

# Seashore News



April 2017

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Issue 520

## NIGUEL SHORES COMMUNITY ASSOCIATION CANDIDATE STATEMENTS FOR 2017



**SUZANNE ENIS** — I was born and raised in El Centro, California where my father was a farmer and owner of two cattle feedlots. The farming business is now LaBrucherie Produce and is run by my brother and nephew. I attended the University of Southern California (USC) majoring in Design. I

worked for Bullocks Wilshire, I. Magnin, and ended my “visual” (display) career with Saks Fifth Ave. I transferred from the La Jolla Saks store to open the “Shops at Mission Viejo” location and purchased my Shores Garden home here in 1999. I retired in 2001 and became involved in our community. I joined both the Women’s Club and Garden Club and have served on several of the Women’s Club Boards. I have also served on both the Recreation and Maintenance Committees prior to being elected to the Board of Directors in 2015.

I have decided to seek re-election to the Niguel Shores Board because I love living here and I want to continue to contribute to our community. Because I have served on the Board for the past two years, I have a very good understanding of the needs, wishes, and wants of our community. I can and will continue to make logical, reasonable, fair and fiscally responsible decisions that are required of a Board member. Because I do not have my own agenda, I will represent ALL of you.



**PHIL IMMEL** — I want to ensure that property rights and business decisions are harmoniously implemented for the greater good of the community.

Originally from Chicago, I attended Creighton University in Omaha. When my parents moved to San Diego I attended San Diego State University and majored in real estate. I obtained my license at 19 and sold real estate to pay my way through college. Shortly after, I obtained my Brokers license and was offered a corporate management position with Coldwell

Banker at their National headquarters. At 28 I was appointed the youngest VP in company history. When my daughter was born, I decided to switch back into full time sales so I could stay locally in Orange County.

Personally, I’ve owned over 20 properties with different Associations. I’ve learned a lot from that experience which will give Niguel Shores residents a three-dimensional candidate. My family and I reside on Sidney Bay, a home that we’ve owned for 20 years. We enjoy the family aspect of Niguel Shores and beautiful environment it provides.



**DAVID MILLER** — I have been a resident of Niguel Shores for approximately 3.5 years. Prior to moving here, our family lived in Ocean Ranch where I served on the board for 5 years of the 12 years we lived there. During my time on the board there, I learned what it takes to not only be a good board

member, but also a good neighbor. I have a great deal of pride for where I live. I have been self-employed for over 30 years and have built over 25 million dollars in commercial projects. I actively manage companies that exceed 15 million in gross sales. My strengths include contract negotiations, vendor management, financial analysis, cash flow budgeting, maintenance contracts and team management. I have always found ways to improve operational efficiencies while managing my projects.



**ART STAUDENBAUR** — I have decided to run for a second term on the NSCA Board to ensure that we continue to maintain the quality of life we all enjoy here in the Shores. I recognize the changing demographics of our community and will continue to work to serve all of our residents. I

believe that our community is one of the *most desirable, best managed* and *financially sound communities* in Orange

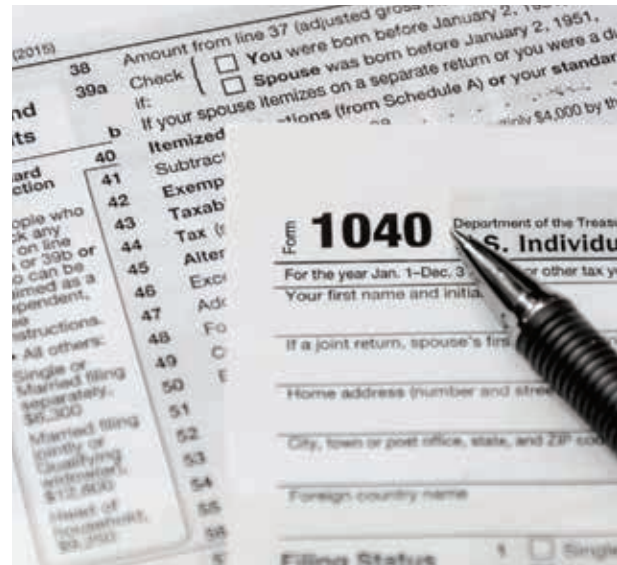
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BOB GINO

# TAX TIPS FOR HOMEOWNERS



From Your Neighbor & REALTOR® BOB GINO  
Bringing Buyers & Sellers Together in Niguel Shores

- If you purchased or sold a property in 2016, you will need to give your tax provider a HUD-1
- Be sure to retain receipts for all improvements made on your property
- If you sold your primary residence in 2016, you may be entitled to get the first \$250,000/\$500,00 in capital gains tax-free
- If you purchased a home in 2016, you may be able to keep your previous property tax (Prop 60/90)
- Did you know you may be able to gift \$14,000 or \$28,000 tax-free for both you and the recipient?
- If you moved for work reasons, you may be entitled to write off your moving expense deductions
- If you made energy-efficient improvements, you may be entitled to credits or deductions
- If you made medically necessary improvements, you may be entitled to a deduction

*This information is not intended to be legal or tax advice. Please consult with a tax professional.*

**BOB GINO**

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

County and will continue to work to be sure we maintain that status.

My wife Patti and I are both actively involved in Niguel Shores. I have served on the board of directors for the past two years. I look forward to the completion of existing projects and the commencement of new projects, such as improved street signs, enhanced security and improved facilities.

I have also served on the finance and the investment committees for several years as well as chair the maintenance committee. My work with these committees has given me the experience and insight to address the needs of Niguel Shores.

I was born in New York City and grew up on Long Island. I received my Bachelor's degree from Pace University, New York City and a Master's degree in public administration from Cal State Fullerton. Professionally, I am retired from the insurance industry, serving as a risk manager for a national restaurant chain and branch manager for a major insurance company.

I enjoy paddle boarding and spending time with my wife and our 3 grown sons and their families. I volunteer at St. Edward's church, Family Assistant Ministries and serve as a docent at Doheny Interpretive Center.

I thank you for your support.

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These statements are from the candidates themselves, and not the Association. Neither the Association nor the Board of Directors is responsible or necessarily endorses any of the views expressed in these statements. Names are listed in alphabetical order by last name.

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## FROM THE HELM

This has been a winter to remember, at least in Southern California in terms of rainfall surpassing normal levels. This has certainly had a positive impact on our water budget here in Niguel Shores and helped our community look lush and green. As mentioned in previous newsletters, some of our major projects are behind us and we are moving on to new ones. The board has approved expenditures for the master landscape plan to hopefully complete all slopes ahead of schedule as well as replacing some of the tables and benches at our beach bluff park.

There are a lot of activities planned for the spring and summer months. Once again the Niguel Shores Recreation Committee is doing a great job and keeping us entertained and socially involved. I also want to thank those residents who stepped up to join the Communications Committee. We now have four new members and the newsletter will continue. Again a sincere thank you to Karl Kuhn, for serving as editor of the *Seashore News* for the past several years, this being his last official publication before the transition to the new committee members.

—Art Staudenbaur

## GM REPORT

### 2017 ANNUAL MEETING & ELECTION DATES

Nominations for the annual election are in and we have four (4) candidates running for two (2) open positions. The candidates running for these positions are: Suzanne Enis, Phil Immel, David Miller and Art Staudenbaur. Join me in thanking each of these candidates for volunteering to run and potentially serve on the Board. The candidate bios are included in this newsletter for your review. In addition to reading about each candidate, please plan on attending the "Meet the Candidates" forum scheduled for Tuesday, April 18 at 6:00 pm in the Clubhouse. This event will provide you with an opportunity to hear about and ask questions of each candidate.

The Annual Meeting Notice and Ballots will be mailed to all homeowners around April 14. Please remember to submit your ballot as indicated in the material you receive.

Also, the Annual Meeting is scheduled for Tuesday, May 16 at 7:00 pm.

### SMILE! YOU'RE ON OUR VIDEO CAMERAS

A few months ago, Karl wrote about the community's cameras and provided many of the locations. These cameras are all up and running with High Definition pictures, so things are extremely clear. This article serves as notice to all residents and your guests to be aware that there are cameras in many locations around Niguel Shores. They are generally located around the pool and spa area, office parking lot, gate entrances, beach bluff, along the bridge, at the gatehouse and in the office. In addition to the cameras there is audio recording at the gatehouse and in the office and can be provided to the Board, as needed.



## LOCK YOUR DOORS

Although you live in a beautiful community, with gates and patrol service, that does not mean you can leave your cars and doors unlocked. It is surprising to me how many people believe that because this is a gated community no one can enter unless they live here or are called in by someone that lives here; this is simply not true. The gates are opened by cars, and people walk in all the time. I have watched people hop the block wall along Stonehill. I have seen surfers push

their board under, then slide under the gate at Cabrillo. This all happens frequently. Remember that you are your own best protection, so lock the doors in your home and cars and do not leave packages or items in your car that are visible to someone else. If you see someone that you believe does not belong in the community, call the police.

Please feel free to call or email me any time with questions or contact the Association staff. We will be happy to help you.

—Marla Miller

## SEASHORE NEWS – IN TRANSITION

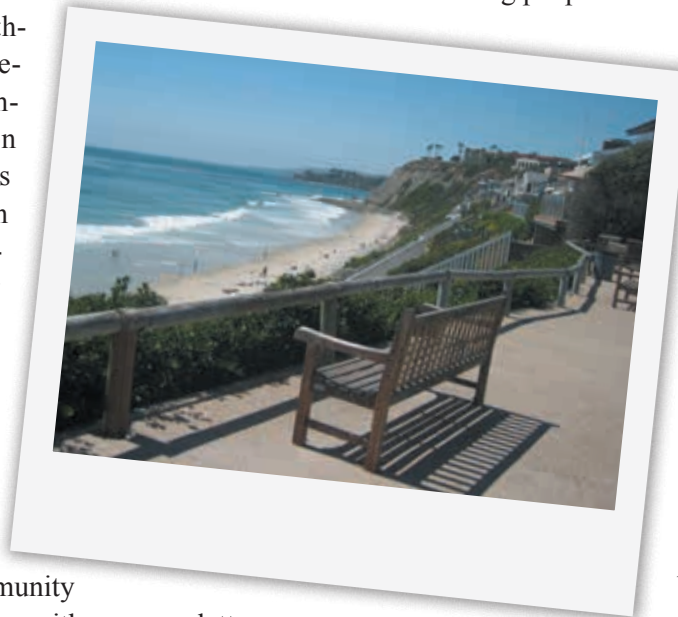
Boo-Hoo, Boo-Hoo. It is with a heavy heart that I must inform you that this issue of this great community newsletter will be my last as editor. I have truly enjoyed my time as the editor but I must depart while members tell us we are at the top of our game. But I assure you that this newsletter will continue in the hands of my replacements, which you will meet later, and will continue to be at the top of this game.

I cannot say goodbye without expressing my deep appreciation and gratitude to members of my Communication Committee who worked just as hard as I did to bring you an exceptional monthly newsletter. They inspired me every month with their suggestions and encouragement to outdo previous issues. And from the many complimentary remarks we have received, it seems that we succeeded. I also want to thank all of you members of this special community who expressed your satisfaction with our newsletter.

I wish to begin my expression of thanks to the members of the committee who worked on the SSN with mention of a person who, unfortunately passed away late last year. **Carol Yocom**, who wrote the very popular column, Carol's Cuisine, was a member of this newsletter staff for 11 years and did an outstanding job, always cheerful and happy to be involved. I cannot say enough praise about her involvement.

My sub-editors, **Patti Staudenbaur** and **Michael Harrod**, who consistently bugged the various clubs and committees to write interesting reports each month (by our

deadline) so our members can see what is happening in our community. That function, community information, is one of the primary objectives of a community newsletter. Thank you Patti and Michael. I also want to thank contributing writers, **Sharon Stewart** for her always-outstanding articles on health and wellness, and **Kathryn Fitzmaurice** for her Meet Your Neighbor articles on an unbelievable array of interesting people in our community.



Always providing her GM report with up-to-the-minute, important news concerning the office and Association news, our GM Marla Miller did an outstanding job. She and Matt Northrop, who handles all the ads, helped me by catching my grammar and spelling errors every month before the issue was sent to the printer, which made me look good since I never was a good speller. Thanks Marla and Matt. Lastly, and most important, without **Kathy Newport** and her band of volunteer distributors who deliver the SSN to every home in

Niguel Shores you would not enjoy reading this newsletter with your morning coffee at the beginning of each month. A big Thank You to Kathy.

And now the envelope please: The winners are *La La Land*, oops, wrong envelope. The NEW EDITORS are Sandy Homicz and Yollie Mancino, who bring prior experience and talent and energetic enthusiasm to this newsletter. You will be happy they stepped forward and volunteered for this task.

—Karl Kuhn

# PROPERTY RENTAL 101: A LANDLORD'S GUIDE

When you own a property in a homeowner's association you sort of expect that there will be rules. Of course there will be rules—parking rules, home modification rules, pet rules, and yes, even property rental rules. Under the recently adopted Association rules (01/01/2017), there was a change regarding property rentals that affects the use of Common Area amenities and access devices for a homeowner that is renting their property. The following is a brief overview of the change to the NSCA rule *Tenancy and Property Rental*:

- Any FOB or bar code issued under the homeowner's account will be suspended during the time that the property is tenant occupied. These devices can be reactivated once the property is no longer being rented.
- The homeowner will no longer have access to a guest list or have guest bar codes issued during the time that the property is tenant occupied.
- The homeowner gives up the right to use the Common Area amenities once the property is rented. This right transfers to the tenant and their guests.
- The homeowner will be admitted at any time in order to inspect and maintain their property. Likewise the

homeowner can call in service providers and contractors.

We understand that this is a departure from what people are used to and as such you may have some questions about this change. Please feel free to contact the NSCA Management Office for assistance.

**How is my guest supposed to know that?** And why am I responsible for what they do? Two very good questions. Although your Association is responsible for various things, the responsibility for making sure that a guest understands the rules of this community is placed on the resident and, more specifically, it is placed on the homeowner. Please make sure that your guests, service providers, and contractors understand the parking rules and rules for use of the amenities so that their visit here always remains a pleasant one.

**Fair Warning: The Association will Report Unsafe Driving to the Sheriff.** We have had an increase in unsafe driving. Your safety is very important to us so we will call and report to the OC Sheriff any unsafe driving (suspected drunk driving, unlicensed drivers operating cars/carts, etc.). As an additional reminder—your toddlers and small children do not make good designated drivers, even if they are sitting in your lap. —Karen Decker

## REMEMBERING LAUREL LIVESAY

In December of 2016, the *Seashore News* and the Communication Committee lost one of our much loved members and writers, Laurel Livesay. Many of you may recognize her name from the *Meet Your Neighbor* articles she so beautifully wrote for this publication for many years.

Upon meeting Laurel, you may have thought as I did, a lovely, soft spoken lady living a quiet, retiree's life here in Niguel Shores. As it turns out, Laurel's life was anything but quiet. Instead, it was filled with a series of amazing adventures.

Laurel always dreamed of a career in theatre and followed that dream by playing leading roles at Roosevelt High School in Los Angeles, the University of Hawaii, and Honolulu Community Theatre.

Laurel's first husband, Bill, worked in radio in Los Angeles and Hawaii. Unfortunately, he died at 46, leaving Laurel with four young children to raise. Determined to make a good life for herself and her children, Laurel immediately went back to school and finished her degree in Speech Pathology. She then went on to work in South Central Los Angeles as a speech pathologist.



In 1973, Laurel began a new phase of her life here in Niguel Shores, working as a speech pathologist with stroke victims for several years and then serving as volunteer Chaplin and Grief Counselor at South Coast Hospital in Laguna Beach for 20 years. Here in Niguel Shores, Laurel cultivated many new friendships as she was actively involved in the Women's Club, the Garden Club, and the Emeritus Institute's film classes.

She met and married Don Moonier in 1989 after a "whirlwind" romance and they traveled all over the United States. After Don passed away, Laurel continued to travel, including trips to China, New Zealand, and Australia, where she snorkeled the Great Barrier Reef. She was a young 86 at the time. When Laurel was 90, she went river rafting on the Colorado River with her granddaughter.

According to her family, she continued dreaming and planning her next adventure up until the time of her death. They describe Laurel as "having boundless optimism and a love of life" that continues to inspire her family and everyone who knew and loved her.

—Patti Staudenbaur

# COMMITTEE REPORTS

## RECREATION

### **Garage Sale: April 15 – 9:00 a.m. to 12:00 p.m.**

Spring is almost here so remember to sign up in the NSCA office for this event to participate. This is a great time for all of us to get rid of things. Sometimes your “junk” is somebody else’s treasure. So why not make a little money on it.

### **Upcoming Events for May**

#### **Cinco de Mayo: May 5 – 5:30 to 8:00 p.m.**

Join in on the festivities with good food, music and the company of friends. More details to follow soon.

Great St. Paddy’s Day Celebration! Thank you for all who attended. Make sure to celebrate it with us next year. It’s always nice to see everyone get together and have fun.

We have a lot of upcoming fun events for you in the next few months. Please stay tuned.

—*Maria Elena Banks*

## MAINTENANCE

Niguel Shores Community Association has about 13 miles of asphalt streets. The Maintenance Department is responsible for the long-term health of these streets, and this maintenance is one of the largest reserve items that NSCA covers. A multiyear street-by-street plan is updated annually to predict future expenses and to plan for street maintenance activities.

Asphalt, a sticky, black and highly viscous liquid form of petroleum, is used as a glue or binder mixed with mineral aggregate particles (stones) to create “asphalt concrete, AC.” The principal causes of pavement deterioration are traffic, ground water and ground movement. At NSCA, three types of maintenance reduce these effects:

- Asphalt Concrete Overlays are programmed on a 30-year basis. These are relatively expensive and involve grinding away the top 1.5 to 2 inches of pavement, applying Petromat, a paving geotextile fabric, and new AC. NSCA completed its first overlay program of the entire site in 2013. The next program for the entire site will begin in 2027.
- Sealcoat or pavement sealer is a protective coating for AC pavements. Sealcoat is much like the paint used to protect wood from the environment. Since pavements wear, a sealcoat is utilized in order to bind the exposed aggregate. Seal coats are programmed on a 5 to 7 year interval. Our most recent sealcoat project was completed in 2015.

- AC and PCC, Portland Cement Concrete, repairs are planned on an annual basis to remediate damage caused by tree roots, sinkholes, construction and other effects on the street.

Working with a pavement expert consultant, the Maintenance Department is identifying the 2017 pavement maintenance requirement. This work will be done during the summer months.

—*Bob Gregg*

## TRAFFIC AND SAFETY

I hope that this isn't the proverbial quiet before the storm, but in terms of Traffic and Safety everything is going smoothly. Of course we appreciate that with warmer days approaching some old issues and some new ones are likely to pop up. In the meantime, if we can just just address some minor matters and keep some focus on our guests, we can have the most positive summer ever.

**Guests:** Remember to log them in and take responsibility for their actions.

**Parking:** There appears to be a bit of confusion about parking near or in front of fire hydrants. Some folks apparently believe that hydrants must be painted a certain color or that the nearby curb should be painted for the law to be enforceable. That is not so. The California Vehicle Code (section 22514) is clear in that you simply cannot park within fifteen feet of a fire hydrant. There is no criteria for any color or for painting of a curb. In fact some communities have opted for some very colorful fire hydrants.



**Dogs on Leash:** When taking our dogs out to the open community areas, they must be on a leash not exceeding six feet. Unfortunately, we don't have a dog park inside the community and if he/she has an urge and want Fido to immediately run free, we have to use the dog-run behind the library. Recently, we have had several reports of dogs running loose among people, and unleashed dogs down at the Bluffs. Remember dogs are not always predictable, especially when they are excited in crowds. This is truly a safety issue. Consequently, our Patrol personnel and our local animal control officer will be looking for violations.

—*God bless . . . Tim Murphy*



# COMMITTEE REPORTS

## EMERGENCY PREPAREDNESS

Last month we discussed some issues surrounding current practices of scams, identity theft, fraud, unwanted phone calls, etc. Let's revisit some of these as they are becoming more prevalent in our daily interaction over the Internet, telephone, and with credit card use.

Did you read a recent article in the *OC Register* on password security? It's a good start in being vigilant, but only scratches the surface of how to protect you from identity theft, fraudulent credit card charges, e-mail account compromise and the list goes on. Short of armed robbery, many law enforcement agencies say these actions not only rob you of your money and safety in your own home, but your personal identity associated with family issues, banking, wills and trusts, and virtually all of your secure information.

What can you do to minimize these fraudulent intrusions? The first step is HUGE! Your use of passwords for your internet sites (banking, investment accounts, online shopping, facebook and other social media accounts), ALL of these can be better protected if you simply change your current passwords to many of your accounts. An inconvenience? Maybe, but the alternatives are worth it. How many of you are using family names of children, home addresses, nick names (surferdude, carnut, etc.)? Or, even the almost absurd (password123)? DON'T include your kid's names, birth-dates, or any other personal details. Hackers routinely troll Facebook and Twitter for clues to passwords like these. It's not only the Russians that can

compromise our most sophisticated security sites, but the neighborhood hacker that wants to get access to any accounts you might have for personal or financial gain. And then there are the back room hackers who are looking for a bigger payoff with technical expertise to crack companies that have thousands of client files and their names, social security numbers, addresses, birth-dates, etc.

The first step in insuring you are using a more *bullet proof* password is simply to make them more difficult to crack by using a combination of letters, numbers, and symbols not associated with any personal information (names, ages, addresses, birthdates). Another is by using a password manager service such as LifeLock, LastPass, or DashLane, which keep track of multiple complex passwords for you. Some are free and others charge a reasonable fee. Why not look into these options and determine how they might reduce the angst and make you feel you have a lock on your security? I would suggest you do your own homework by further contacting your internet provider (COX, AOL, etc), your personal banker, your broker. Also review endless websites that offer suggestions such as the FBI's Internet Crime Complaint Center at <https://www.ic3.gov/media/default.aspx> or the LooksTooGoodToBeTrue website <https://www.lookstogoodtobetrue.com>; or the simplest way is to Google: personal identity theft, internet scams, phishing scams, data breach, e-mail account compromise, ransomware, chargebacks, and again, the list goes on.

*Just sayin' . . .*

—Kent Wellbrock

## CLUBS

### WOMEN'S CLUB

Our annual Fashion Show Luncheon is just around the corner. Mark your calendars for Thursday, April 13, when our luncheon meeting features "Transitioning into Spring." Our own lovely Women's Club ladies Janelle Sommer, Christy Manetta, Marian Kennedy, Terry Link, Maria Elena Banks, and Nadine Allen will be modeling fashions and accessories from Chico's of San Juan Capistrano. Seating is limited for this very popular event, and reservations are a *must*. Members, please reply

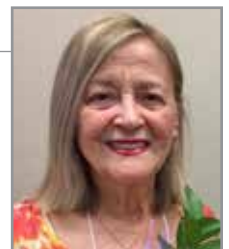


Speaker Karen Drews Hanlon of the Irvine Barclay Theater

to your email invitation by noon on Monday, April 10, to be included. A raffle of two Chico's \$50 gift certificates will be held on the day of the show with raffle tickets available for \$1 each or 6 for \$5.

As an additional activity on Friday, April 14, the day after the Fashion Show, Ms. Marcoux is hosting a Shopping Party with refreshments and free raffles at her Chico's store from 2:00 p.m. until closing.

Last month, members gathered at festive tables decorated with the masks and colorful beads of Mardi



New Member Elvera Hanna



New Member Janelle Sommer

## CLUBS

Gras to hear our featured speaker Karen Drews Hanlon from the Irvine Barclay Theater. Ms Hanlon awarded door prize winners Sue Kichline and Ann Morris with two complimentary Irvine Barclay tickets each for the theater's April performances by Berlin's famed singer Max Raabe and his twelve-piece *Palast Orchester* doing popular German and American music of the '20s and '30s; and Arlo Guthrie, the folk icon, singing about his latest musical road trip in *Running Down the Road*.

As an additional activity last month, a group of members and their guests also enjoyed a Tour and Happy Hour at the Monarch Beach Resort.

—Sandy Homicz

## MEN'S CLUB

Our Men's Club has been privileged to have outstanding speakers. Many are community officials and leaders. Most are eager to speak to us because club members are informed, interested and some are community leaders themselves. I encourage men in the community to learn from and enjoy our speakers while enjoying a hot breakfast and socialization with our community neighbors.

On February 21, our speaker was Director of Community Development for Dana Point, Ms. Ursula Luna-Reynoso. City Planning Manager Matt Schneider joined her. Ms. Luna-Reynoso focused much of her presentation on the Doheny Village Plan, a 20-30 years vision that was developed in 2016 by Opticos Design, Inc. to produce a long-term zoning code. She said the City has influence on the development of an area mainly through zoning and land-use rules. Doheny Village zoning is intended to be a "form-based code" which will allow evolutionary changes to include a "Maker District" for making things such as crafts, a brewery, a bakery, making surf boards and such. This allows existing activities to continue as "legal, non-conforming" businesses under the new code. The next steps include an Environmental Impact Study and City Council Review projected for late 2017.

Ms. Luna-Reynoso also discussed the Zephyr South Cove development at the corner of PCH and Del Obispo, a half acre park, part of the "art-in-public-places" requirement for development. It will feature a historical monument, custom bike racks, sculptures of famous surfers and a focus on the History and Birth of the Surfing Industry in Dana Point. The Jack Sweeney team prepared a delicious hot breakfast of french toast with sausage.

March 7 featured Fifth District Orange County Supervisor Lisa Bartlett, who delivered a great amount



Women's Club members enjoying March Mardi Gras Luncheon

of information. She went overtime to answer many probing questions. Highlights are that the existing harbor plan is about 50 years old and will be on a fast track for major renewal. A public-private partnership will do the rebuild with the private entity taking the risk. The footprint will be increased to encompass the entire Harbor, not only old buildings, to make everything new to current standards. An improved harbor will also increase our property values. From May through December, teams and panels will establish a new plan to be presented to the County Board of Supervisors by the end of the year. Ms. Bartlett is hoping for a five year build-out beginning January 1, 2018.

Other items she discussed were expanded city shuttle service with shuttles going literally anywhere from our convenient Ritz Carlton shuttle stop. OTC will pay for 90% of the cost with the city paying 10%. Next, the flight pattern for jets leaving JWA is supposed to have them going over the ocean to gain altitude but the community is noticing airplanes overhead rattling windows and annoying animals. Legal action is being taken and we are advised to tell County what we are observing to make a case for the FAA. Plans are in place for larger, new, quieter jets that should be of some help. Additionally, there will be more direct flights to American cities.

Another issue Ms. Bartlett addressed was the topic of shelters. For people in Dana Point who are homeless



## CLUBS

or have mental health issues, there is a fast track to provide suitable shelters such as purchasing and converting old homes. Because of good weather, recreational pot and local tranquility, we are getting homeless people from other areas. This is being closely monitored. The sanctuary cities situation, such as Santa Ana, and even a remotely possible sanctuary state of California are subjects being closely watched by County as well. If funding would be taken away from California because of providing sanctuary, 85% of that money would normally go to local funding. Supervisor Bartlett mentioned that every dollar Orange County sends to Sacramento, six cents is received back while other counties get an average of 17 cents. The club expressed appreciation for Ms. Bartlett's excellent service, her presentation of comprehensive information, and her direct answering of our questions. The Jerry Koppang team led by Blair McDonald, Steve Morris and Rob Wollins served a hot breakfast of scrambled eggs with cheese and sausage.

—C. W. Gruenig, VP Programing

### GARDEN CLUB

On Monday, March 20, President Gunjan Anand began the monthly meeting by thanking the hospitality committee of Joanne Webb, Carmen Murphy and Grace Glatt for the good food and drinks that provide nourishment to the "starving" club members. Our treasurer gave a financial report that so far we have ample reserves and that our bank account has not been hacked.

Our speaker was Evelyn Weidner who owns Weidner Gardens Nursery in Encinitas, CA. She spoke of the many

varieties of garden plants that do very well in Southern California. One of the hardiest plants she referred to were Begonias which are super tough, take either full sun and shade, bloom all summer and early fall, require water 2 times per week and good air circulation. Other topics included Hydrangeas (which do great sitting in a tray of water), Spider plants (remember the 60's), Blueberries and Succulents to name a few. Pots of each plant were shown during the talk.

Reminder, the plant sale is on Saturday, April 22, from 9:00 a.m. to 1:00 p.m. at the Clubhouse. Each club member is asked to bring 2 plants or garden related items. Sale proceeds go to fund scholarships for veterans enrolled at Saddleback College, in Agriculture and Horticulture.

—Karl Kuhn

### PLANT SALE

The Garden Club will be holding its **Annual Plant Sale** on Saturday, April 22, from 9 a.m. to 1 p.m.

Entry fee—\$1.00 per person. Great selection of plants and gardening items that you can choose from (cash preferred). Cookies and lemonade will be provided. Great door prizes given every half hour and a final raffle at the end of the sale. Beautify your garden and help the Garden Club.

## ACTIVITIES

### OREO BOOK CLUB

We met at the home of Norton Schwartz on March 15 to discuss the book *Hillbilly Elegy*, written by J. D. Vance. Aspects of the rural and poor small town culture were discussed and the impact of those values on the behavior of that group considered. We compared it to our own growing up and what differences and similarities were reflected in our own lives.

The next meeting is scheduled for April 19 to discuss the book *Cadillac Desert* by Mark Reisner. If you would like to attend our book review group, contact Norton Schwartz at [nortlynne@cox.net](mailto:nortlynne@cox.net).

—Norton Schwartz



### AFTERNOON PAGETURNERS

The Afternoon Page Turners will read and discuss *The Nest* by Cynthia D'Aprix Sweeney at the April meetings. This novel is about a dysfunctional New York family. Read and find out what money can do to relationships!

The Monday group will meet on April 24 and the Thursday group on April 27. For more information about Afternoon Page Turners:

Mondays: Diane at [dhearne476@gmail.com](mailto:dhearne476@gmail.com)

Thursdays: Lisa at [lisabuchner@cox.net](mailto:lisabuchner@cox.net)

—Diane Hearne

# ACTIVITIES

## LIBRARY

The following is a list of programs and events for April 2017. All events are held in the Community Room unless otherwise noted. Walk-ins are welcome.

### TODDLER and PRESCHOOL

*These events are for children accompanied by a parent or caregiver.*

**Toddler Storytime**, April 4, 11, 18 and 25 – 10:00 to 10:30 a.m. For children 18-35 months.

**Stay and Play**, 10:30 to 11:00 a.m. For children of all ages.

**Preschool Storytime**, April 4, 11, 18, and 25 – 11:00 a.m. For preschoolers.

### CHILDREN

*These events are for children of all ages with a parent or caregiver.*

**School's Out Celebration**, Tuesday through Thursday, April 4-6 – 1:00 to 2:20 p.m. Celebrate Spring break with a different activity each day.

**Lego Club**, April 12 – 3:00 to 4:00 p.m. All Legos and Duplos provided.

**Earth Day Storytime**, April 19 – 2:30 to 3:30 p.m. Join Miss Maggie for a special afternoon storytime. There will be stories, songs, and an activity after.

**Stories and a Snack Storytime**, April 22 – 10:30 to 11:30 a.m. Listen to fun stories all about hugs and kisses with Ms. Kasey. A snack and juice will be served after.

**PJ Storytime with the Sunshine Readers**, April 24 – 5:30 to 6:30 p.m. Children of all ages will love the Sunshine Readers! Wearing pajamas is encouraged. Cookies and water will be served.

**Family Gaming**, April 26 – 3:30 to 5:30 p.m. Families and children of all ages can compete in traditional board games and learn new video games.

### SCHOOL AGE

**Read to a Dog**, April 5 and April 18 – 3:00 to 4:00 p.m. These special therapy dogs love listening to stories. Make a dog happy and read to it.

**Crazy 8's Club**, April 6, 13, 20, and 27 – 3:30 to 4:30 p.m. This class is for school age children, grades 3-5. Enjoy different hands-on activities every week. Registration required.

### TWEEN, TEEN

**Teen Advisory Council**, April 3 – 5:30 to 6:30 p.m. Teens, 12-17, tell us what you want from the library. Snacks are provided.



**Teen Time**, April 10 and 17, 5:30 to 6:30 p.m. Teens 12-17, join us for a different activity every week.

### ADULT

**Adult Coloring Club**, Fridays – 10:00 to 12:00 noon. Bring out your inner artist while surrounded by books and good company. All materials provided. Free. No registration required. Held at the adult tables.

**Computer Class**, April 5, 12 and 19 – 9:00 to 10 a.m. Learn basic computer skills with a free, three-part, hands-on class. Registration is required by visiting or calling the library.

**Write On! Writer's Group**, April 4 and 18 – 5:00 to 7:00 p.m. Writers of all levels and genres are invited to meet on the first and third Tuesday each month to share and critique their work. April 4 meeting features author Robert Manolakas speaking about self-publishing on Amazon. Free. No registration required.

**Travel Club**, Sunday, April 2 – 2:00 to 3:30 p.m. Join us for our inaugural meeting of the Dana Point Library Travel Club. Road Scholar Ambassador, Jill Swaim, will lead our first meeting. Walk-ins are welcome!

**Foreign Film**, Sunday, April 23 – 3:00 to 4:45 p.m. A taxi driver living with his mother offers his services to a petty criminal in order to pay for his mother's costly rehab treatment. Call the library for the movie title. Walk-ins are welcome!

**Seaside Book Club**, April 24 – 10:30 to 11:30 a.m. Join us every fourth Monday of the month. Registration is not required. For a list of featured titles call the library at (949) 496-5517. Copies of the current selection are available at the service desk.

—Karla Sanders

# ACTIVITIES

## SPOTLIGHT

You've probably heard it more than once. You might be watching a sunset down at the bluff, or enjoying the pool with your grandkids, or sharing potluck down the street at a neighbor's home when someone will exclaim, "We're so lucky to live here in the Shores!" And, indeed, we are fortunate to be part of such a beautiful community with so many social, cultural, and recreational opportunities available to us.

One favorite activity open to residents is our morning fitness class with instructor Leslie Davis. Every Monday, Wednesday, and Friday from 8:30 to 9:30 a.m., Leslie leads an enthusiastic group through exercises designed to stretch, tone, and strengthen while improving balance and cardio health. Leslie says, "Maintaining muscle tone and improving balance are important for all ages, but especially important for seniors."

A professional dancer and fitness instructor for over 25 years, Leslie was trained in the Ian Harris method of non-impact aerobics, which originally was created for injured ballet dancers so they could heal quickly and keep

performing without further injury. The Harris style has been taught in gyms throughout the country, allowing all ages and abilities to benefit from its smooth, non-impact approach.

Leslie's students praise the personal attention she gives to each class member, making sure their stance and movements are correct and addressing their individual needs throughout the morning's fitness routine.

"There is a lot of camaraderie among our class members, and we have a good time together," Leslie says. "The fitness class puts us in touch with friends who support each other's well being. After all, part of health is friendship and personal contact, so I make sure we have fun along with our fitness routines."

All Niguel Shores men and women interested in adding exercise to their overall health regimen are welcome to drop in for a free trial visit any Monday, Wednesday, or Friday morning at 8:30. The cost is \$10 for an occasional drop-in class or \$60 a month, which includes 12 or more sessions and averages to about \$5 per class.

—Sandy Homicz

## SPORTS

### MEN'S GOLF

January and February brought a few rain disruptions for our Tuesday outings. The rainy weather helped course conditions and now in March the courses are all in great shape.

In February, we had outings at Talega, Monarch Links and San Juan Hills. In March, we were back at Talega and had our first Niguel Shores Golf outing at Pelican Hill in Newport Beach. Pelican Hill is one of the premiere public golf course in Orange County and our group was offered an opportunity to play at a great rate. A beautiful layout with ocean views at almost every hole. It is also one of the more difficult courses on our schedule.

Coming up in April and May we will be back at Talega, Oak Creek, San Juan Hills and Monarch Links. We now have over 50 members with 20-30 players each week.

#### LATE ARRIVAL

One golfer asked his friend, Why are you so late for your tee time?  
His friend replied, It's Sunday, I had to toss a coin between  
going to church or playing golf.  
Yes, continued the friend, but that still doesn't tell me why  
you are so late.  
Well, said the fellow, It took over 25 tosses to get it right!

—Bob Russell

### WOMEN'S GOLF

The Niguel Shores ladies held their golf outing on Monday, March 13 at The Ranch at Laguna Beach (formerly known as Ben Brown's 9-hole course) in the beautiful canyon. Despite there being a bit of thick coastal fog on the golf course in the mornings, our lady golfers enjoyed the scramble format led by this month's captain Pam Strayer. Vice President Irene McDonald thanked Pam for coordinating the March game before Pam sets off to *summer* in Maine.

After the game, the ladies gathered for a luncheon where social members Ceacy Johns, Chris Beaver and Ruthie Stahl joined in the fun. After lunch the golf winners of the day were celebrated: Judy Boitano and Pam tied for low score 38 with Irene, Terri Matrisch and Catriona Sigsby right on their heels with a score of 39—well done and congratulations, ladies! President Marlene Lynch will captain the April match and she may be reached at (949)493-6494 for any questions. All interested in joining are enthusiastically encouraged to come to the next outing on Monday, April 10, 2017, at 9am at The Ranch at Laguna Beach, 31106 S. Coast Highway.

IN THE SPIRIT OF THE EASTER SEASON:  
Golf balls are like eggs: They're white, they're sold by the dozen, and a week later you have to buy more!

—Julie Patton



## NIGUEL SHORES MARKET UPDATE

### Current Trends\*

- **Ten Properties For Sale**
  - from \$1,395,000 to \$5,499,000 - Avg. Days on Market 75
- **Three Properties under contract**
  - from \$1,495,000 to \$2,999,000 - Average days on market 102
- **Recent Sales**

33531 Sextant	\$1,315,000
33851 Manta Court	\$1,850,000

\*MLS Data Feb. 8 to Mar. 31, 2017



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*Are there any other would-be poets in Niguel Shores? Send your poems and musings to seashorennews@hotmail.com to be included in future seashore news publications.*

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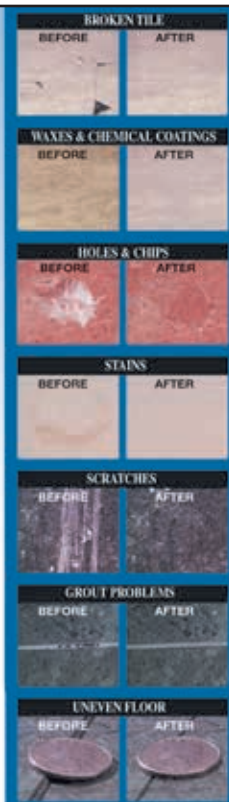
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# Wellness . . . Stressed, I am not!

I had this brilliant idea to write about stress . . . you know . . . the kind that we experience in our lives on a daily basis . . . and how if we don't address it, it manages to seep into our pores, like water into a dry sponge, completely soaking us through to our innermost recesses. Feeling overwhelmed and overstressed in our culture has become the new normal for far too many of us these days. Social media and technology, job stresses, and our busy lives overflowing with responsibilities, can lead us very often to suffer from headaches, sleep deprivation, back pain, cranky behavior, and more. We wonder why we're so plagued by all of these physical manifestations of tension, but, when asked if we're experiencing stress in our lives, most of us would deny it.

So, speaking of stress, remember my brilliant idea? I was looking forward to crafting an article about stress . . . how it impacts our lives, and how to manage it. I refilled my water glass, and settled in to get started writing on this universal topic. I checked my posture, took a few deep "belly" breaths, exhaled and was ready to go, but evidently my computer wasn't. It launched into weird, unexplainable behavior. Microsoft Word wouldn't let me type. What? Really?? And today's the deadline for my article too. With teeth clenched, shoulders now slumped, breathing rapid, blood pressure unknown, I realized that I'd allowed an external set of circumstances to take over my mind and body . . . literally! I'd allowed myself to be turned into one of the stressed out masses!! If I could've composed an email to my tech guy for help, it would have certainly been in CAPS LOCK FREAK OUT mode! I was on the verge of allowing my response to my lurching computer to completely take over!

But I didn't. Knowing full well, that the solution lies in remaining calm, I caught myself, and I stopped . . . and challenged the situation by questioning how my stressed out reaction was going to help me solve my computer problem (of course, it wasn't). I chose instead to slow and deepen my breathing, to sit up straight, unclench my teeth, and

realize that there was another way. My computer problems will get fixed. I opened up Google Doc, which I rarely use and had forgotten about, and got busy. My little episode illustrates how quickly we can go from 0 to 60 if we don't pay attention to our thinking and our resulting behavior.

And that's just one small example. People who are in stressful jobs, or who don't like their jobs, often project that stress onto those around them creating tension with co-workers, families, and friends. Now, not only is the "job hater" stressed, his/her family members are too! And of course, the physical toll stress takes, which is often rather silent at first, can truly make you sick. We forget that, when our nervous system reacts to this turmoil, our body's organs are stressed out as well. Stress hormones are released as if we're being chased by a Grizzly Bear, even though we're just silently seething at our desk over some unresolved source of irritation.

So, what to do? If you're unhappy at work, talk to a supervisor about your concerns, and if improved communication doesn't work, then perhaps it's time to look for a new job that isn't filled with so much stress. If you're an overworked parent, ask for help and treat yourself to some well deserved "me" time. Also, exercise is great for improving how you feel and putting your concerns in perspective. Exercise outside is even better. Nature has tremendous calming and healing powers when it comes to stress. Evaluate who you spend your time with . . . like minded people who will support you because they care are truly a gift. And when you can't distance yourself from people in your life who create non stop stress, raise their awareness and communicate with them about how you feel when they create a stressful environment.

So, get a massage, meditate, pamper yourself in some small way, laugh, keep a positive outlook, and look up and smile! If you're not experiencing unhealthy, debilitating stress, maybe someone you care about is. Reach out to them and engage them in conversation to help them see that they can truly make changes. Be that good friend to them. Now, that would be a brilliant idea!



**Health & Happiness! Questions or comments? [Sharon@TakeShapeWithSharon.com](mailto:Sharon@TakeShapeWithSharon.com)**  
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