOOK CLUB

The Oreo Book Club met on Wednesday, August 21 at the home of Norton Schwartz to discuss *The Price of Inequality*, by Joseph Stiglitz. The next meeting will be held at the home of Richard Schwartz on Wednesday, September 18 and the group will discuss the book *This Child will be Great*, by Ellen Sirleaf.

—Norton Schwartz

## PAGE TURNERS

Page Turners Book Club will meet this month to discuss *Prague Winter*, by Madeleine Albright.

*Before Madeleine Albright turned twelve, her life was shaken by the Nazi invasion of Czechoslovakia—the country where she was born—the Battle of Britain, the near total destruction of European Jewry, the Allied victory in World War II, the rise of communism, and the onset of the Cold War. Albright's experiences, and those of her family, provide a lens through which to view the most tumultuous dozen years in modern history. Drawing on her memory, her parents' written reflections, interviews with*

*contemporaries, and newly available documents, Albright recounts a tale that is by turns harrowing and inspiring. Prague Winter is an exploration of the past with timeless dilemmas in mind and, simultaneously, a journey with universal lessons that is intensely personal.*

This books sounds interesting and a worthwhile read. Some have said it takes a while to complete. So, if you haven't started, get a copy and begin.

The Monday morning group will meet on September 23, at 10:00 in the home Lyn Long. Her address is 23781 Timor Bay. The Monday afternoon group will meet at 12:30, also at Lyn's house. She will lead both discussions. The Thursday afternoon group will meet at the ClubHouse at 1:00 on September 26.

For more information about Page Turners contact: Phyllis Tezer: ctezer@cox.net 496-4710 – Monday morning. Diane Hearne: Phearne4@cox.net – 661-6267 – Monday afternoon. Lisa Buchner: lisabuchner@cox.net – 496-9546 – Thursday afternoon.

—Lisa Buchner

## SPORTS

### WOMEN'S GOLF

Another great day of golf for the Niguel Shores Women's Team! Good fun was had by all. Kudos go to Marge Foster and Brenda Tuckley for a great job on organizing our day. Have you tried playing the whole game with three clubs and a putter? Probably easy for some of you pros.

Here are the winners! Winner of the Game of the Day – Team score using only 4 clubs – Team #1 Marlene Lynch,

Judy Boitano, Marge Foster, and Sandy Scott. Other Winners: Lowest Putts – Val Mitchell with 17; Closest to the pin in 2 on Hole 7 – India Rouse; Closest to the pin on Hole 8 – Irene McDonald; Longest Drive on Hole 3 – Val Mitchell; Low Gross – Val Mitchell.

Next month's golf captains will be India Rouse and Lee Sweeney. We play at Aliso Creek Golf Club the second Monday of every month. Come and join us!

—Maria Elena Banks





# Carol's Cuisine Corner

*Guests have gone, children back in school, it is your time. So let's go to lunch!! We can even go back to the restaurants at the beach.*

**LAGUNA: Lunch served.**  
**Hours as follows.**

**Alessa:** 234 Forest, 497 822. Hours: 11:00 a.m. to 11:00 p.m.

**Nick's:** 440 S. Coast Highway, 376 6272. Hours: 11:30 a.m. to 10:00 p.m.

**Watermark:** 448 S. Coast Highway, 376 6272. Hours: 11:00 a.m. to 4:00 p.m.

**230 Forest:** 230 Forest, 494 2545. Hours: 11:00 a.m. to 4:00 p.m.

**Sundried Tomato:** 361 Forest, 494 3312. Hours: 11:00 a.m. to 9:30 p.m.

**NEWPORT: Lunch served.**  
**Hours as follows.**

**Cannery:** 3010 Lafayette, 566 0060. Hours: 11:30 a.m. to 3:30 p.m.

**Bayside:** 900 Bayside, 721 1222. Hours: 11:30 a.m. to 4:00 p.m.

**Gulfstream:** 850 Avocado, 718 0187. Hours: 11:30 a.m. to 10:00 p.m.

**Tommy Bahama:** 854 Avocado, 760 8686. Hours: 11:30 a.m. to 10:00 p.m.

**Javier's:** 7832 E. Coast Highway (Crystal Cove), 494 1239. Hours: 11:30 a.m. to 5:00 p.m.

**Mariposa:** (Neiman Marcus) 601 Newport Center Drive. Hours: 11:00 a.m. to 4:00 p.m.

**First Cabin:** ( Balboa Bay Resort) 1221 W. Coast Highway, 645 5000. Hours: 11:00 a.m. to 2:00 p.m.

*Enjoy that lunch with your friends before picking the children up from school. Bon appetite, Carol Yocom*

## WELLNESS

**S**ummer Means Tomatoes! Well, at least for me it does, but I don't think I'm alone on this. There is nothing that screams summer more than a home grown sweet and delicious tomato. Try pairing that with some wonderful late summer weather and what could be better? Not to mention, they are full of vitamins, specifically vitamin A, C, and K, also foliate and potassium. They are low in sodium, saturated fat, cholesterol, and calories too. Top that off with B vitamins, some minerals, plenty of water, and 2 grams of fiber, every bite you take of that luscious, red, ripe tomato is working for you, that is, working to get you just that much healthier!

So if you have a yard full of tomatoes, or a neighbor who does, or a nearby farmer's market, take advantage of the season and enjoy these bursts of summer sweetness! Recipes abound but here is one for Grilled Corn & Tomato Salsa that is delish! It serves 4 and takes about 30 minutes to prepare..



2 ears corn  
1 avocado, diced  
2 poblano chili peppers, quartered lengthwise  
1/4 tsp. kosher salt  
1 red bell pepper, quartered lengthwise  
juice of 1/2 lime  
3/4 lb. tomatoes, diced

Heat a grill over high heat. Once hot, scrub and oil the grate. Grill the corn and peppers until charred in places, about 5 minutes, then remove from the grill and allow cooling. Cut the corn from the cobs. Remove and discard the stems and seeds from the poblano and red peppers, then dice the peppers. In a large bowl, toss the corn and peppers with the remaining ingredients. **Per serving (1cup): calories 150...sodium 130mg...total fat 8gm...saturated fat 1gm...carbs 18gm...protein 3gm...fiber 6gm**

If you don't have a grill you can put the corn and the peppers in the broiler instead. Also, substitute jalapenos for the poblano for a hotter salsa. You can also simply use a green bell pepper if you don't want any chili flavor. There you have it! The weekend is almost here and it is a perfect time to enjoy this salsa with your family and friends. It is a healthy alternative to all the calorie laden spreads and dips that are out there at parties and the like trying to woo you into complacency about your health, calling your name as they sit next to the chips. Go for the salsa. Dip carrots or sugar snap peas into it or put on fish or chicken...YUM!

*To Your Health!*

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

# Travel Tidbits . . .

## A Day in Cincinnati

What do you do with a day in Cincinnati when you had planned on being in Minneapolis. In mid-July I had plans to "float" down the upper Mississippi River from Minneapolis to St Louis. However, while our part of the US was extremely hot and worried about fires, the Midwest was having torrential rains. Three days before departure I learned that the river *runneth* over and my boat was not going to float on that part of it. However, the Ohio River was in better shape and the *Queen of the Mississippi* would depart from Cincinnati. Having a day to spend, I first tried to see the city from the river on a "Duck," an amphibious tourist vehicle, operated by a would-be comedian, that gives a tour of the city driving around the streets and "paddling" in the river. No luck, however, as the Coast Guard had declared the river too strong that day. The Southbank Shuttle Trolley turned out to be a good substitute.

Cincinnati is in Ohio, while Covington and Newport, directly across the river, are in Kentucky. There are numerous connecting bridges. The most famous is the John A. Roebling suspension bridge. It opened in 1866 and was the longest suspension bridge in the world and retained this record until 1883 when Roebling's most famous project, the Brooklyn Bridge, opened. Beginning in Covington and crossing the Roebling Bridge presents a spectacular view of Cincinnati's two stadiums, one for the Bengals football team and one for the Cincinnati Reds who were the first professional baseball team in the nation. They played their first game in May, 1869. Just past this area is the National Underground Railroad

Freedom Center. Housed in an imposing building looking out on the river, its location is a reminder that in the 1800's hundreds of slaves took their first steps toward freedom after crossing the Ohio River. The Freedom Center is an affiliate of the Smithsonian. Their goal is to present the history of slavery in America and the reality of present day slavery elsewhere in the world. Three floors of excellent exhibits showcase the past (from the 1600's) to the present, including current anti-slavery activities around the world.

From the museum, I re-boarded the trolley, enjoyed more downtown sights, re-crossed the river and spent the rest of the day in Newport at the Levee, an outdoor collection of an aquarium, restaurants, outdoor performers, a miniature railroad, etc. Just below all of this, on the banks of the river, the annual Queen City Sausage Festival was going on at which 65,000 people were expected for the three day event which celebrates 36 ways Queen City Sausages can be enjoyed and, just across the river, the Bunbury Music Festival was in full swing.

Connecting these two events is a most interesting bridge. The Purple People Bridge. Opened in 1872 as a railroad bridge that was listed on the National Register of Historic Places in 2001, it became a pedestrian bridge in 2003. Painted a lovely light purple with flower boxes blooming at both ends, it provides easy access to all the attractions on both sides of the river. All in all, it was a fun day in Cincinnati but I wonder what Minneapolis is like?



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

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

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## MEET YOUR NEIGHBOR

### **Taylor Carol, Niguel Shores Grad, Turns Adversity into Inspiration**

Recently I had the opportunity to meet one of the most inspiring young men I have ever had the pleasure to meet. That young man is Taylor Carol and he and his parents, Cynthia and Jim Carol, are our neighbors here in Niguel Shores.

Some of you may be familiar with his story which I was not and, to say that I was awe struck by Taylor's story is, in fact, an understatement. Taylor was born and raised in Niguel Shores, attended St. Anne's School, and loved his childhood here. His parents, Cynthia and Jim, older brother, Brandon, Taylor and younger sister, Alyssa, live on Windlass Drive. Taylor participated in Hobbledehoy Summer Camp, entered the annual sand castle contest and rode in the 4th of July parade every year. Niguel Shores was a wonderful place to grow up and he made many friends here, friends and memories that he feels will last a lifetime.

At the age of eleven, after getting hit in the arm with a baseball, life changed for Taylor and his family in a very big way. The hairline fracture from the baseball led to several tests. One test revealed an alarmingly high white blood count which eventually lead to a diagnosis of ALL Leukemia with Philadelphia Chromosome. This form of cancer is generally considered terminal because it is highly resistant to chemotherapy. Taylor's only option for treatment and survival was a very risky bone marrow transplant. Taylor's parents made the decision to move to Seattle and to have the transplant done at Children's Hospital of Seattle. In order to have a transplant, Taylor needed first to find a match. Unfortunately, his family members were not a match, but a registry in the World-Wide Bone Marrow Registry brought, within a month, a match from an individual in Germany. Many people wait months or even years for such luck.

Finding the match, however, was only half the battle. Bone marrow transplants are very risky and the patient is

highly prone to infection due to a compromised immune system. Consequently, Taylor was hospitalized for about a year and his family stayed at a special facility at the Ronald McDonald House affiliated with CHOC Hospital of Seattle. During the course of his treatment, Taylor temporarily lost the ability to walk, speak, eat and even see. While at CHOC in Seattle, Taylor met and befriended other patients who had also been afflicted with pediatric cancer. Several of them were not as lucky as Taylor and died as the result of their illness. Losing those friends

has had an intense impact on Taylor's life.

His road to recovery was a long one, and even though he was back in Orange County, Taylor was unable to attend school during 6th, 7th and 8th grade. By the time he was ready to enter Dana Hills High School as a freshman, he started to slowly get stronger; however, he still missed many, many days of school during his freshman and sophomore years. It wasn't until his junior year that he was finally beginning to feel healthy again. That lost time did not stand in Taylor's way as, with the help of what he calls an incredible team of teachers and support staff at Dana Hills High School, Taylor was able to catch up and become fully

involved in high school life. While at Dana, Taylor was enrolled in SOSA, South Orange County School of the Arts, where his lifelong passion for music was able to take center stage.

As a child, Taylor says his parents could never "shut him up." He was always humming, singing and playing the piano. Before his illness, while a 4th grader at St. Anne's, Taylor was "forced to" perform in the school's musical production, "Westward Bound." In the 5th grade, he performed a musical solo in that year's production and his performance was so impressive that the school's music coach approached his parents and suggested voice lessons. Voice lessons proved fruitful and Taylor's singing career was beginning to take off; he landed a role with



Taylor Carol

Orange County Opera and another as the lead, Tevye, in Fiddler on the Roof.

Obviously, school, baseball and especially singing, had to be put on hold during Taylor's intensive treatment. After the transplant, Taylor was contacted by Mateo Messina, an Emmy Award winning composer. He asked Taylor if he would be soloist in a benefit concert, Symphony Legacy, in Seattle. Together with Mateo, Taylor wrote the song "True Courage" which he performed with the Seattle Girls' Choir and the Pacific North West Symphony in front of an audience of 3,500 people. Needless to say, that concert and performance was a life changing moment for Taylor. He realized that he could pair his gift of music with his "new passion" to help others by raising awareness and money to help fight pediatric cancer and other serious childhood illness.

For the past several years, Taylor has been doing exactly that. Together with a number of philanthropic organizations such as Make a Wish Foundation, Taylor has become a spokesperson and used his musical talents to raise more than \$6 million dollars for pediatric cancer.

As if all of that was not enough, Taylor was certainly able to "catch up" academically. With the help of his instructors at Dana, Taylor managed to graduate Valedictorian from Dana Hills High School in June of 2013 and to fulfill one of his lifelong goals, to attend Harvard University. Taylor set his sights on Harvard several years ago. He felt that by attending a "world class university" and pursuing his goal to become a musician and recording artist would help put him in a position where he could make a difference and positively impact the world. He feels this will honor his friends who were not as fortunate as he. Taylor said many remarkable and inspiring things during the course of our interview. There is one I especially want to share with you: "In a strange way, cancer was the worst and best thing that has ever happened to me. I have learned that if you fight hard and don't give up, anything is possible." As I said at the beginning of my article, Taylor Carol is a remarkable young man. To learn more about him and his amazing story, please visit, [www.TaylorCarol.com](http://www.TaylorCarol.com).

—Patti Staudenbaur

## VOICE OF THE PEOPLE

### TO THE EDITOR:

On August 2nd, while I was visiting my mother from Houston, I lost a smart phone while on a morning run near the main security entrance. One of the security people found it, determined its owner was a relative of Polly Buckingham and promptly called her house. We were out all day until dinner time and did not get the message until late that Saturday afternoon. I was concerned since the offices were closed and I was flying home the next day and due for travel on Monday. Upon our return, we picked up the message and called the gate. The people on guard had the phone, immediately recognized me when I called and followed up by delivering it to me straight away at the house.

Many thanks. It would have resulted in a very inconvenient business week for me had they not been so considerate.

— John Buckingham

### TO THE EDITOR:

Some Atlantic residents gathered to say good bye to long term resident owner Mary Jeffries. Mary purchased from the developer in December, 1974. It was the model for garden homes. Two of Mary's children are in the



Friends' Farewell to Mary Jeffries

photo: Troy, her oldest son and, Susie, the youngest. All were raised in Niguel shores when they could swim at the pool and be summoned to the pay phone for instructions from home. Good old days for sure. The family is sad to leave and will return to admire the beautiful landscape project. Thanks for the memories. (I am staying local.)

— Mary Jeffries

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**For Sale:** \$150 – Large Outdoor Pot – 2 ft high x 32 in. diameter holding a 52 in high spikey plant. Overall height approx. 6 ft. Can be seen in the driveway at 23911 Coral Bay. June Klosterman (949) 493-5629.

**For Sale:** Stylish leather daybed and love seat. Great Condition. Lynne (949) 481-2459.

*Ads for the Seashore News must be submitted by the 15th of the month. Include a check payable to NSCA, \$5 for a maximum of 30 words. Advertisers must fill out a form available at the Association office. Neither NSCA nor the Seashore News assumes responsibility or liability for quality of goods advertised. See Rule 5525 (Non-Commercial Ads Only)*

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## Niguel Shores Fights Cancer Relay For Life

Oct. 19 – Lantern Bay Park – 4:00 p.m.

Cancer has probably touched your life in some way—either personally or through a relative or friend. Relay For Life was started in 1985 by one man as a way to focus and raise money for the fight against the disease. It has grown to be the single largest non-profit fundraiser in the world with 5,000 relays taking place every year worldwide. Let's form a group from Niguel Shores to be part of the Dana Point Relay.

**Meet in front of the Recreation Center  
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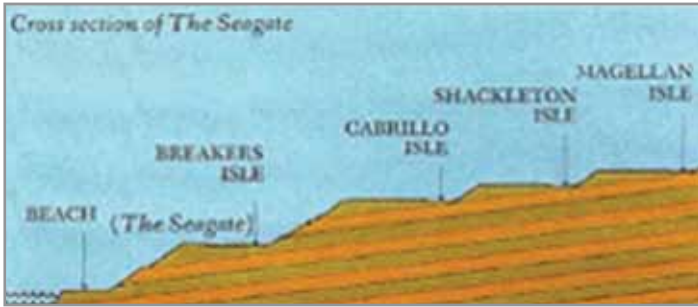
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Broadmoor Home – Drawing above, floor plan below

Breakers Isle was called *The Seagate* by the Developer. The brochure states: Situated on a natural promontory 75 feet above the beach sand, The Seagate represents one of the West's finest examples of a vanishing commodity: treasured ocean-view property. ...Selectively placed at strategic points of The Seagate, in order to take maximum advantage of its setting, are home sites of remarkable caliber. ...Home sites are available at The Seagate in the \$130,000 range, fully prepared for building. Streets, community landscaping, underground electricity and water are completed. The Seagate is indeed the ultimate choice.

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Samples of items available on the Website under *Niguel Shores Development*



Drawing of Capri Model



Berkus Home Model 207 above, floor plan at left

At right: Community Center opening day June 13, 1973.



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