

# Seashore News



March 2013

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Issue 472

## FROM THE HELM

**Turf Reduction:** For those of you who were unable to attend the February 12 meeting, Steven Schinhofen, the owner of Harvest Landscape, explained our Turf Reduction Project. Over the next few months we will be removing around 10 per cent of our grass area and replacing it with ground cover and plants. This project is part of the Master Landscape Plan which will reduce our use of water and decrease maintenance.

**Revetment Repair:** On March 19 there is an Open Meeting that I hope everyone will attend. The main topic is the revetment, which protects the homes on Breakers Isle and the Bluff from storm damage. We have a contract with

Orange County requiring the county to repair and maintain the revetment. Over the last year and a half we have tried to get the county to do this repair and their position is *that it is an impossible contract to fulfill*. Unfortunately, this is now in the hands of our attorneys and may result in great legal expense to the community. Please attend!

**Entry Gate Signage:** Also, the Traffic and Safety Committee recommended to the Board and the Board approved new signs at the entry gates which will read: *Let the vehicle clear the gate before proceeding*. Hopefully, this will reduce the number of flat tires caused by tailgating.

— Pat O'Brien

## EMERGENCY PREPAREDNESS COMMITTEE

As mentioned in earlier issues of the ASSN, the Niguel Shores Board of Directors has recently decided to seek residents' input and volunteers to help organize an Emergency Preparedness Committee in Niguel Shores. In February, the Board appointed four residents to this committee. The purpose of this article is to introduce the community to the residents who so generously responded to the call to volunteer for this committee and to give you a brief overview of their plans.

Kent Wellbrock not only volunteered for the Emergency Preparedness Committee, he has also agreed to serve as the committee's first chairperson. Kent and his wife Gaye and their two children Ryan and Riley have lived in Niguel Shores since 1998. Kent was born in Chicago and served in the Army Special Forces Unit at Fort Bragg, North Carolina. He completed his airborne training at Fort Benning, Georgia. Most of his professional career was in the healthcare industry, having worked for 36 years with Johnson and Johnson Company both here in the United States and overseas. Kent is no stranger to volunteering; he presently



Emergency Preparedness Committee: Kent Wellbrock, Jeannie Sticher, Jan Sener & Linda Foth

serves on the Orange County Sheriff's Search and Rescue Unit, with the bloodhound and air support teams, as well as the Orange County Sheriff's Department's Emergency Operations Center Disaster Services Team. He has taken courses from the American Red Cross and FEMA and is a member of the Coast Guard Auxiliary. Obviously, Kent's experience will serve him well as he begins leading this group.

Jan Sener is our next committee member and also is no stranger to emergency preparedness. Jan has been a resident

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## 2012 Niguel Shores Real Estate Report

by Steve Weiser, Niguel Shores Realtor

In 2012, 38 homes were sold in the Shores, an increase of 46% compared to 2011. The average selling price also increased by 9%. Homes rallied to sell faster in 2012. On average homes sold in 83 days versus 119 in 2011, when listing inventories were running at historic lows. Compared to all of Dana Point, The Shores year to year price appreciation at 9% was more than double that for the city.

The chart below shows actual sales and average price for each tract in the Shores. The Pie Chart displays the year to year percentage price change by tract.

2012 Sales	Property Location	2012 Avg. Price
11	Inland Garden	\$ 674,463
9	Oceanside Garden	\$ 1,175,444
6	Sea Terrance	\$ 787,500
5	Custom Homes	\$ 3,028,600
3	Villas	\$ 918,666
2	Broadmoor	\$ 1,335,000
2	Terrace	\$ 1,294,250
<b>38</b>	<b>Totals</b>	<b>\$1,207,383</b>



Notable changes in price compared to last year were: Inland Garden homes average price was lower than 2011 by 7% (this decrease was largely due to several very low priced 2012 short sales and foreclosure bank sales). Custom Home prices were lower by 26% (reflecting weaker demand for luxury homes and price reductions by motivated sellers). Both the Oceanside Garden Homes and the Villas experienced strong demand pushing prices much higher than the previous year. Finally, there were too few sales in the Terrace or Broadmoor tract to make any pricing changes statistically relevant.

Most indicators point towards an improving 2013 Niguel Shores real estate market. Even though a few tracts showed year to year price reductions in 2012, we expect all tracts to have positive price appreciation and robust sales in 2013. Niguel Shores is strongly 'in demand' again.

[SWeiser@ReMax.net](mailto:SWeiser@ReMax.net)

[www.Shores-Homes.com](http://www.Shores-Homes.com)

NSCA is not responsible for any work done nor are we recommending any of the advertised companies

# BOARD ACTION SUMMARY

## FEBRUARY 5, 2013 BOARD MEETING: (General Session)

### ACCEPTED AND FILED:

- Financial Reports
- General Session Committee Minutes

### APPROVED:

- General Session Meeting Minutes of January 22, 2013
  - Transfer of year end surplus to reserves
  - Appointment of Kent Wellbrock as chairman of the Emergency Preparedness Committee
  - Re-appointment of Jerry Koppang as the chairman of the Architectural Committee
- Approve Architectural Committee meeting date/time change
  - Proposals for turf reduction project
  - Proposal for repair to Breakers Isle gate

**DISAPPROVED:** none

**HEARINGS/MEETINGS/PRESENTATIONS:** none

### REVIEWED/DISCUSSED:

- Audit timeline
- Master landscape project update
- Gatehouse project update
- Correspondence from homeowner regarding gatehouse project
  - Manager's report

**TABLED:** none

## FEBRUARY 19, 2013 BOARD MEETING: (General Session)

### ACCEPTED AND FILED:

- General Session Committee Minutes

### APPROVED:

- General Session Meeting Minutes of February 5, 2013
  - Appeal of AC disapproval
  - Logo designs submitted by Men's Club
    - Removal of trees on Manta Court
  - Proposal to repair deck in Sea Terrace I
  - Proposal to replace portable picnic tables
  - Proposal to remove tree on Atlantic Drive

### DISAPPROVED:

- Homeowner request for reimbursement for lateral sewer line

### HEARINGS/MEETINGS:

- Appeal of AC disapproval

### REVIEWED/DISCUSSED:

- Architectural appeal
- Master landscape project update
  - Gatehouse project
- Homeowner correspondence regarding the condition of the beach revetment
  - Manager's report

**TABLED:** none

## FEBRUARY 5, 2013 BOARD MEETING: (Executive Session)

### ACCEPTED AND FILED:

- Executive Session Committee Minutes

### APPROVED:

- Executive Session Meeting Minutes of January 22, 2013

**DISAPPROVED:** none

### HEARINGS/MEETINGS:

- Violations of Rule 6435

### REVIEWED/DISCUSSED:

- Legal correspondence
- Outcome of Rule 4112 violation
- Continued violation of Rule 3103
  - Manager's report

**TABLED:** none

## FEBRUARY 19, 2013 BOARD MEETING: (Executive Session)

### ACCEPTED AND FILED:

- Executive Session Committee Minutes

### APPROVED:

- Executive Session Meeting Minutes of February 5, 2013

**DISAPPROVED:** none

### HEARINGS/MEETINGS:

- Violation of Rule 4112 and Rule 4121

### REVIEWED/DISCUSSED:

- Legal correspondence
- Small claims action
- Correction of CC&R Article IX, Section 18/19 violations
  - Manager's report

**TABLED:** none

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

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



**2013 Annual Meeting & Election:** 2013 Candidate Nomination Forms for the two open positions on the Board of Directors need to be submitted to the NSCA office by 5:00 p.m. on Tuesday, March 12. Candidates can still be nominated after this date, but they will not be formally listed on the ballot mailed to all homeowners. If you love this community and want to be a part of keeping the Association running effectively and efficiently – please consider serving on the Board and offering your time and commitment for a great purpose.

Two important dates to mark on your calendar: (1) **Meet the Candidates Night** scheduled for Tuesday, April 16 at 6:00 p.m. This forum provides an opportunity for homeowners to hear from each candidate and ask questions. It is scheduled prior to the mailing of the ballots, so everyone can be prepared to vote once the ballot is received. (2) The **Annual Meeting** is scheduled for Tuesday, May 15 at 7:00 p.m. in the Clubhouse.

**Beach Revetment Discussion — Open Forum March 19:** As mentioned in The Helm article, the Open Forum at the March 19 Board meeting will be focused on the beach revetment and what actions have been taken by the Board with Orange County Parks as related to its repair. This will be an informative meeting.

**Turf Reduction Landscape Project:** On Tuesday, February 12 at 6:30 p.m., Harvest Landscape and South Coast

Water District (SCWD) made a presentation to residents in the ClubHouse explaining why the turf reduction project was introduced, how it will benefit the community and explained the general plans for the areas noted on the maps. By removing slightly more than 10 percent of our 900,000 square feet of turf, we are able to save money, save water and prepare for additional savings should water rates ever increase (which they probably will). The thought of turf reduction may raise some concerns, but actually the areas that have been identified are passive areas: sections that are either smaller patches of turf which have improper irrigation, or areas that are remotely located and hard to maintain. This project will not take away from the beautiful green belts that are appreciated by all.

Thank you to those residents that attended the presentation and/or have responded to the information provided on the Website. Management has received constructive comments regarding the different areas identified for turf reduction and several areas have been modified to address the concerns. The area maps showing the turf reduction project are posted on the Website. Harvest began work on Area 3 in February. The turf removal will take about two to three weeks and then planting will begin. All of this work must be completed and verified by the water district by June 1 for NSCA to receive a water district rebate.

The turf area located along the Mariner Drive entrance was included in the Water District's program, but the Board has not approved this area yet. In March, a special meeting will be scheduled for the Board to interview Landscape Architects for the preparation of designs for the front entrance. Over the last year, there has been much discussion about the entrance so this is a good step forward. The meeting will be scheduled in March and will be properly noticed.

**St. Patrick's Day Celebration:** The Recreation Committee has planned a St. Patrick's Day celebration Sunday, March 17 from 4:00 to 6:00 p.m. at the Community Center patio. Come enjoy complimentary green beer and corn beef sandwiches with the neighbors, friends and family.

— Deborah Baker



**Surf's up!**

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**SEA TERRACE II TOWNHOME ASSOCIATION  
ELECTION ANNOUNCEMENT**

At our annual meeting on February 11, we counted the votes for board members for the 2013-2014 year. A total of 42 ballots were cast, including three that were invalid. The final vote was 39 votes for Jeannie Sticher and 39 votes for Joe Ross. There were no other candidates on the ballot. At a subsequent meeting the same night the board members elected the officers.

*The results were:* **Joe Ross** — President, **Adrienne Ruben** — 1st Vice President, **Jeannie Sticher** — Secretary, **Gary Mitchell** — Treasurer

NSCA is not responsible for any work done nor are we recommending any of the advertised companies

of Niguel Shores for approximately ten years, she is originally from Michigan and relocated to San Clemente where she raised her family and lived for 24 years. Jan has three married sons and four granddaughters, all living in Southern California. Jan recently retired from a thirty-year career in law enforcement, where she worked for the San Clemente Police Department and the Orange County Sheriff's Department. Jan served as Director of the Crime Prevention and Community Programs where she was responsible for helping community members work with law enforcement to create safer communities and neighborhoods. Jan is a member of the National Crime Prevention Council's Board of Directors which is located in Washington, D.C. Jan believes in the power of the human spirit and is "proud and honored to work in her own neighborhood" as we develop our emergency preparedness plans.

Linda Foth and her family have lived in Niguel Shores for 20 plus years and also has had considerable training in emergency preparedness. She is a former teacher, who has served as a Boy Scouts of America leader for many years. Linda is a member of the City of San Clemente's Community Response Team and the San Clemente State Emergency Radio Communications team. Linda is certified by the American Red Cross in First Aid. She believes that surviving a major disaster is a group effort and has always realized the importance of "being prepared". Linda is happy to be part of the Niguel Shores group that will help us develop the skills and knowledge we hope we never have to use, but are very glad to have if needed.

Our final volunteer is a name perhaps familiar to many of you. Jeannie Sticher moved to Niguel Shores several years ago from Chicago. She was happy to leave Chicago's cold winters behind and is enjoying a much warmer and sunnier California lifestyle. Jeannie became an active volunteer soon after moving to the Shores and has served on numerous committees and became involved in a number of special projects. Jeannie served as a member of the Master Landscape Committee; she was involved in the search team established to hire our new General Manager. Jeannie has been Secretary for the Sea Terrace II Association and the Women's Club. Jeannie joined the Finance Committee two years ago, and is presently the Chair for that Committee. Professionally, Jeannie teaches at UCI in the International Program. Prior to moving to California, Jeannie worked in corporate sales, marketing and human resources. Jeannie led two safety and disaster teams one in Chicago and the other in Arkansas.

As you have read from their bios, our community is extremely fortunate to have a group of individuals with such comprehensive backgrounds in emergency services and disaster response step up and help us become better prepared. The committee is scheduled to meet monthly and will share their visions and plans with us both in the *Seashore News* and on the Niguel Shores Website ([www.niguelshores.org](http://www.niguelshores.org)) as they move forward. (Read its first committee report below.)

— Patti Staudenbaur

## COMMITTEE REPORTS

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### EMERGENCY PREPAREDNESS

In the February issue of the *Seashore News*, it was announced that the Board of Directors has established a NSCA Emergency Preparedness Committee. Its primary intent is to provide information and resources to keep our residents up to date on measures they can take to prepare for various emergencies and home safety.

We plan to use monthly updates in the *Seashore News* and on the Website ([www.niguelshores.org](http://www.niguelshores.org)) to bring to bring useful suggestions and tips on how we can all be better prepared for unexpected events. We chose our first topic as:

**How to Prepare for Electrical Power Outages:** How about a little quiz to start us off?

1. How long will a power outage last?
2. How will we/I communicate with people outside my home?
3. What will I do to see better after darkness?
4. What will I do if my refrigerator/freezer doesn't have power?

5. What if I need to get my car out of the garage?
6. How will I keep cool/warm if it's Winter or Summer?
7. How will I be able to cook if I don't have a gas range/oven?

Think you have answers to these questions? Check out some of the suggestions below:

1. Many power outages are a result of our local utility having a defect in a generating plant or to regulate electricity in a high usage environment such as extremely hot weather. This could last for a brief period or many hours or even days, thus the reason to be prepared.
2. To communicate with someone outside your home you should consider having a cell phone or pager. If you have a computer, keep it backed up regularly and consider buying extra batteries if you use a laptop. Also, having a DC converter allows most laptops to be run off the cigarette lighter in a vehicle. Make sure you have a battery powered radio/alarm clock or one that uses a hand crank or solar power. And, of course, don't hesitate

# COMMITTEE REPORTS

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to walk next door to get assistance from a neighbor. Remember too, if you have to leave home, keep your car half full of gas since gas stations can't pump gas without electricity.

3. You should have more than one flashlight with fresh backup batteries. Candles are a good reserve but make sure they are on the right surface and anchored to insure stability. Don't forget to have matches! You can also purchase lights that plug into outlets and come on in power outages and last for a number of hours. Not a bad idea to turn on one light so you will be alerted to when the power comes back on. For more elaborate backups you might consider portable generators or inverters, but these come at higher costs and other considerations such as gasoline storage and the need to operate outdoors.
4. Some important tips for using your refrigerator if the power goes out: if it's only several hours it shouldn't be a problem. Grouping items closer together in your refrigerator will slow warming. Consider using some plastic containers full of water in your freezer so they will keep food cold longer or if you want to move them to a small ice chest to keep medications cold if that's a requirement. Also, keep the fridge & freezer doors closed as much as possible to conserve temperature.
5. Many of us have electric garage door openers that would be inoperable without power. Make sure you know how to disengage the mechanism that raises & lowers the door before you attempt to open or close the door. However, many doors are heavy and difficult to open or close manually. Ask that weight lifter next door to help if you must get your car out. Also, some newer garage door openers have backup batteries if you're considering buying a new opener.
6. In cold weather you can rely on things you already have in the closet: coats, sweaters, blankets. How about a gas or log burning fireplace? When it's hot, open the windows in warm weather and use some battery powered fans. Sitting on the patio at night under the stars wouldn't be so bad either. :-)
7. What if you can't cook without power.... Rough it for a few hours. Fire up the gas grill. BUT, don't forget to have a manual can opener to open those canned good for you and your pets. AND, keep a corkscrew for that bottle of wine with candlelight and some conversation until the power comes back on.

We certainly haven't covered all the bases on being 100 per cent prepared for a range of emergencies we might face in our homes. But, we hope this first edition from the (EPC)

Emergency Preparedness Committee stimulates your desire and need for being better prepared. Talk to you next month

— Kent Wellbrook

## LANDSCAPE

Conserving water and optimizing the irrigation system for healthy plants and landscape are year-round concerns at Niguel Shores. With that in mind, Harvest is moving forward with the turf reduction project. Color-coded maps showing the areas where turf will be removed are available at the office and on the Website at [www.niguelshores.org](http://www.niguelshores.org). As has been stated at community meetings, in the *Seashore News* and on the Website, Harvest will not be removing turf in the large greenbelt areas.

Our General Manager, Deborah Baker, along with the area representatives and Harvest staff continue to walk/drive through Niguel Shores to identify problems and needed improvements in all areas of the community. We again would like to say thanks for this valuable time together. All residents can also be part of this conversation by using the Homeowner Request Form (HRF) to communicate your concerns or questions. This form is available in the office or on the Website. Communication among the Board, Management, Harvest and all Residents will help keep Niguel Shores looking great.

Have you noticed the apple blossoms...Spring is just around the corner, enjoy!

— Ellen Dovey

## MAINTENANCE

### Events Happen in Three's

Time and Mother Nature are more than capable of keeping our Maintenance Department busy with repairs and refurbishments. However, this past month the normal wear and tear has been getting some unwanted help from three instances of vehicle damage.

A driver failed to set the brakes on a truck he had parked on Selva. The truck rolled across Selva and into our perimeter block wall taking out a fifteen foot section. It took a while to get competitive bids and for insurance claims to be approved. In February a contractor was hired to rebuild the wall, which has now been completed.

A truck hit the Breakers Isle entrance gate damaging the hinges and making it necessary to keep the gate open until repairs were completed. The repair involved removing and replacing some concrete, building a new support system for the hinges and bringing in a fork lift to remove and replace the gate. With repairs completed, the gates were repainted.

At 4:00 p.m. on a Friday afternoon a car hit the Garibaldi Gate. These things usually happen late Friday when the Maintenance

# COMMITTEE REPORTS

people are about to go home for the weekend. Fortunately, Maintenance was able to keep the gates operational over the weekend. Repairs required replacing four of the gate pickets, fixing the gate arm assembly, fixing the gear box and painting. The contractor had some problems obtaining the correct replacement parts so the gate remained open longer than expected.

Legend says that *events happen in three's*. Hopefully these three fulfill our quota and we can now get back to normal maintenance issues.

—Jack Christiansen

## POTLUCK



**When:** Sunday, March 17

**Where:** Niguel Shores ClubHouse

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

Come join your neighbors and celebrate St. Patrick's Day. Bring a main dish, salad or desert to share. You also need to bring your beverage of choice [green beer perhaps!] You should bring your own table service and a \$1 to cover incidental expenses.

If you have attended Potluck before, you will receive an Email invitation. Please respond whether or not you are coming.

If you have never been to Potluck before, please come and join your friendly neighbors. Call Ann Christiansen 248-1962, Irene McDonald 481-3035 or Gretchen Rask 489-2259. We will be happy to take your reservation and answer any questions you may have.

—Irene McDonald

## RECREATION

*Everyone is having the Luck of the Irish this month.*

**March 17 — St. Patrick's Day Celebration:** 3:00 to 5:00 p.m. on the patio at the ClubHouse: Green Beer, Corned Beef Sandwiches and entertainment. Compliments of the Recreation Committee.

**March 17 — Potluck:** 6 p.m. to ?? Potluck details in the adjacent article.

**March 21 — Kookie's Evening Cooking Class:** 6:00 to 8:00 p.m. This will be a new class with a menu for family meals. Bring your own wine to have with your meal and enjoy the demonstration. Cost is \$39. Sign up in the office, pay at the class.

**May 5 — Cinco De Mayo:** 4:00 to 7:00 p.m. Cinco De Mayo Taco Cart Celebration. D.J. music. Tickets for sale in the office \$10.

**May 26 — Beach Bluff BBQ:** 4:00 to 6:00 p.m. Bring your own food and drinks. Enjoy with your neighbors the BBQ cart provided.

**July 4 — Our annual wonderful celebration.** Details in future months

**July 27 — Food Trucks:** 5:00 to 8:00 p.m. With D.J.

**August 17 — Beach Bluff Concert:** 5:00 to 8:00 p.m.

How lucky to live in Niguel Shores with all these activities available. The Recreation Committee hopes to see you at these events.

—Carol Yocom

## COMMUNITY ACTIVITIES

Dana Point Symphony, March 8, 7:30 p.m., St. Edward's Church, 33926 Calle La Primavera. Tickets are \$15 for adults, \$10 for seniors. Check danapointsymphony.com for tickets and further programs.

AARP Driver Safety Program (55 Alive). Call 949 496 4252 for details, times and dates.

Beach Cities Senior Trips: Call Evie Love, Tour Director, at 949 496 4109: Trips to casinos, trip to Space Shuttle Endeavor 2/21/13 and 3/24/13, the Ahmanson Theatre to see *The End of the Rainbow* direct from Broadway (Judy Garland's life).

—Carol Yocom

## TRAFFIC AND SAFETY

**Be a good Host:** Last month 165 vehicles were cited for parking in our community without either a bar code affixed or valid guest pass clearly displayed. It might be speculated that in many cases the driver of the vehicle was likely properly in the community, but simply did not want to undergo the hassle of displaying a current pass or renewing an old one. Starting this month, these vehicles will become subject to being impounded. To recover a car from an impound lot is relatively expensive, and truly does not financially benefit anyone living here. Along a similar line, guest vehicles that are parked in designed resident parking slots down at the Bluff are regularly being cited and impounded. Finding out that one's car has been subjected to impound is a pretty negative experience that may be avoided if we as residents take a quick moment to remind our guests to simply **lock** their parked cars and **display** their valid guest pass. Of course, if they go to the Bluff, remind them that guests have to park on the top tier.

**Lock it or Lose it:** Late at night there is a thief or thieves that occasionally walk about in our community. Their target is almost always an **unlocked** car or truck, and they rifle through it taking whatever might be of value to them. During the past month we had at least four such incidents that were reported. In the past couple of months the thieves have taken a substantial amount of loot in addition to the contents of two



# COMMITTEE REPORTS

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wallets that had been trustingly left inside vehicles. I suspect that we have more victims than anyone realizes. In these unreported cases, the stolen property was probably relatively small and/or it was so incidental the victims did not even notice it missing. What appears to be a bit unusual is that thieves that are capering here are opportunists and only **enter unlocked vehicles**. Avoid being a victim and don't leave items of value in your cars, and no matter what, lock 'em up when we park them. Should we fall victim to a crime, we must report it to our police department. The matter may not ever be resolved to our satisfaction, but it will ensure that our community is allocated a proper share of police resources. God Bless.

— *Tim Murphy*

## WWW.NIGUELSHORES.ORG

Web...log...on...click...visit...home...scroll...link...browse...surf. Ten familiar everyday words that take on new meanings in our computer internet world. Over 80 percent of the United States population is connected to the Internet through computers, tablets and of course, smartphones. In

## CLUBS

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### GARDEN CLUB

February's meeting was a workshop on dealing with common garden problems, e.g., pests, mulching, watering and plant location. Also presented were some helpful hints for the gardener.

At the March meeting on the 18th, the assembled throng will hear from Karl Kuhn, a serious "birder." He'll speak on migrating birds and feathery residents of Niguel Shores.

**More on Herbs\*** (continued from January): Herbs, like most plants are either annuals like basil, cumin, chamomile, dill and fennel; or perennials like chives, lavender, lemon grass, oregano, rosemary - and let's not forget thyme. Parsley is one of the few common herbs that is a biennial. However, unless you want to harvest the seed, you can treat it like an annual and plant new plants each season. \*These may not be hardy in all regions of the country. Check your zone ratings.

**Herb Garden Design:** Herbs make great container plants. To grow herbs successfully in containers or window boxes, you'll need a pot that has adequate drainage holes. Use fresh potting soil each year and keep the container well watered and fertilized. Try different combinations such as purple-leaved basil mixed with creeping thyme, or silver-leaved sage planted with curled-leafed parsley. Large perennial herbs, such as rosemary and lavender, can have their own

America, there are more cellphones than people.

Our Website at [www.niguelshores.org](http://www.niguelshores.org) will give you an opportunity to practice your high tech skills in an always user-friendly atmosphere. Log on to the Website and take a few minutes to browse the Homepage. This first page gives you all the latest headline news happening at Niguel Shores. The photo gallery starts on this page and you can also link to featured events, news, committees and clubs. Scroll down to the bottom middle of the Homepage, under Blogroll (another internet term) and take a look at the community information that is just a click away. For all the surfers...the water kind, not internet...there is a beach camera Website that also contains information on Dana Point tides and surfing conditions. Other interesting information under the Blogroll: Dana Point Crime Blotter, Dana Point Harbor, Library and Police Service information including addresses and phone numbers.

Is there a feature you would like to add to the Website? Let Matt Northrop know at [mnorthrop@niguelshores.org](mailto:mnorthrop@niguelshores.org). We always welcome your suggestions, comments and questions.

—*Matt Northrop, Patti Staudenbaur and Ellen Dovey*

pot and be over wintered indoors in cold climates. You'll be amazed at how attractive and useful these potted herbs can be.

**Soil Requirements:** In general, herbs prefer a moderately rich soil. An overly rich soil (or excessive fertilizing) can lead to vigorous growth. However, many people find that the flavor of over fertilized herbs is bland, probably due to reduced essential oil content. Many culinary herbs, such as thyme and oregano, are of Mediterranean heritage and are accustomed to growing in gravelly soils. The soil in your herb garden should have excellent drainage. If yours doesn't, consider growing your herbs in raised beds or containers. Culinary herbs with different leaf textures and colors are best grown close to the house where they can be easily harvested and enjoyed for their beauty. Perennial mints, including spearmint, apple mint, and peppermint, are very vigorous and can become invasive. Rather than planting them directly in the garden, grow the plants in containers, and then sink the containers into the garden. This will contain the roots and limit spreading.



Herbs can provide important habitat for beneficial insects. Dill and fennel are two herbs beneficial insects particularly like.

**Broccoli Raab:** If you're into gourmet cooking, one of the latest hot culinary items is broccoli raab. Broccoli raab, (sometimes called broccoli rabe) is actually not broccoli.



# CLUBS

It belongs to the turnip family of vegetables but got its name because it grows florets that are similar in appearance to traditional broccoli. Broccoli raab likes cool temperatures, and seeds can be sowed directly into the soil in early spring. Once sown, broccoli raab takes little effort to grow a successful and tasty crop. Give it a try and impress your dinner guests.

—*Morry Meadow*

## MEN'S CLUB

The Niguel Shores Men's Club meets every first and third Tuesday of the month at the ClubHouse for breakfast and the opportunity to get together with our neighbors. All men who are residents of Niguel Shores are welcome and encouraged to join us. We are always looking for new members. Our last meeting was on February 5 at which Terry Walsh of the Dana Point Historical Society gave a fascinating talk on the origins of our city. On Tuesday, February 19, our speaker was our Niguel Shores General Manager, Deborah Baker. Jack Sweeney and his team always provide a delicious breakfast.

The Men's Club is both social and philanthropic. We have golf outings, an annual trip to the races at Del Mar Race Track, a Christmas dinner, and of course our famous 4th of July Pancake Breakfast, which helps support our Dana Hills High School Scholarship Fund. Please join us!!

—*Bill Talley*

## WOMENS CLUB

The March luncheon is on the 14th in the ClubHouse at 12:00 and, we're going to see a movie! The son of our member, Hansa Sehgal, has produced an entertaining and

informative documentary, *Craigslist*, which he has generously offered to have shown at our lunch. The story is about Joseph Garner, a 29-year-old American who decided to go off on his own to see if he could survive solely on the support of "America's new town square: Craigslist." He set out with his laptop, cell phone, toothbrush and the clothes on his back and for 31 December days and nights intended to find everything he needed on Craigslist—food, shelter, transportation and companionship. Don't miss the opportunity to see this wonderfully interesting look at our country and the generosity and goodwill of people that Joe met on his adventure.

You will receive your e-mail invitation on Thursday, March 7, and are asked to reply by 5:00 p.m. on Sunday, March 10. If you plan to attend, you will be informed by e-mail whether or not to bring a salad.

For those of you who are not members and have been thinking about attending one of our luncheons and joining, now is a good opportunity to see this excellent documentary and to become a member to have first dibs on tickets for the May 14 Home Tour. Tickets are now on sale in the office for the Home Tour—don't delay.

—*Mary Crowl*



# ACTIVITIES

## BRIDGE NEWS

Please call and let us know you are going to join us for a fun game of Bridge on Wednesday afternoons. We are pleased to welcome all new players. We would especially like to extend an invitation to all men in the community who might be interested in joining our group. Please call Helen at 496-4230. We meet at 11:00 a.m. on Wednesday and play until about 2:30 or 3:00 p.m.

### Our recent winners are:

January 30 Judy Bates and Dorothy Horany  
February 6 Margaret Brugger and Sally King  
February 13th Jeanne Bookai and Margaret Brugger

—*Helen Campbell*

## EMERITUS

This is an update on the Saddleback College's Emeritus Program: *Film as Literature*, is now being offered in our ClubHouse on Monday afternoon at 2:30 p.m. The movies resumed after President's Day with a focus on "Love with Complications" as part of the plot element, influencing characters and theme.

A list of the films is available to attendees as they arrive to sign in. The number of enrollees is limited and the class is now full and many of our residents have not been able to sign up. However, I have prevailed upon the instructor and am requesting the Board to provide some latitude. Most of the people who attend the class are residents, relatives, or friends of residents.

# ACTIVITIES

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Many thanks to the Niguel Shores Board for allowing this class to continue; I know it is *enjoyed* by all who attend!

— *Bunny Ross*

## LIBRARY NEWS

The Dana Point Library has a new children and youth services librarian, Ericka Reeb. Ms. Reeb plans to continue the already established preschool and toddler Story Times on Tuesdays beginning at 10:30 a.m.; the Sunshine Readers' Pajama story time scheduled for Friday, March 25 beginning at 7:00 p.m.; the Read to a Dog program on Saturday, March 23 at 11:00 a.m.; and the After School Craft time on March 7 at 4:00 p.m.

Ms. Reeb would also like to develop programs for young adults and teens and is in the process of researching what would work best for our community. All of this information with the monthly dates and times is available at the Library. Also, the Niguel Shores Website has a direct link to the Library at [www.niguelshores.org](http://www.niguelshores.org). The link is located on the Website home page, bottom center, under *blogroll*.

The Friends of the Dana Point Library bookstore officially reopened on January 31 and celebrated with a party on February 9. All are looking forward to assisting with the needs of the Dana Point Library. Some interesting news for all eBook owners: the Orange County Libraries, including the Dana Point branch, offer free downloads of eBooks to almost all electronic readers. For more information and assistance, visit your local library or email: [eSupport@ocpl.org](mailto:eSupport@ocpl.org).

— *Ellen Dovey*

## OREO BOOK CLUB

The Really Serious Oreo Cookie Book Club met February 20 at the home of Rich Schwartz to discuss the book *Red Dust* by Ma Jian. Janet MacKaig recommended the book and led us down the dusty path of exploration along with the author's solo adventure down the Old Silk Road and into the homes and lives of the villagers that lived in these rural outposts of contemporary China. We discover a people bound by narrow mores and fearful of moving outside their bounds. We also discover an author who is shallow and self-serving, one that moves us neither emotionally nor intellectually. We shall not visit him again.

For March the Club will be reading Rachel Maddow's *Drift: The Unmooring of American Military Power*. We will meet on March 20 at 1:30—location to be announced.

— *Norton Schwartz*

## PAGE TURNERS

Page Turners Book Club will meet this month to discuss, *1000 White Women*, by Jim Fergus. Once again, I haven't had a chance to read this and had to rely on a review from two Amazon readers.

The premise is based on an honest request made at a peace conference by a Cheyenne Indian Chief in the year 1854 to trade white women for horses. The women would become brides and the children of these unions would make assimilation into the white man's society easier for the Indians who astutely saw the future at hand, and were looking for a peaceful solution. The author assures us that in real life this never took place but, in this book it does, and the story that follows is nothing but magnificent.

May Dodd has been betrayed by her upper-class Chicago family, and wrongfully imprisoned in a mental institution for loving a man below her social class. She is offered the opportunity for release if she will participate in a government-sponsored campaign to send white brides to Cheyenne warriors in order to eventually assimilate the "savages" into the world of the white man. What follows is the journal of her travels out west, the other women volunteers she befriends, and her experiences living with the Cheyenne tribe as the wife of Chief Little Wolf. What a concept for a book. I can't wait to start reading it.

The Monday morning group will meet on March 25, at 10:00 at the home of Chris Beaver at 24121 Windward. The discussion leader, Ginny Nevitt, will be at both Monday meetings. The Monday afternoon group will meet at 12:30 in the home of Hansa Sehgal, 33671 Windlass. The Thursday afternoon group will meet at the ClubHouse at 1:00 on March 28.

For more information about Page Turners contact: Gretchen Rask: [grask707@gmail.com](mailto:grask707@gmail.com)- 489-2259- Monday morning. Diane Hearne: [Phearne4@cox.net](mailto:Phearne4@cox.net)- 661-6267- Monday afternoon. Lisa Buchner: [lisabuchner@cox.net](mailto:lisabuchner@cox.net)- 496-9546-Thursday afternoon.

— *Lisa Buchner*

## SOCIETY FOR CIVIL DISCOURSE

On Friday, February 15, The Society for Civil Discourse met for a discussion on The Boy Scouts of America's impending decision about allowing declared homosexuals to participate as members (or adult troop leaders). Currently, homosexuals are denied membership on the grounds of not being "clean" (as required in the Boy Scout Oath) or "morally fit" (as required in their charter). One side felt that tradition should be maintained and that change might rip the movement asunder. The other side believed that contemporary morality dictated that a change was needed.

The Civil Discourse Society will now meet only once a month, on the third Friday, we will continue to meet at the Library at 10:00 a.m. The topic for the next meeting will be *drones for killing US citizens* — who should approve the kill list? Should there be such a list? What about drones for domestic spying? It was decided that members be required to do research on the topic if they plan to attend. John Hall will lead the discussion.

— *Norton Schwartz*

## MEN'S GOLF

January 22 opened a new golf season. The tournament was held at Tijeras Creek which is a beautiful course that has a back nine that can swallow up golf balls quickly. Since we all love a challenge, we got out our old scuffed up balls and tried to conquer the course.

The game was the two best net of four balls. In other words, only two players per team counted their scores on each hole. First place went to the team of Bob Russell, Kent Wellbrock, Matt Kelliher, and Peter Rask with 117 pts. Second place went to the team of Bill Johnson, Morry Dohner, Mac Brown, and Gary Katsuki with 123 pts. Third place went to the team of Roy Dohner, Mike Baskins, Bill Verbrugge, and John Monson with 128 pts. Closest to the pin on #7 went to Peter Rask and, on #14, to Bill Johnson.

On February 26 we headed back to a favorite Twin Oaks Golf Club. On March 26 we will play Pala Mesa in Fallbrook, a great course that is on the schedule for the first time. On April 30 we play at The Crossings in Carlsbad and, on May 28, at Arrowood in Oceanside.

**Golf Partner:** *Alex comes home after his regular Saturday golf game and his wife, Amanda, asks why he doesn't include John Gumby in the games anymore. Alex asks, 'Would you want to play with a guy who regularly cheats, swears outrageously over everything, lies about his score, and has nothing good to say about anyone else on the course?' 'Of course I wouldn't,' states Amanda. 'Well,' mutters Alex, 'neither does John Gumby.'*

—Bob Russell

## WOMEN'S GOLF

The most important information is that Niguel Shores Women's Golf club will meet at Aliso Creek Golf Course on Monday, March

11, at 9:00 a.m. for a 'Fun Day.' Also, on the second Monday of every month, April 8, May 13, and so on, your friends and neighbors gather for a friendly nine holes of golf followed by a lunch/meeting at the golf course snack bar and you are invited to join them. A sense of humor and just a bit of a competitive nature are the only requirements for membership. A Calloway System is used for scoring, so a golf handicap is not necessary. If this interests you, you might call Gretchen Rask (489-2259) or Pam Strayer (499-4737) who are planning the game-of-the-day for March. They will add your name to players for the day. If you want to know more about the club, you might call Marlene Lynch (493-6494) or Lee Sweeney (661-5924) who are president and vice-president respectively.

In February, hearts and flowers reigned. As a Valentine gift, each player was told to circle three holes before she teed off for her round of golf. The gift part: after she turned in her score card at the end of nine holes, those scores were deducted from her total score. This allowed Judy Boitano to post a gross score of 24 and win the game of the day (a birdie on hole #6 helped). Brenda Tuckley took the prize for the lowest number of putts for the day with 15. Gretchen Rask took the prize for being closest to the flagstick in two shots on the 4-par hole #9.

The weather cooperated beautifully and about 20 members showed up at Aliso Creek for the day. Some came especially to bid farewell to one of our most loyal members who moved to Texas the end of February. May Gramer expressed her delight in the friendship she had enjoyed in the club, "Since day one," as she said. She will be missed.

Why should you never iron a 4-leaf clover?  
You don't want to press your luck!

Happy St. Patrick's Day!

— Ceacy Johns

## YOU ASKED ABOUT A RULE...

### **What do you mean that's not a driveway? Why can't I park there?** by Karen Decker

Sound familiar? If so, then you probably reside at a property within Niguel Shores that was originally constructed with a long driveway apron and not an actual driveway. The Niguel Shores Community has defined a driveway as a hardscape surface placed solely on private property that shall be no less than seventeen feet (17') in length and eight feet (8') in width (*Rule 3134*). These driveway dimensions apply to properties with a front facing garage that were constructed to accommodate parking for two vehicles. Properties with a side facing garage

have been primarily constructed to accommodate parking for one vehicle as opposed to two. So what do you do if you have no driveway and more than two vehicles? Well your Association has come up with a fairly easy process to help you through this dilemma. It has provided under *Rule 6405* a means of parking on the street and in a valid parking space without receiving those pesky citations. Residents that are interested in finding out how to apply for a parking waiver should feel free to contact the NSCA Management Office for further assistance.





# Carol's Cuisine Corner

*Easter is early this year, March 31. How about a year to try different types of cuisine: Thai, Mexican, Chinese, Italian or the usual American foods. Here are some ideas you might like to experience. Please call for reservations.*

**Avila's El Ranchito:** 204 Avenida Del Mar, San Clemente, 498-5000. Other locations in Laguna Beach, Laguna Niguel and Lake Forest. Regular menu.

**Royal Thai Cuisine:** 1750 S. Coast Highway, Laguna Beach, 494-8424. Hours: Lunch 11:00 a.m. to 3:00 p.m. Dinner 5:00 p.m. to 9:00 p.m. Regular menu.

**Luciana's:** 24312 Del Prado, Dana Point, 661-6500. Hours: 5:30 p.m. to 10:00 p.m. Regular menu.

**Peking Dragon:** 34171 Pacific Coast Highway, Dana Point, 493-9499. Hours: 4:30 p.m. to 10:00 p.m. Regular menu.

**Las Brisas:** 361 Cliff Drive, Laguna Beach, 497-5434. Easter Brunch: 9:00 a.m. to 3:00 p.m.

**L'Hirondelle:** 31631 Camino Capistrano, San Juan Capistrano, 661-0425. Easter Brunch: 11:00 a.m. to 3:00 p.m.

**Salt Creek:** 32802 Pacific Coast Highway, Dana Point, 661-7799. Easter Brunch: 10:30 a.m. to 2:00 p.m.

**Five Crowns:** 3801 E. Coast Highway, Corona Del Mar, 760-0331. Easter Brunch: 11:00 a.m. to 5:00 p.m.

**Chaparosa Grill:** 30271 Golden Lantern, Laguna Niguel, 363-9888. Regular menu and Brunch: 9:00 a.m. to 10:00 p.m.

**Chart House:** 34442 Green Lantern, Dana Point, 493-1183. Hours: 11:00 a.m. to 5:00 p.m. Regular menu.

**Ritz Restaurant:** 880 Newport Center, Newport Beach, 720-1800. Hours: 11:00 a.m. to 3:00 p.m. Regular menu.

**Savannah:** 32441 Golden Lantern, Laguna Niguel, 493-7107. Easter Brunch-Bruffett: 11:00 a.m. to 3:00 p.m. Dinner: 5:00 p.m. to 9:00 p.m.

**Wind and Sea:** 34699 Golden Lantern, Dana Point, 496-6500. Breakfast, Brunch: 9:00 a.m. to 2:00 p.m.

*We always have hotels in the area that will have very special Easter Buffets.....Ritz Carlton...St.Regis... Montage... Marriott Cliffs. Have a Happy Easter at one of the restaurants. Bon Appetite! Carol Yocom*

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

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

—Unknown

Last month's article ended with a reference to Peter Harrison "the bird guy." I have received a letter from him about the autumn migration. He will be a leader on a trip to Egypt and states that "Birds from Europe and Asia will be flying overhead on their way down to Southern Africa: birds of prey, eagles, white storks, nightingales, shrikes, warblers, flamingos. There will literally be over one million birds migrating." Dilemma—look at the pyramids or look at the birds.

The National Tour Association states there have been significant changes in its markets. Ten years ago, 85 percent of their clients were seniors, compared to 30 percent now. Younger travelers are influencing changes like a continuing reduction in group size and length of tours as well as more customizing of tour products. Families are the fastest growing leisure travel market. Forty-four percent of all

leisure travelers brought children along in 2012 up from 26 percent in 2000. Time to plan a family trip. (Their definition of family is any combination of family members traveling together regardless of age.)

Hot Tip...on how to make a long flight more enjoyable. Friends recently flew to Australia in coach. Tucked in their carry-on was a two pound box of See's Candy. When settled in their seats they called for the flight attendant and presented the candy with the advance thanks for their help on the flight. Magic happened...attendants kept stopping by with champagne and various "goodies" only passed out in business and first. They even received a bottle of champagne as they departed the plane. Maybe we all should add a box of See's to our "don't forget" travel list.



*"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)*

## Childhood Obesity

You'd have to be on another planet to not be aware of the fact that overweight and obesity are at epidemic proportions in this country...I mean, between the news media and television shows dedicated to this topic, how could anyone be unaware? But many are. To date, two thirds of all Americans fall into one of these two categories. And just to make matters worse, our youngsters are also suffering from these two maladies. For openers, here are a few statistics from the Centers for Disease Control and Prevention:

- Childhood obesity has more than doubled in children and tripled in adolescents in the past 30 years
- The percentage of children aged 6–11 years in the U.S. who were obese increased from 7% in 1980 to nearly 18% in 2010. Similarly, the percentage of adolescents aged 12–19 years who were obese increased from 5% to 18% over the same period.
- More than one third of children and adolescents are overweight or obese.

How did this happen? Well, if you look back thirty years ago, kids walked to and from school, and also spent more time playing outside at school and at home before dinner. Speaking of dinner, it was prepared at home and included vegetables and usually a glass of milk.



Today, our kids are either on the bus or driven to school. Our frenetic lifestyles convince us we don't have time to cook a healthy meal, so we buy processed convenience fare, or we pick up fast food. With the advent

of technology including TV, kids spend inordinate amounts of time with electronic devices from cell phones to video games and everything in between, resulting in little or no physical activity.

Childhood obesity impacts children's lives in the short term with an increased prevalence of cardiovascular disease, prediabetes, bone and joint problems, sleep apnea, and of course the social and psychological problems that come with being overweight. In the long term, children who are obese are more likely to be obese as adults setting themselves up for a much greater risk of cardiovascular disease, type 2 diabetes, stroke, certain cancers, and osteoarthritis to name a few.

Probably all of us have friends or family who are the parents of a child that could be categorized as overweight or obese...but what can we do? Well, we can offer ideas that can help them, like providing their kids readily available healthy snacks like fruit, suggest taking a walk after dinner, turn the TV off especially during meal times (TV makes people eat mindlessly and usually more), and plan physical activity that is fun and family centered like hikes, walks, and outdoor games. Wrap it all up in love, and you can't go wrong! If you would like to learn more, I highly recommend this Website <http://www.letsmove.gov/> as it's filled with great information that you can use to help turn around childhood obesity...no matter what your walk in life...we need to put our nation's kids on the road to optimal health... and you can help!

*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).*

*In Memoriam*  
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*February 2013*

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**August Rental:** Ocean View! Located at end of cul-de-sac. 3BR, Living room, dining room, family room, 2½ baths, fenced backyard. Convenient to rec. center! (949) 240-7521.

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