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Issue 482

FROM THE HELM

uring the coming year the board anticipates moving forward with several projects related to the long term goal of renewing the Community's common area landscaping. The projects are:

Tree Upgrade Plan: As the Community's landscape matures, the need arises to make improvements that in some cases may involve the removal of certain trees in the common areas of the community. Management working with Harvest, our landscape contractor, will provide the Board with an overview of trees in the Community that may need to be removed and/or replaced in the future. Once the Board has reviewed this plan and determines that a specific tree(s) needs to be removed, management will notify homeowners in the area adjacent to the tree(s) recommended for removal, including reason for removal and any plans for mitigation (such as replacement). This process will give homeowners the opportunity to provide input to the Board before it makes a final decision on the proposed removal.

Mercator Slope: Renewing the Mercator Slope is another key element in our long term landscape renewal plan. At the Board's direction, management has requested proposals from several landscape architectural companies to submit bids for the design of this project. The approach to the design will be to renew the bare and dead areas of the slope, upgrade irrigation as required, all in the most economical manner consistent with long term functionality. Once the plans are completed they will be sent out to several pre-qualified bidders. We anticipate undertaking the renovation this spring.

Turf Reduction: There are several areas within the community that appear to be candidates for turf removal and replacement with plants that take significantly less water. Harvest is preparing a new plan for turf reduction to qualify for additional rebates available through South Coast Water District (SCWD). Approximately 27 thousand square feet of turf are now being studied by Harvest. The first phase of turf reduction covered approximately 87 thousand square feet. As in the case of the tree upgrade plan, homeowner input will be sought to insure that the board is fully informed when it weighs the costs vs. benefits to Niguel Shores of each specific area that may be affected.

Water Run-Off. Harvest has also been requested to provide the Board with a plan to update the irrigation in several areas to avoid water run-off. This project is required by the SCWD. Implementation of this plan will alleviate water runoff onto walkways, driveways, fences, walls, etc. Run-off not only wastes water, it may also be a nuisance and potentially result in fines from the SCWD.

-John Dougherty

THE ARCHITECTURE COMMITTEE

he Architecture Committee is one of the most active committees in Niguel Shores. It meets twice each month on the first and third Mondays at 9:00 a.m. All general sessions are open to the homeowners of Niguel Shores. The Committee is composed of five members who are all Niguel Shores residents. Backgrounds of our members are varied and provide for a good blend of professionalism and communication.



Architecture Committee Members: Seated left to right: Neil Singer, Bob Ryan, Jerry Koppang. Standing: Joe Ross and Marilyn Moon



NIGUEL SHORES TOP REAL ESTATE TEAM OVER 100 YEARS COMBINED EXPERIENCE



Kara Jafarinia



George Pagano



Betty Orlow



Shawn Halan



John Rennie



Bret Johnson



PHIL IMMEL

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GM REPORT

Congratulations to the 2013 Volunteer of the Year Nancy Tinnes

Congratulations on being selected as the Niguel Shores Community Association Volunteer of the Year for 2013. We want to thank you for your hard work and dedication to this community.



Volunteer of

the Year Nancy hores in Tinnes

Nancy and Gary moved to the Shores in

2003 and since then she has given much of her time in service to our little community. Nancy was president of the Women's Club for $2\frac{1}{2}$ years, on the Recreation Committee for 10 years, as well as 10 years as Fourth of July chair.

Nancy takes pride in everything she does, but more important the Fourth of July event, and always starts the planning process ahead of time so there are never any last minute plan changes. She has a calm peaceful demeanor, is organized, reliable and, a pleasure to work with. The July Fourth event at Niguel Shores is a grand event with many volunteers. I am sure all of the people enjoying the event and those volunteering for it appreciate the organization and leadership of Nancy to Chair this event.

Thank you for all you do for the Community. Not only do you think of others before yourself on a continuing basis, but always do it with an infectious smile. Your volunteerism with the Recreation Committee, Women's Club, and various activities throughout the community certainly has benefited Niguel Shores. Fourth of July would not have been such an overwhelming success if it were not for your hard work and dedication. Thank you for always being there to brighten everyone's day and having such a positive outlook when it comes to any challenge.

For all these reasons, **Nancy Tinnes** deserves the Volunteer of the Year award, an excellent choice. We all appreciate you!!

Annual Meeting & Election — Call For Candidates

It is time to begin preparing for the Annual Meeting and the election of Board members. The Annual Meeting is scheduled for Tuesday, May 20 at 7:00 p.m. This year the terms of Directors Steve Leonard, Bob Russell and Steve Stewart are concluding, so there are three (3) positions open for election. The term of office is two years. If you or someone you know is interested in becoming a candidate, the first step is to complete the Nomination Form (Call for Candidates) that is included in this issue and return it to the NSCA Office by March 11.

Do you recognize what a wonderful community you live in? Are you committed to keeping Niguel Shores the "hidden jewel" that it is and even making it better? If so, please consider running for a position on the Board and ask yourself this question:

What makes a good Board member?

There are many types of homeowners that want to serve on the Board of Directors — those with personal agendas (I want to get my friend to do the landscaping), those with large egos (I want to be King/Queen), and those who truly want to give back to the community. No matter what drives the person who wants to serve on the board, it is not something that either the candidate or the owners selecting their new board should take lightly.

Board members must pay attention and be willing to make hard, and often times unpopular, decisions. When owners agree to serve on the Board they accept the responsibilities that go along with the position. There is a serious commitment to time and to being accountable to the Association. Board members act on behalf of the whole community and members who do not have that vision can end up being the Association's worst nightmare. Boards, in order to be successful, have to be able to step back and see the "big picture". They have to be ready to make the tough decisions and to support the decisions of the majority of the board after the votes are taken. Some of the key traits of successful, productive boards are:

- Good Board Members have read their governing documents.
- Good Board Members are prepared for the board meetings.
- Good Board Members are professional in their dealings at all times.
- Good Board Members act in good faith and do not promote personal agendas.
- Good Board Members keep confidential information confidential.
- Good Board Members welcome and participate in education and training.
- Good Board Members think before they act.
- Good Board Members set overall policy and let management and staff implement those policies.
- Good Board Members constantly seek ways to improve effectiveness.
- Good Board Members are fair and consistent and don't selectively enforce.
- Good Board Members understand the value of professionals and listen to them.

Being a board member can be frustrating at times, but it may also be one of the most rewarding ways you will find to volunteer your time. If you are interested in running for the board or would like more details about the responsibilities of a board member, please contact me at mmiller@niguelshores.org or a current board member.

Wishing all of you a very happy Valentines Day from the Niguel Shores Staff

—Marla Miller

BOARD ACTION SUMMARY

JANUARY 8, 2014 BOARD MEETING: (General Session)

ACCEPTED AND FILED:

Updated litigation disclosure statement
 Annual Meeting timeline
 Financial Reports
 General Session Committee Minutes

APPROVED:

General Session Meeting Minutes from December 4, 2013
 Instructor Agreement – tennis instructor
 Tree replacement For Vista D'Onde and Via Del Cielo
 Tree removal for Binnacle Drive

DISAPPROVED: none

HEARINGS / MEETINGS / PRESENTATIONS: none

REVIEWED/DISCUSSED:

Master Landscape project
 Gatehouse project
 Correspondence from homeowner
 Manager's report

TABLED:

—Binnacle slope repair —IT improvements/replacements

JANUARY 8, 2014 BOARD MEETING: (Executive Session)

ACCEPTED AND FILED: -Executive Session Committee Minutes

APPROVED:

-Executive Session Meeting Minutes from December 4, 2013

DISAPPROVED: none

HEARINGS/MEETINGS:

—Appeal hearing for violation fines
—Hearing for violation of Article IX, Section 18; Rule 4112; Rule 4121
—Hearing for violation of Rule 3129.2

REVIEWED/DISCUSSED:

—Legal correspondence —Financial reports

TABLED: none

JANUARY 22, 2014 BOARD MEETING: (General Session)

ACCEPTED AND FILED: —General Session Committee Minutes

APPROVED: —General Session Meeting Minutes from January 8, 2014 —Asset disposition —Communication Committee member —Polling location – Community Center —Lien filing for (2) delinquent accounts —Appointment of Nominating Committee —Inspector of Elections bid —Replacement of operators for Breakers Isle vehicle gates

DISAPPROVED: none

HEARINGS / MEETINGS / PRESENTATIONS:

—Lott Staffy, Mosaic —Mercator and Binnacle slopes —Steve Schinhofen, Harvest Landscape —Mercator slope, tree removal/replacement plan, turf reduction, irrigation plan

REVIEWED/DISCUSSED:

Master Landscape project
 Binnacle slope repair
 Gatehouse project
 Manager's report

 TABLED:

 —Curb alteration on Manta Court

 —IT improvements/replacements

JANUARY 22, 2014 BOARD MEETING: (Executive Session)

ACCEPTED AND FILED:

-Executive Session Committee Minutes

APPROVED: —Executive Session Meeting Minutes from January 8, 2014

DISAPPROVED: none

HEARINGS/MEETINGS: none

REVIEWED/DISCUSSED:

-Legal correspondence

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, FEBRUARY 5, 2014

SEA TERRACE TOWNHOMES ASSOCIATION NO. II

Our annual meeting will be held Monday, February 10, at the Niguel Shores Community Association ClubHouse, 33654 Niguel Shores Drive, Dana Point CA. The meeting will convene at 7:00 p.m. For those who have not mailed in their ballots and wish to hand them in at this meeting, we will begin collecting them at 6:30 p.m.

-Joe Ross

COMMITTEE REPORTS

EMERGENCY PREPAREDNESS

The celebrations are over and it's time to think about 2014 and your preparedness for an earthquake, fire or other natural disaster. Listed below are 8 Tips for Disaster Preparedness;

- 1. Assume that a disaster can and will happen! Survival is 90 percent psychology, so being mentally and emotionally prepared heightens your survival and safety odds.
- **2.** Try not to panic! Yes, you will be scared but the act of preparing for an emergency will help you and your family deal more effectively.
- 3. Know the limits of those in the household. Unless your family is a group of Special Forces soldiers, they will have specific needs during a disaster. Lack of physical fitness, loss of medications, mobility challenges, just to name a few demands that you custom-create your plans.
- **4.** Keep it simple. Fancy kits and survival gear fail under the pressure of a real life scenario. The less moving parts the better!
- 5. Know how to do more with less. Ever tried a weekend without a cell phone or computer? How about no television or use of a stove? The simple act of doing without for a short period of time will teach you more about what is required to live simply and be happy versus reading survival books in the comfort of your living room.
- 6. In addition to the creation of a home emergency kit (water, medications, identification and first aid kits), create a "time to leave" kit that contains mobile supplies should you be forced to evacuate. In addition, don't forget to rotate certain items in your kit such as medications, batteries and food.
- 7. Physically prepare and act on your plan. Talk is cheap!
- **8.** Do the neighborhood thing. Do you know their names? Have their contact information?

Emergency preparedness is not meant to breed fear and paranoia, it just makes good sense. Our goal in an emergency situation is to be aware and ready to take care of ourselves and loved ones, it is all about self-reliance.

-Jeannie Sticher

MAINTENANCE

Meet the new member of our Maintenance staff: **Chris Hawkins** joined us more than a month ago. He is on site from 10:00 to 2:00, working on anything and everything our Maintenance crew needs to repair and/or remediate at the time. He also attends to all the necessary pool and spa maintenance at a very early hour on Sundays.

Chris has had many years of experience in the construction field. As an independent contractor, he specialized in finished carpentry, tile, marble and stone installation. He did bathroom and kitchen remodels as well. His expertise also



Chris Hawkins

includes a wide knowledge of electrical and plumbing issues. As you can see, he is a valuable contribution to our team.

On the more personal side, he was born in Illinois, but grew up here in Southern California. He graduated from Glendale High School. He has two daughters, ages 10 and 14. He is an active, outdoors loving guy. He surfs, hikes, plays golf (when time allows) and runs half marathons.

-Suzanne Enis

RECREATION

You will be seeing new ideas and new faces for the Recreation Committee. We are so happy to welcome the following new members to the committee:

Gay Powers is back as Co-chairman, Jessica Abarca, Chrissy Rausch, Keri Ridder, Kathy Samuel, Courtnay Van Dijk.

The first event for all the family they have planned:

February, 22 at 6:00 p.m. Movie in the Park: *Surf's Up*. The place will be at the Racketball Court. Popcorn and soft drinks will be served. Bring chairs and blankets to enjoy the evening with family and neighbors.

March 5: St Patrick's Day celebration. Details in March Seashore News

April 5: Garage Sale, start makings plans for those items to sell.

May 3: Taco Night—come celebrate Cinco De Mayo May 25: Beach Bluff BBQ

June 14: In-N-Out Annual Burger Night

The Recreation Committee is planning a variety of events for everyone. Watch for details in the *Seashore News* and on the banners and signs.

-Carol Yocom



When: February 16 Where: Niguel Shores ClubHouse Time: 6:00 p.m.

Please join us and get together with your neighbors and friends for a potluck. Please bring \$1, your table

COMMITTEE REPORTS

service and a beverage of your choice. You are also asked to contribute a main dish, salad or desert to share for our always delicious buffet.

Former attendees will receive an email invitation and we would like to have your reply by Wednesday, February 12. If you are new to Potluck, we would love to have you join us. Please call Ann Christiansen at 248-1962 or Irene McDonald at 481-3035. We would be happy to take your reservation and answer any questions you may have.

—Irene McDonald

TRAFFIC & SAFETY

Coyote Warning: We have had several new reports that a coyote is back in our community. Apparently, he is roaming the neighborhood just east of the ClubHouse at about an hour or so before sunset. Based on the reports, he might well be the younger of the two most often seen last year. If that is the case, he/she deviates from the normal nocturnal hunting hours of the species by starting early and continuing until well after dawn. Consequently, the owners of smaller pets would do well to accompany their pet into the yard before dawn or after sunset. To further discourage him, don't leave easy pickings in the form pet food out overnight.

Electric Go-Karts: Karting is becoming more and more popular with adults as well as children. Facilities to drive and race these quick responding and fun to drive vehicles



are popping up all over Southern California. I googled "Electric Go-Karts" and found quite a few sites offering a wide variety of these low slung vehicles at good prices. Apparently, during the past few months a few people living in our community received them as gifts and, as a result some pre- and early-

teens have been zipping through several neighborhoods on sidewalks as well as on the streets. Several folks have reported that, while driving their cars, they have had close calls when they suddenly saw these hard to see little karts in front of them or sharing the roadway alongside them. I have seen photographs of this activity and agree with the complainants that this activity could well result in a serious injury collision.

Vehicle Code: Because of the frequency of the activity I thought that perhaps the vehicle code had changed to somehow allow this. I contacted the California Highway Patrol Headquarters and asked Officer Sing to research the issue for me. He did so, and we learned that the operation of these devices on streets and sidewalks is still unlawful. The only places they may legally be driven is on private property or a facility designed for that purpose. To parallel this, our Niguel Shores Rules and Regulations prohibit this activity.

Electric Scooters: Along this same line, we have reports of near collisions with electric scooters. Our Rules and Regulations prohibit operating these devices on the roadway, sidewalk or common area. I suggest that should we know of a family whose child is operating either an electric go-kart or electric scooter on the roadway, that we caution them about the danger and law, so they can take corrective action. Should we feel uncomfortable speaking with them and still want to do the right thing, contact the office, and appropriate counselling will be done.

Committee Vacancy: We presently have an opening for a Traffic and Safety Committee member. Of course we want a person that meets the requirements of section 1202 of our Rules and Regulations, and one that can best serve our community. Should you be interested please complete the application that is on line, or contact the office.

God Bless.

-Tim Murphy

WWW.NIGUELSHORES.ORG

Please visit www.niguelshores.org to keep up to date on happenings in our community. This month, when you visit our Website, you will have an opportunity to see photos of several fun events which have taken place in Niguel Shores throughout the Holidays; there are photos of our Annual Tree Lighting Ceremony, as well as of the very fun New Year's Eve party sponsored by our Recreation Committee.

On January 15, the community honored resident Nancy Tinnes as Volunteer of the Year for her wonderful and countless contributions to Niguel Shores. Please see Marla's GM Report for details. Thank you Nancy, once again, from your many friends and neighbors for keeping this wonderful tradition alive and thriving.

On the Website this month you will have an opportunity to read some suggestions from the OC Register about the role of HOA members in their community. *(See also the insert in this issue.)* We all could probably learn a little about how to be positive, productive and contributing members to our Association here in the Shores, by taking a minute to read this list.

Thanks for visiting www.niguelshores.org and for your suggestions and contributions.

-Patti Staudenbaur

CLUBS

GARDEN CLUB

The Garden Club had its meeting on the 20th of January. Jerry Koppang had organized a great wreath making workshop. It was a very interesting and creative experience for those of us who had never done it before. For \$5, a metal wreath was provided along with soil and Spanish moss. For those that did not bring enough succulents, there were plenty around to create a colorful wreath. Thanks to Linda and Jerry for providing all necessary accessories to facilitate the work.

Hope everyone is following the instructions on keeping the wreath flat for a couple of weeks and watering it once a week, before hanging. If the succulents fall off when you hang the wreath, you obviously did something wrong! Thanks also to Carmen Murphy, Chris Daley, JoAnn Webb and the other volunteers for the snacks and for setting up the work tables.

The next month meeting on February 17 will have a horticulture table. Each one can bring a plant and will have the opportunity to exchange with someone else. If you do not have a plant, you can buy a ticket and participate in the exchange. There will also be a special raffle prize.

For those of you who have ambition to add more to your garden, you might consider shrubs. They lend a vibrant seasonal color. Examples of these are the California Lilac and my favorite, the Bougainvillea. The latter provides brilliant color year round, easy maintenance and is one of the most shapeable shrubs.

And finally: Why is a barn so noisy? All the cows have horns! —Lakshman Sehgal

MEN'S CLUB

The Niguel Shores Men's Club meets every 1st and 3rd Tuesday of the month at the Niguel Shores Clubhouse. We begin at 8 a.m. with breakfast and it's a great opportunity to get together with our neighbors. All men who are residents of Niguel Shores are welcome. We are definitely looking for new members.

We generally have interesting speakers from local government, businesses, the medical profession, law enforcement, fire department and the military.

At our meeting on January 21 we were honored to have the Mayor of Dana Point, Lisa Bartlett, as our featured speaker. She gave a fascinating talk on how things are going in our city and what the future plans are. The featured speaker at our January 7 meeting was one of our members who gave a very professional presentation of his trip to China.

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 which is one of the ways of raising money for the Dana Hills High School Scholarship Fund. We also have an annual Christmas Dinner held at the El Niguel Country Club. — Bill Tally, Men's Club Secretary

WOMEN'S CLUB

Great program coming up for the February luncheon: Timeless Melodies Music History Education Program—a long name but a very entertaining and educational program in that the speaker, Larry Maurer, ex-professor of accounting and lover of American music, will present a multi-media program "weaving anecdotes, history and the magical music of the Golden Age into a joyous interactive experience. The presentation offers a wonderful new appreciation for the music as well as for the American spirit and ingenuity that it celebrates." He covers the popular standards of the songwriters and singers of the early 20th century. So, come and enjoy!

Lunch is at 12:00 on Thursday, February 13 in the ClubHouse. Your invitation will arrive by e-mail on February 6 and should be responded to by Sunday, September 9. If you will be attending, a second e-mail will let you know if you must bring a salad—large enough for ten to twelve, please.

-Mary Crowl

ACTIVITIES

BRIDGE NEWS

Our bridge group is expanding to four tables and that means we are losing our substitutes, however, happily adding new players. Please consider signing up as a substitute so that we can call upon you when needed. We meet every Wednesday at 11:00 a.m. and play bridge until 2:00 or 2:30 p.m. Most of us bring a snack which we share, so it is a fun party every Wednesday. If you are interested in a pleasant game of bridge, give Helen a call at 946-4230 and you will be most welcomed into our group. We just had our photo taken by Gary Tinnes, professional photographer, and it looks great, please take a look at it on page 15 and let us hear from you.

Our recent winners at Bridge are:

Dec.18 Helen Campbell, Margaret Brugger & Pouri Fowzi

- Jan. 8 Pouri Fowzi, Jeanne Bookai and Lorraine Aronson
- Jan. 15 Trudy Buck, Lee Farrell and Jane Olson

-Helen Campbell

ACTIVITIES

OREO BOOK CLUB

This month's Oreo Book Club meeting was held at the home of Norton Schwartz on January 15, where the group discussed the book Why Nations Fail: the Origins of Power, Prosperity and Poverty by Acemoglu and Robinson. The thesis of the book was that a culture must have the rule of law and an active philosophy of inclusion with regard to economic assets and broad educational opportunity in order to sustain itself and succeed. While many agreed that these were building blocks to success in recent western countries, it was not agreed that these elements were all needed for a civilization to sustain itself. The authors dismissed the role of location, weather, physical and economic reasons for differentiating success; many in the group disputed this contention. The next meeting will be at the home of Mary Crowl on February 19 to discuss the book Nature Wars: The Story of How Wildlife Comebacks Have Turned Backyards into Battlegrounds. Even if you are not a member of the group, but have read the book, you are welcome to join us.

-Norton Schwartz

PAGE TURNERS

Page Turners Book Club will be discussing *Cocktail Hour Under the Tree of Forgetfulness*, by Alexandra Cooper. A story of survival and war, love and madness, loyalty and forgiveness, *Cocktail Hour Under the Tree of Forgetfulness* is an intimate exploration of Fuller's parents and of the price of being possessed by Africa's uncompromising, fertile, death-dealing land. We follow Tim and Nicola Fuller hopscotching the continent, restlessly trying to establish a home. War, hardship, and tragedy follow the family even as Nicola fights to hold on to her children, her land and her sanity. Just when it seems that Nicola has been broken by the continent she loves, it is the African earth that revives and nurtures her.

The Monday groups will meet on February 24 and the Thursday group on the 27th. Members will receive information regarding locations from the coordinators.

For information about the groups you can contact: Phyllis Tezer (Monday mornings): ctezer@cox. net, 496-4710. Diane Hearne (Monday afternoons): Phearne4@cox.net, 661-6267. Lisa Buchner (Thursday afternoons): lisabuchner@cox.net, 496-9546.

—Lisa Buchner

LIBRARY

Attention to all of our Niguel Shores neighbors. A celebration of authors, readers and libraries is planned for April 5 beginning at 9:00 a.m. at the Irvine Marriott. The keynote speakers will be Marlo Thomas (yes, That Girl!) and Ann Hood, American novelist and short story writer. Please stop by the Library for more information on this exciting and informative event. We'll even be happy to help with carpool arrangements.

The following is our February Dana Point Library schedule. **Children: Toddler Story Time.** Every Tuesday in February beginning at 11:00 a.m. Children ages three and under and their caregivers are invited to join us for stories, songs, rhymes and fun! Walk-ins are always welcome, no registration required.

Preschool Story Time. Every Tuesday in February beginning at 10:15 a.m. Children ages three – six and their caregivers are invited to join us for stories, songs and silliness! Walk-ins always welcome. No registration required.

Read to a Dog. Third Saturday of the month, February 15 at 11:00 a.m. Bring your favorite book and read it to a real dog at the library. He's a good listener!

Sunshine Readers' PJ Story Time. Monday, February 24, 7:00 – 8:00 p.m. Children and their parents are invited to join our dynamic Sunshine Readers for a night of stories, songs and fun. Don't forget to wear your PJ's!

Adults: Meet the Author. Terri Nolan. Monday, February 10, 11:00 a.m. to 1:00 p.m. Terri will be discussing her latest Elizabeth "Birdie" Keane novel *Burden of Truth*, a suspenseful tale of shocking secrets and a dark truth too terrible to reveal.

James Campbell Mythological RoundTable. Wednesday, February 26, 7:00 p.m. This is a five part series. Dana Point Library has hosted Mr. Campbell in the past with much success. Come and be part of this creative process. For more information contact: carolyn.millar@gmail.com

Families: World of Wolves Educational Program. Mark your calendars for Thursday, February 6 at 4:00 p.m. This presentation will be a fun and informative look at wolves and how they live. Presented by Wolf Haven International, a nonprofit sanctuary for captive-born wolves.

-Susan Pina, Librarian

PHOTO SCANNING DAY

Be a part of history and it is so easy. On Wednesday, February 19 from 10:00 a.m. to 1:00 p.m. the Dana Point Library will be doing a Public Scanning Day Party. We're inviting individuals to bring their photos of local area history to be scanned and become part of our Historical Images collection. We'd love to hear from anyone in the community who has photos to share that depict early days (and not so early days) in Dana Point and other neighboring cities in Orange County. The pictures can be those of individuals, families, personal business, actually anything that provides historical content. Each picture tells a story! We'd love to see your photos and hear about individual and families' Orange County experiences. Thanks, in advance, for spreading the word about this exciting program. —*Susan Pina, Librarian*

SPORTS

WOMEN'S GOLF

We had another great day at Aliso Creek. It started out pleasantly cool, then became almost balmy. Golf captain Pam Strayer presented us with an interesting game. We were each given an envelope containing \$185 in play money. Each team competed with its own group. The person who played well having pars and birdies and one putts for example had to be given money from the others. If one did poorly such as getting three putts, she had to pay the others. In the end the one with the most money was the winner. Judy Boitano was over all winner going home with \$300, plus she had the longest drive. Way to go, girl! Val Mitchell walked away with \$294 and Brenda Tuckley with \$220. Nobody

Architecture Committee continued from the cover

was penniless. The lowest anyone had was \$94. Everyone was happy. We didn't even have to pay tax on our winnings.

Speaking of money, annual dues of \$15 is now payable. Checks should be made out to Lee Sweeney, our treasurer.

February golf captains are Liz Kelsch (661-5802) and Brenda Tuckley 249-6912) Please call one of them if you haven't signed up for Monday, February 10.

With much of the money lost on three putts, it may be time for some practice. Here's some sage advice: Don't buy a new putter until you've had a chance to throw it! Also: nonchalant putts count the same as chalant putts.

— Liz Kelsch

Committee Members:

Jerry Koppang, retired business executive, Chairman. Jerry came to Niguel Shores in 1989, served on the Board of Directors from 2008 to 2010 with one year as Chairman. He served on the Architecture Committee from 2006-08 and returned to the Committee after leaving the Board until the present.

Marilyn Moon retired from the Los Angeles Police Department and moved to Niguel Shores in 1993. She served on the Board of Directors from 2006-08 and has been on the Architecture Committee for a total of 12 years before and after her time on the Board.

Joe Ross is a retired real estate appraiser, a Niguel Shores owner since 1989 and resident since 2002. He has been on the Architecture Committee for a total of six years.

Bob Ryan, retired business executive, has owned his home in Niguel Shores for 12 years and has been a resident since 2006. He is completing his fourth year on the Committee.

Neil Singer, semi-retired attorney, has been a Niguel Shores owner for 25 years, resident for 12 years and has served on the Committee for four years.

Our meetings vary in length depending on the agenda and the number of projects to be reviewed, and presentations by homeowners. In addition to our members, Niguel Shores management, our consultant Architect and a member of the Board of Directors attend our meetings.

Rules and Regulations Guidelines: The Committee operates under the Rules and Regulation of Niguel Shores. Within the Rules and Regulations are two sections that are specific for the Architecture Committee, Section 3101 to 3181 that cover the functions of the Committee, and are the guidelines by which we function. The Association requires an application be submitted for any change to the exterior of a home which includes changing windows, doors, siding, painting, landscaping, hardscaping, drainage, remodeling or exterior room additions to name a few. It's always better to ask rather than assume it's okay to do a project.

Standard Committee Process: It is important to know that the Committee follows a standard process regardless of the complexity of the project. The Committee feels strongly that following a given process keeps projects moving and creates a level playing field for every homeowner.

The process begins with the homeowner's submittal of an external modification form no later than by noon the Monday prior to our scheduled meeting. For major projects, we strongly suggest the form be submitted as a preliminary application. A preliminary submittal does not have a specific time limit, which a final application does. All preliminary submittals of major projects are first reviewed by the office staff and then forwarded to our consultant architect for review. The architect looks at overall design and rule compliance, prior to the Committee's initial review. If the submittal is complete, which includes drawings, supportive material, brochures, color boards, and meets our rules and guidelines, the submittal is placed on the agenda for review.

If the project requires major external changes to the house envelope we require story poles to be erected and neighbor notification of the project. If the office receives written neighbor concerns regarding the project, the submission is continued until site visits can be set up with each concerned neighbor (homeowner). Site visits are conducted with committee members and our consultant architect. After site visits, the committee reviews pictures taken and will make recommendations to the homeowner submitting the proposed changes. This is done in the open meeting to allow neighbors to express their concerns if any.

If a project does not create any neighbor concerns and all rules have been met, the project is voted on by the Committee and moved to final submittal by the homeowner. Continued on page 15

Travel Tidbits ... Words of Caution

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

The holidays are over, the decorations are put away, we are beginning to fill in the blank pages of our appointment books and, if you are like me, starting to think about where to go this year.

Along with the Christmas bills, my mailbox has contained travel words of warning this month. Mission Health cautions "whether heading to a major international city or a remote location, make sure you're thoroughly prepared". When preparing for an international trip, consider your particular health issues, consult a travel medicine specialist, be up to date with your regular immunizations and check out the Centers for Disease Control and Prevention (cdc.gov) or International Society of Travel Medicine websites (istm.org) for international travel recommendations. If you're thinking about Antarctica, National Geographic/Lindblad Expeditions suggests you consider these six questions when choosing a tour operator:

What kind of ship is best?

- What safety features are vital (Captain and crew experience, onboard technology)?
- What is the travel operator's experience (do they own or lease the ship)?



- How active will your Antarctic experience be (tools for exploration, expedition equipment, undersea exploration)?
- What does the travel operator offer in terms of staff and onboard experts?
- What is their environmental record and commitment to conservation (travel philosophy)?

Although referring to Antarctic travel, which is primarily by boat, these are questions you can apply to most any tour company you might be considering for your next adventure.

For you train buffs, I have come across new offerings from Mir (who specialize in Central Asia). They are offering "Jewels of Persia by Private Train" between Budapest and Tehran aboard the Golden Eagle Danube Express and "The

Silk Route by Private Train" between Beijing and Moscow via Central Asia aboard the Shangri-La Express and the Golden Eagle Private Train. All aboard and happy travels!



—Barbara Milner C.T.C., bmilner39@gmail.com



Carol's Cuisine Corner

It is time to treat that special love in your life for a meal and memory together. One of the following restaurants in this area will certainly be that time.

Vue: Laguna Cliffs Marriott, Dana Point, 487-7555. Will have a Special from 6:00 p.m. to 11:00 p.m.

Sapphire Laguna: 1 Pottery Place, Laguna Beach, 715-9888. Has a treat for the Valentine. Hours: 5:00 p.m. to 11:00 p.m. Prix fixe menu.

Mozambique: 1740 South Coast Hwy., Laguna Beach, 715-7777. Hours: 11:00 a.m. to 12:00 p.m.

Savannah Chop House: 32441 Golden Lantern, Laguna Niguel, 493-7107. Hours: 5:00 p.m. to 10:00 p.m. Regular menu. **Bayside:** 900 Bayside, Newport Beach, 721-1222. Hours: 4:30 p.m. to 10:30 p.m. Three course prix fixe menu

Pelican Hill: 22701 Pelican Hill Rd., Newport Coast, 467-6287. Hours: 4:30 p.m. to 10:00 p.m. Prix fixe menu.

Selanne Steak Tavern: 1464 South Coast Hwy., Laguna Beach, 715-9881. Hours: 5:00 p.m. to 9:00 p.m. Regular menu plus a special 3-course prix fixe menu.

Luciano's: 24312 Del Prado, Dana Point, 661-6500. Hours: 4:30 p.m. to 10:30 p.m. Prix fixe menu. **The Vine:** 211 N. El Camino, San Clemente, 361-2079. Hours: 5:00 p.m. to 10:00 p.m. Prix fixe menu.

Mastro's: 8112 E. Coast Hwy., Newport Beach, 376-6990. Hours: 4:00 p.m. to 10:00 p.m. Regular menu.

Fig and Olive (New): 151 Newport Center, Newport Beach, 877-3005. Hours: 11:00 a.m. to 1:00 p.m. Regular dinner menu plus prix fixe.

Balboa Bay Club, First Cabin will be closed for remodeling February 10th for a month.

February 14 and year 2014, make it even more special. Remember as always to make reservations immediately (some restaurants are already limited on times). Bon Appetite on this special Memory Night. Enjoy! Carol Yocom

MEET YOUR NEIGHBOR

Jeannie Sticher

The neighbor you will meet in this column is Jeannie Sticher. She has lived in the Shores since July 2009, and has been busy volunteering ever since. First, however, some history:

Jeannie was born in Chicago where her father worked for AT&T. The company needed an experienced man in Oklahoma so, soon after Jeannie was born, they moved to Oklahoma City where Jeannie spent her early years. When it was time for college she attended Oklahoma University and graduated with a BA degree in marketing.

In her first job with the Gap stores she discovered that she had an affinity for effective sales techniques. After seven years there, she left to join Mars, Incorporated, in Dallas, Texas as a Sales Representative. She moved frequently in this job, going to New Jersey from Dallas to Los Angeles to San Francisco, and on to Chicago. Then she was transferred to Warsaw, Poland. (There was family history here-her father had been born in Warsaw). She settled into Warsaw just as the Iron Curtain was coming down, heading up a sales team selling Snickers, M&M's and Uncle Ben's Rice to the newly liberated Poles. Then she was told she was needed in back in the U.S. She had to train her replacement to take her place before she could be transferred.

Returning to the U.S. she first was settled into a sales and marketing position for Mars back in New Jersey and, while there, somehow found time to attend American University in Washington, DC to complete an executive MBA program.

Continuing her corporate climb, she was promoted to Global Vice President in charge of the huge Walmart account, and her next stop



Jeannie Sticher

was Bentonville, Arkansas, the corporate headquarters for the world's largest retailer. There she made sure that Walmart's shelves were always stocked with plenty of Life Savers, Bounty Paper Towels, Twix, Whiskas and all the other Mars products.

After 4 years, she decided to retire, or at least semi-retire, moving to Chicago and a part-time gig as adjunct professor in the DePaul University School of Marketing. Then, in the winter of 2009, while walking in downtown Chicago, she fell on some ice and broke her wrist. This resulted in an immediate urge to find a warmer climate to live in. Orange County, California sounded like just the ticket, and soon after, with the help of a good realtor, she found Niguel Shores. She bought a townhouse in Sea Terrace II. The day in 2009 that she moved in, her neighbor, Karla Sanders, asked if she knew how to use a computer. When Jeannie said yes, the job as secretary for the Sea Terrace II Board was hers. Jeannie also serves as Chair of the Finance Committee and is a member of the Emergency Preparedness Committee.

She also has been a volunteer outside the Shores, for two years serving as President of the Sand Dollar Club, which supports the Ocean Institute in the Dana Point Harbor. Now she is in an agility class with her two year old rescue dog, Olive. While Jeannie and Olive are off getting agile, Jeannie's other dog, 12 year old Brodie, loafs around the house.

Jeannie also volunteered at the Women's Opportunity Center at UCI, helping women learn how to find a job. Finally, she took a position as International Professor of Communication, teaching business English, resume writing, and interviewing. In February 2014, she will start teaching an online course, "How to Design and Launch Your Career." I think you'll agree that your neighbor, Jeannie Sticher, already has an agile mind and an open heart.

—Laurel Livesay



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WELLNESS VITAMIN SUPPLEMENTS—ARE THEY RIGHT FOR YOU??

Witamins, vitamins, everywhere! People swear by them, carry them around in little zip lock bags, and proudly swallow them daily. They take them for their promises...cures for cancer, increased longevity, boosting your immune system, fighting cell aging, or improved heart, breast or prostate health! It seems you can't pick up a newspaper or magazine, or go on the internet without reading something touting multi vitamins as a cure all. However, recently, the daily practice of swallowing vitamin pills has come into question...that is should you take one?

I was curious about the answer to that question...after all, I've taken vitamins for years. Lately though, I had been hearing and reading more and more that it may not be necessary or perhaps I'm taking too much of certain vitamins. To find out what is really going on with vitamin consumption, I wanted research. I read about one of the largest and longest randomized controlled trials of multivitamins, the "Physician's Health Study II, designed to test whether vitamins lengthened lives. It studied men taking Centrum Silver or a placebo for 11 years. It revealed that the risk of dying was not significantly different between men taking multivitamins versus men taking the placebo." Hmmm...so much for increased longevity in a capsule!

What became obvious to me is that there is a lot of information to be digested, pun intended, about vitamins and supplements...some good, some bad. Most of us don't read much



about these alleged miracle pills, but many of us take vitamins anyway as "insurance" in the event that our daily diet falls short of vital nutrients to help us stay healthy...and that's actually a good enough reason to take them. If you do take them, find a multivitamin that provides roughly 100 per cent of the Daily Value...watch out for overly high doses. For example, Vitamin A is in most multivitamins and includes retinol and beta-carotene (which our bodies convert to retinol). The RDA for men is 3,000 IU and 2,310 IU for women. High doses of beta-carotene (25,000–50,000 IU) can increase the risk of lung cancer in smokers and possibly former smokers...beta-carotene from food, though, is safe. Too much retinol from vitamins, that is 10,000 IU or more can cause birth defects in pregnant women. So, be sure to look for a vitamin that supplies no more than 5,000 IU of vitamin A (a combination of retinol and beta-carotene).

You can see that this is a topic that requires some knowledge...something that you can talk to your healthcare provider about for more information. It appears the bottom line may be that it's worth taking a multivitamin if it provides nutrients that you don't get from your diet, like D and B-12, and you probably shouldn't count on the claims of "support" for any of your body's systems, and you shouldn't be paying big bucks when you buy it.

All this being said, it's time for a disclaimer. Yes, I am a Registered Nurse and a Certified Health Coach...but I am not a nutritionist, doctor, researcher, personal trainer, Food Network Star, or supplement peddler, to mention a few!! I am a curious reader and I encourage you to do the same when and if you decide to take any kind of supplement to add to your already healthy lifestyle! *www.cspinet.org/

To Your Health!

—Sharon Stewart, R.N., Certified Health Coach

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**.



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NEIGHBORHOOD ADS

Rental: Monthly Private Niguel Shores Rental w/ Ocean, green belt views. One level furnished end-unit: 3 bedrooms (incl. mstr ste & den), 2 baths. Private entry & p/pong table. (949) 290-8420.

For Sale: Player Piano and stool. Also 77 Piano Rolls. Best Offer (949) 493-7740

For Sale: Dept. 56 Disney Park Village Set Inc. Olde World Antiques, Fire Dept, Silversmith, Balloon Seller, Tinkerbell's Treasures, Cinderella's Castle. Animated Winnie the Pooh 32", Animated Goofy and Tigger. Good Prices (949) 499-2317

For Sale: Sparking hot water spa for your relaxation. Attached hydraulic lift, snap down ties for safety and unauthorized entry. Maintenance performed by Manufactures Rep this summer. Exterior size is 80" wide x 3' high x 8'. Call (949) 493-2710 ask for Julie.

Vacation Rental: Niguel Shores Villas, great private single story detached home, fully furnished. 3 bedrooms, 2 bath, utilities, 2 month minimum. No pets please. (505) 610-4639.

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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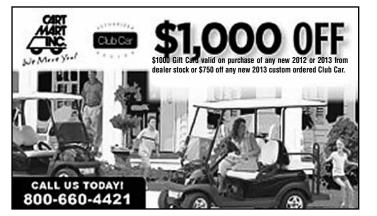


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www.niguelshores.org

NIGUEL SHORES WOMEN'S CLUB DONATES A TEAK BENCH

Diane Hearne suggested that it would be nice to have a bench in front of the ClubHouse. Sue Kichline asked for the Women's Club membership to vote on the proposed bench. The yes vote was unanimous! Marilyn Moon introduced me to some of the board members to show them the plans. Our General Manager, Marla Miller, put the proposal of the bench on the agenda of a board meeting. Suzanne Enis went with me to a board meeting for its approval. That was unanimous! George Cooley explained the amount of maintenance that a metal bench would be and where to purchase the anchor bolts. I did the purchasing of the teak bench, plaque, and anchor bolts. Tom Shimkus did the installation. We worked together to give a gift to this community. I'm very proud of everyone's cooperation and commitment to make this happen. Please sit for a while and enjoy this gift. Thank you all. —*Karla Sanders*



Women's Club Bench Dedication: Seated on left is Diane Hearne and at right, Karla Sanders, Women's Club President. Standing: Marilyn Moon, George Cooley of the Maintenance Department and Suzanne Enis, Co-Chair of the Maintenance Committee.



WEDNESDAY BRIDGE PLAYERS (left to right): Hansa Sehgal, Dorothy Horany, Judy Bates, Helen Campbell, Jeanne Bookai,Freida Baskin, Lorraine Aronson, Sally Ann King, Kay Wittmack, Lee Farrell and Pouri Fowzi

SEA TERRACE I NEWLY ELECTED OFFICERS FOR 2014



Left to right: Cathy Tyson – VP Billing & Collection, Chip Stuckmeyer – Secretary, Jeff Parge – VP Elections, Larry Wellikson – President, Al Glatt – VP Paint Chairman. Absent: David Uslaner – Treasurer.

Architecture Committee continued from page 9

When we do site visits we are listening to neighbor concerns. We are looking at the proposed changes for view issues, privacy, bulk and mass and will the improvements be harmonious to the individual community where the home is located.

Simple submissions such as roof replacements, doors and windows, driveways, garage door replacement are usually submitted in final form so the Committee can expedite approval.

Recent Changes: Some of the changes we have made in the last two years include offering homeowners an opportunity to do a design review meeting with their architect and our consultant architect to review a plan prior to submittal, and to offer directional guidelines to the homeowner. We want to avoid the homeowner working on plans that are not acceptable to the Committee and could cost the homeowner time and money unnecessarily.

City Approval: Niguel shores works closely with the City of Dana Point. The City will not accept any plan submitted by a homeowner without the Niguel Shores stamp of approval. It is important for the homeowner not to go to the City until the Association has reviewed and approved the plans. After the City reviews Association plans they must be returned to the Association for comparison to Association approved plans. Any changes to City approved plans, require change orders be approved by the Association and the City.

The Committees' goal is to be fair and to apply the rules consistently to all homeowners.

— Jerry Koppang

