May 2017

Published Monthly by Niguel Shores Community Association

Issue 521

FROM THE HELM

In several previous issues of the *Seashore News* we wrote about the new camera surveillance system recently installed in our community. These cameras are now fully functioning and providing our patrol service and administrative staff with additional tools to monitor our community. It is important to note that, while these cameras are a helpful and important addition, the reality is that they can't be everywhere, so that is where you and I come in.

If you see something that concerns you as far as vandalism or unsafe behavior, say something. If you are not comfortable speaking directly to the person or persons, no problem, call the Mariner Gatehouse or the Niguel Shores office. Please keep in mind, this is **OUR COMMUNITY** and vandalism costs all homeowners money. Check out Marla Miller's GM Report in this publication for more information on the vandalism issue.

Our Men's Club, Women's Club and Recreation Committee are beginning to gear up for summer activities, including our **Annual 4th of July Celebration**. This celebration involves the Men's Club Pancake Breakfast that feeds as many as 600 residents and guests, a hot dog lunch organized by the Women's Club, and, of course, a parade, games in the park and a BBQ at the bluff. Needless to say, all this celebrating takes lots of planning and organizing. If you are new to the Shores, or a veteran who is now ready to participate, this is the perfect opportunity for you to get involved in our wonderful community that has so much to offer.

Finally, the ballots are out for our annual election. Please take the time to read the candidates' statements and cast your vote by May 16, 2017.

Hope you are enjoying Daylight Savings Time!!!

—Art Staudenbaur

MEMORIAL DAY

Memorial Day, a federal holiday observed on the last Monday of May, remembers those who died while serving in our country's armed forces. Memorial Day originated as Decoration Day after the American Civil War in 1868, when the Grand Army of the Republic, an organization of Union veterans founded in Decatur, Illinois, established it as a time for the

nation to decorate the graves of the war dead with flowers. During the twentieth century Memorial Day was extended to honor all Americans who died while in the military service.

In 1918, inspired by a description of poppy fields in a poem written by Canadian physician Lieutenant Col. John McCrae, a YWCA worker named Moina Michael wore a silk poppy when she attended an Overseas War Secretaries'



conference. She also distributed two dozen more poppies to others. In 1920 the American Legion adopted the poppy as their official symbol of remembrance. In 1948 the U.S. Post Office honored Ms. Michael for her role in founding the National Poppy movement by issuing a red 3-cent stamp with her likeness on it. The opening lines of the poem that was her

inspiration refer to the fields of poppies that grew among the soldiers' graves in Flanders, Belgium: "In Flanders Fields the poppies blow among the crosses, row on row."

In the United States VFW workers distribute Red Poppies and a tradition is growing to offer a moment of silent tribute at 3:00 p.m. for all those who have lost lives in military service.

—Yollie Mancino

SPRING is in the AIR

Spring marks the best season for both buyers and sellers. This year is especially good for sellers. There is a severe shortage of inventory.

Orange County Prices are Up 2% Since February; Sales are Up 45%

MARKET STATS

Currently on the Market: 8 Homes Highest List Price: \$4,795,000 Lowest List Price: \$1,579,000

Currently in Escrow: 3 Homes Highest Price: \$1,995,000 Lowest Price: \$1,395,000

Closed Sales: 4 Homes

Highest Sales Price: \$3,000,000 Lowest Sales Price: \$1,200,000

If you have ever thought of selling, the BEST TIME IS NOW Contact me and let me help you.







For more information on active and pending listings, please contact Sob Gino. This representation is based in whole or in part on data supplied by the Collibratio Regional Multiple Listing Service (CRMLS) from 0.101/2017 - 0.4/20/2017. The CRMLS does not quantified and is not in any way responsible for its accuracy. Data maintained by the CRMLS may not reflect all real estate activity in the market. Surtem Properties' 9RE pol 17/92/20

AUDIT MAILING:

As required by the Governing Documents and Civil Code, the annual audit was mailed the latter part of April. VanDerPol and Company, an independent CPA firm, audited the Association financials for the 2016 fiscal year and this report is provided to all members of the Association. Please take a few minutes to review this information. The Association is in great financial condition and the Board continues to fund the Reserves appropriately.

IMPORTANT ANNOUNCEMENTS FOR ALL RESIDENTS:

CANDIDATES RUNNING FOR THE BOARD.

The candidates that are currently running for the Board of Directors are **Suzanne Enis, Phil Immel, David Miller** and **Art Staudenbaur.** Please submit your ballot as soon as possible to achieve quorum and fill the Board positions. Ballots may be mailed or hand delivered to Accurate Voting Services, 23322 Peralta Drive, Suite 4, Laguna Hills, CA 92653 or presented in person at the annual meeting prior to the polls closing. **We will not be able to accept ballots at the Association office.**

■ ANNUAL MEETING MAY 16:

On May 16, registration will begin at 6:00 p.m. in the Community Center and the Annual Meeting is scheduled to begin at 7:00 p.m. A few things to remember when voting:

- Only individuals listed as the legal owners of the property (members) may vote.
- Each property gets two votes (two Board seats open).
- You must sign the outside envelope in order for your vote to be valid.

Your vote is very important and must be received to establish quorum. The ballot must be received by the Inspector of Elections by May 15 (or you can bring them to the annual meeting) to be counted towards quorum.

REMINDER TO HOMEOWNERS, GUESTS AND YOUNG ADULTS:

There have been a few things recently that are concerning and can potentially be costly to the members of this wonderful association.

It was recently discovered that someone has already decided to shoot out one of



- the newly installed coach lights. These lamps cost approximately \$250 per light. It is hard to imagine why anyone would think it was okay to behave like this, but if you happen to own a BB or pellet gun, please talk with your household members so everyone understands the cost associated with maintaining our community.
- There have been reports of people playing basketball or using the park area and running behind the tennis courts or in the bushes to relieve themselves. Please take an extra minute to use the Community Center restrooms. This is much more sanitary and acceptable behavior.
- Someone accidentally took the remote control from the lobby and although it seems like a very small thing, now we must go to the Cox store, get a new remote, try to sync the remote with the TV, if that doesn't work go back to the Cox store, get another one, try to do it again and on and on and on so the story goes.
- Lastly, with the new video cameras we have seen several young adult surfers trying to push open the Cabrillo pedestrian gate. The gate was broken for a while allowing people to push it open and now that it is working properly some feel that they can still jerk on it and push it to get it to open. This damages the magnet and ultimately will break the gate again. Costing each of you, as members of the association, unnecessary dollars for repairs. We have identified some individuals and sent letters to the owners asking them to stop this behavior. If you have anyone in your family or a guest that may be doing this, please ask them to stop so you don't get a letter.

LARGE TRUCKS—CONSTRUCTION, MOVING, OTHER:

If you are planning on having a large truck enter the community during an upcoming construction project, due to a move in/out or for any other reason, please contact the



Mariner Gatehouse (949-487-4185) in advance. The gate attendant will be happy to make arrangements to open the Stonehill gate, allowing large trucks much easier access to the community. This is a straight shot in providing a truck easy access. Last week we had a semi-truck and flatbed trailer enter through the Mariner Drive entrance. They had to back up and move forward several times to make that sharp turn.

They also ran over the median damaging the plant material but luckily did not hit the light pole.

NIGUEL SHORES DRIVE SLOPE:

Harvest will be starting demolition and replanting of the next slope on the Master Landscape Plan. This project will include both sides of Niguel Shores Drive from Ports O Call to Cabrillo and Nauticus Isle. As with all slopes it is a process, but will be nice when it is all cleaned up and planted.

Niguel Shores has a lot of beautiful and wonderful mothers!



–Marla Miller

SAYING "SO LONG" TO OUR EDITOR

arl Kuhn has decided to step down as editor of the Seashore News, but we thought it would be fun to send him off by turning the spotlight on him for a change. Karl has spent

a good part of the last several years writing about the people and activities of this community, and we wanted to share a little of his story before we say farewell.

Writing and editing were never on Karl's short list of career options. He was interested in engineering and science. He grew up in Oakland, attended UC Berkley, joined the Army and then went on to graduate from his beloved UCLA with a degree in Engineering. He

spent most of his career working for McDonald Douglas in Huntington Beach when the plant was building components for the International Space Station. Karl eventually retired from engineering and went on to teach math, physics and chemistry on a part time basis here in South Orange County.

Once fully retired, Karl became involved in various volunteer organizations, such as the UCLA Scholarship Committee in Orange County and a therapeutic riding center for children with disabilities in San Juan Capistrano. Here in Niguel Shores his volunteer activities are extensive: the Men's Club, Garden Club, Niguel Shores Board of Directors and, of course, writer and editor of the Seashore News. Although you will not be

seeing Karl's name as editor, you will still have the opportunity to hear from him a bit, as he has agreed to stay on as Editor Emeritus and will do some writing from time to time. You will also likely still see him all about the neighborhood as he continues his involvement in other activities.

Karl and his wife Carol moved to Niguel Shores in 1976. They love to travel and, thanks to Carol's career as a flight attendant, they

have had many adventures—African safaris being one of their favorites. They have one son, Ryan, who is getting married this summer

Karl, on behalf of the Communications Committee, thank you again for your leadership as Editor of the Seashore News and your contribution to our community. Serving as editor is a huge undertaking (just ask Mary) and you did it incredibly well. You will certainly be missed.

—Patti Staudenbaur



New editors Yollie Mancino (left) and Sandy Homicz (center) gain words of wisdom from outgoing Seashore News editor Karl Kuhn.

SAYING "HELLO" TO OUR NEW EDITORS

ince April of 1973, the Seashore News has kept residents informed of NSCA Board actions and community activities. With this issue, marking 521 months of continuous publication, Karl Kuhn has entrusted us to

carry on in his footsteps as your next editors. We will continue to rely on his expertise as well as the proven skills of those responsible for bringing the Seashore News to your door each month: Patti Staudenbaur and Michael Harrod,

our Sub-Editors; the reporting staff who regularly submit articles about their organizations; our layout and printing partners, Mary McGavic and Minuteman Press; our distribution teams headed by Kathy Newport; NSCA General Manager Marla Miller; the NSCA Board; and NSCA Community Administrator Matt Northrop. We also welcome several new feature column writers who have generously offered their time and talents to the newsletter.

Something about us:

Sandy Homicz and her husband Ray, a retired aerospace engineer, came to the Shores in 2009. Sandy is a former English teacher with experience editing journals, anthologies, newsletters, and (long, long ago) her various school newspapers. She moderates the writers' group Write On! at the Dana Point Library and has regularly contributed Women's Club columns to the Seashore News.

Yollie Mancino and her husband Rich have owned and operated Ideal Printing Company since 1961. Yollie has hands-on experience with several newsletters, overseeing production including graphic design, layout, and the final printed job. Her early experience with newsletters began with the AiReporter, an in-house publication for Garrett-AiResearch Aeronautical in 1962. Although semi-retired, Yollie continues to oversee production of publications for various departments within the County of Los Angeles.

Something more about us—a happy coincidence: We first met in 2014 at a Women's Club luncheon, but soon discovered we both attended Bishop Conaty High School in Los Angeles at the same time during the late '50s, early '60s. We didn't know each other back then. Yet now, more than five decades later, we find ourselves both living on the same street here in the Shores and working together on the newsletter.

Our goal is to carry on the Seashore News long tradition as a source of community information and fellowship. If you enjoy the newsletter and would like to become involved through writing, gathering news, submitting creative ideas, helping with distribution—anything at all—we would welcome your participation. We are open to all suggestions and comments from the community. Contact us at seashorenews@hotmail.com.

—Sandy Homicz and Yollie Mancino

COMMITTEE REPORTS

RECREATION

Another Successful Garage Sale! Thank you to Nancy Tinnes for organizing it and thank you to all who participated. Hopefully you also had fun Spring Cleaning.

Cinco de Mayo - May 5, 5:30 to 8:00 p.m. Come and enjoy the company of family and friends with good food and music by DJ Diane Studer. Tickets available for purchase in NSCA office for \$10 each.

Memorial Day BBQ - May 28, 5:30 to 8:00 p.m. Bring your own meats and veggies. The grill will be ready for you. **Upcoming Events for June**

In N Out Night – June 3, 6:00 to 8:00 p.m. Tickets will be on sale May 8 for \$10 (only 200 available).

Stay tuned for more summer fun!

—Maria Elena Banks

MAINTENANCE

Our maintenance team has recently upgraded the camera surveillance system which provides a vital tool for the Niguel Shores staff and patrol service team. The new higher-definition cameras provide 24 hour coverage of areas that are prone to vandalism, tailgating, and they can be reviewed for legal evidence. In addition they're easier to maintain, reducing the many chores of the maintenance team. —Jerry Allen



TRAFFIC AND SAFETY

The school year is drawing to an end and summer is almost here. With the start of this warm weather season

we will surely have a significant increase in the number of guests entering our community. To minimize conflicts and maximize the good times, we are asking for everyone's help. First of all, please update your guest lists. In the event you host a party requiring more than ten guest passes, contact the office at least three business days before the event to

Smile!

COMMITTEE REPORTS

discuss the issues and provide them with a party list. Most importantly, discuss key rules and restrictions with guests because you will be held responsible for their conduct.

Neighborhood Electric Vehicles (Golf Carts)

The driver of the these vehicles must be at least 16 and have an operator's license. Of course these devices must be driven in a safe fashion and not over 25 MPH. Note that driving with too many passengers or with unruly passengers would normally cause traveling at any speed to be considered unsafe.

Parking Dilemmas Almost every city and county has a rule that considers a vehicle parked on a street and not moved for 72 hours to be abandoned and subject to being cited and then towed away. That is clearly the case here in our community. However, we also have provisions that may offer temporary relief from such an existing rule. Should you have to leave your car parked on the street for a period longer than 72 hours, staff will be able to place you on a safe list that will ensure you are not cited or towed. At the same time staff will work with you to issue an overnight parking pass if you have a temporary need to park your personal car or a rental on the street overnight. The important thing is to talk to staff if you anticipate a parking issue. They are happy to work with you in any way possible.

Drones State law reflects that drones cannot be flown in someone else's private property. This includes the airspace over same property. Our community's rules reflect that drones may not be flown on or within our common areas (parks, bluff, streets). The FAA places further restrictions on drones weighing over .55 pounds. The operator has to be at least 13 and registered with the FAA. The drones may be flown only within the operator's sight and during daylight hours. Further, they cannot be flown over people. Frankly, I cannot imagine a situation where flying a drone outside your immediate property line is appropriate if we want to be respectful of our neighbors.

—God bless . . . Tim Murphy

EMERGENCY PREPAREDNESS

Over the last two issues of the Seashore News we outlined some of the ongoing scams and abuses targeting our personal information that compromise identity and financial security through stolen passwords, unsolicited phone calls, credit card information, internet breaches, and many other avenues as simple as stealing mail from our mailboxes, breaking into our cars, going through trash cans, and the list goes on.

> A potential solution and method of securing your personal data is "the cloud." Companies like Apple and Google are urging us to load all our photos and documents (tax returns, bank and brokerage statements, family trusts) into an online vault called "the cloud," which is actually huge racks of servers in locations all over the world.

What could possibly go wrong with hundreds of millions of people storing personal data in a centralized warehouse? AYKM? (Are You Kidding

Me?) This past August, Dropbox reset passwords for 68 million accounts due to a 2012 breach. Anyone with an email address is at risk with phishers (scammers sending an email claiming to be an established legitimate business in an attempt to deceive the unsuspecting recipient into divulging personal information after directing the user to visit a specified website). Beware. Phishing pros can use commonly recognized logos in their email headers to make you think the emails are legit.

A lesser-known cloud alternative is gaining traction: Store stuff on a hard drive at home, but access it online anywhere. Known as "personal cloud" storage, some products from Western Digital and Seagate use your own internet connection and are known only to you and the drive maker, so your files are less at risk from hackers. You can buy gobs of space for under \$200 and no monthly fees. Lima Ultra and Apollo are even simpler and work like Dropbox. BUT, what's reality? Some experts actually advise keeping your personal data far away from the internet, making them difficult to share with anyone.

So what's the best solution? First, do your own research on how to best keep your personal data safe from being compromised. Explore the options, cost, and level of security you are comfortable with. Some folks even believe a locked safe or file cabinet isn't all that bad a solution. But, another BUT, fire and theft are still downsides to this option, too. Again, do your own research. Ask your bank representative, CPA, broker, and Google the internet for solutions. Then decide for yourself, BUT, always be vigilant.

NOW, maybe the best heads-up about what should mean most to you. What does everyone reading this article have in common? May 14 is our MOTHER'S DAY. Treasure her memory, and if she is still with you, don't forget to honor her with a card, flowers, a phone call, reservations for brunch, or a personal visit. Make sure she knows how much you appreciate and love her

-Kent Wellbrock

WOMEN'S CLUB

The Women's Club meeting on the second Thursday of each month was held April 13 at the Clubhouse and featured our yearly style show with our own member models: Christy Manetta, Marian Kennedy, Maria Elena Banks, Janelle Sommer, Terry Link and Nadine Allen. After we feasted on a beautiful buffet of spring salads, Chico's of San Juan Capistrano presented some exciting outfits from their spring collection. A fun scarf-tying demonstration followed, and two gift certificates for Chico's were presented to the lucky winners of the raffle, Ann Morris and Barbie Brown. Christina Marcoux invited our members to her Chico's store for a party the next day with prizes and refreshments. Thanks to Hansa Sehgal, Suzanne Enis and Mary Crowl for making our fashion show such a memorable event!

Our membership has grown to 130 now with two new members joining us this month, Stephanie Prince and Julie Skillman. They were presented with a welcome rose by Hansa Sehgal, Vice President, who was presiding in the absence of President Lydia Reese. Hansa also announced that the yearly dues will be \$15 for the fiscal year June 1 through May 31, and are payable now in the NSCA Office or at the next meeting. She also announced the new slate of officers to be voted upon at the May meeting:

President: Lydia Reese

Vice Presidents: Terry Link and Maria Elena Banks

Secretary: Bunny Mahoney Treasurer: Kathy Tyson

Nominations from the floor for any of the above positions were requested. The election will be held at our luncheon meeting May 11 at the Clubhouse. Look for your invitation by email the week prior and be sure to RSVP promptly!

—Nadine Allen

MEN'S CLUB

The Men's Club Cinco de Mayo+4 Party is planned for Tuesday, May 9, from 5 to 8 p.m. at the Clubhouse featuring margaritas, beer, entertainment, and lots of delicious Mexican food. Tickets are open to all, first-come, first-served, and are going faster than an ice cold margarita.

Eric Nelson, Chair of the Dana Point Planning Commission, former member of planning commissions for several cities, and current Vice President of Trumark Homes, spoke at our first April breakfast. He addressed general parking issues in Southern California with implications for the future of Dana Point. His data indicates that 50% of our parking needs come from within a ten mile radius, with the remainder from more distant visitors; therefore, parking provisions must be designed



Women's Club Fashion Show models with Chico's representative Christina Marcoux.

to support a large influx of visitors. Dana Point's existing plan requires two-and-one-half spaces for 975 square feet, costing from \$19K to \$53K a space. The plan, developed over seven years, provides for *sharing*; where every parking space of a business would be open to anyone. According to Mr. Nelson's observations in his own neighborhood, about 70% of people use their garage for purposes other than parking cars; therefore, many cars are needlessly parked on city streets.

Can we learn from other cities? All larger cities have parking limitations and problems, and efforts to solve them employ fines, strict ordinances, community unified cooperation efforts and providing additional parking. Cities such as San Francisco are shifting from cars to public transportation more than before. The good news locally is that our trolley system will soon be expanded so that easy access, without the need of cars or parking, will be possible for our area. Using Laguna Beach as a model, Eric favored parking meters to promote fairness in parking, with monies collected available for community improvements such as safety and lighting.

Our second April speaker was Charlie Ware, Director of Government and Community Relations for Rancho Mission Viejo. He captivated us with the history of the ranch that once included 230,000 acres between modern day Oceanside and Lake Forest. The story began in the 1880s with two Irish friends in San Francisco, James Flood and Richard O'Neill. Flood, a saloon owner with investment in the Comstock silver mines, sought a way to diversify his gains by asking O'Neill to purchase land in Southern California, establishing "the greatest of all California ranchos." Thus, based on a hand shake, the O'Neill family eventually became owner of the northern portion of the ranch and the Flood family owned the San Diego section. As WWII began, the Navy annexed much of the Ranch to create Camp Pendleton. The remaining 52,000 acres from

San Onofre to Lake Forest came under Marguerite O'Neill's stewardship and guiding motto, "Take care of the land and the land will take care of you."

When urbanization reached this area in the 1960s, the O'Neill family formed the Mission Viejo Company to develop the present Mission Viejo, and later, Rancho Santa Margarita, Las Flores, and Ladera Ranch.

In 2004, the Rancho Mission Viejo family secured an agreement with government and conservation groups to allow development of six additional communities, reserving 75% of the remaining 23,000 acre ranch for open space. Two of these communities are currently in development on the hills east of San Juan Capistrano.

—Jerry Allen

GARDEN CLUB

Thank you Niguel Shores for making the Garden Club's Annual Plant Sale on Saturday, April 22 a blooming success. Of course our state was happy that you all used a lot of green energy (walking in and browsing) by your participation. The gardens that received your new plants as a result of the sale will have the editors of House and Garden magazine coming by to ask permission to photograph and publish your master gardens for their future issues.

Thanks are also in order to all Garden Club members who contributed plants and garden equipment for the sale. A very special thanks goes to Dana Point Nursery, The Plant Depot, and our community landscape contractor, Harvest Landscape Enterprises, for their donations of plants. Finally, for the contribution of gift cards, thanks to both Armstrong Gardens and Green Thumb Nursery. These gift cards were raffled off at the end of the plant sale. Need I say that patronizing these businesses will demonstrate how much we truly appreciate their continued participation in our annual plant sale.

As they have done with previous events, our hospitality team put out a colorful arrangement of delicious edibles of plant products, cakes (you know made from wheat flour), fruit, and nuts. The success of the sale would not have been achieved without the many members who worked Friday afternoon before the sale setting up and arranging the many plants for display. You all did a great job.

To summarize, the plant sale was a huge success with the money raised (of course minus the sales taxes we have to pay the state) going partially toward a scholarship for horticulture students.

The next Garden Club meeting is on Monday, May 15 where Garden Club members will be visiting three club member's gardens. We will meet at the Niguel Shores Clubhouse at 11:30 a.m. for directions to the homes. Following the garden tours members can return to the clubhouse for refreshments and sign up for our annual Beach Bluff Barbeque scheduled for June. Members are asked to bring a check in order to pay your 2017-2018 club dues.

—Karl Kuhn

ACTIVITIES

AFTERNOON PAGETURNERS

The Afternoon PageTurners will discuss Clementine by Sonia Purcell, a biography of the wife of Winston Churchill. Why did Winston say victory in the Second World War would have been "impossible without her"?

The Monday group will meet on May 22 and the Thursday group on May 25.

For information about Afternoon PageTurners: Monday group, contact Diane at dhearne476@gmail.com and Thursday group, contact Lisa at lisabuchner@cox.net

—Diane Hearne

OREO BOOK CLUB

Mary Crowl hosted the meeting with chocolates from Ghirardelli's in San Francisco as an added treat. We discussed Cadillac Desert by Mark Reisner, a book that reviews the history of water use in the United States, but particularly in the western states. Reisner documents the inappropriate over-use of rivers and underground water by agriculture and business groups that grow water-consuming nut trees instead of fruit, use open canals instead of pipes (leading to high evaporation) and exhaust ground water supplies. The Bureau of Land Management has built dams blocking natural water flow and costing millions to build and maintain. Our group concluded that only a severe water crisis would lead politicians and business interests to change their practices. Recent rains offer only a short term respite in California, but nothing long range. Reisner is not the best writer we have encountered, but he addresses a critical issue. Our next meeting will discuss Race and Slavery in the Middle East by Terence Walz and Kenneth Cuno. If you would like to attend our book review group, email Norton Schwartz at Nortlynne@Cox.net. -Norton Schwartz

CINCO DE MAYO

Friday, May 5 — 5:30 to 7:30 p.m. at the Beach Bluff Tickets on sale now ~ Come join the fun!

TICKETS: \$10 each, available to purchase in the NSCA Office — limited to 200.

INCLUDES: Tacos, rice, beans, chips, guacamole and flavored water drinks.

MUSIC: Of course!!

Tables are first-come, first served — Tables may not be reserved. All ticket sales are final.

LIBRARY

The following is a list of Dana Point Library programs and events for May 2017. All events are held in the Community Room unless otherwise noted. For most activities, Walk-ins are welcome.

TODDLER and PRESCHOOL: For toddlers and preschoolers with a parent or caregiver.

Toddler Storytime, May 2, 9, 14, 23 and 30 — 10:00 to 10:30 a.m. For children 18-35 months.

Stay and Play, 10:30 to 11:00 a.m.

Preschool Storytime, May 2, 9, 16, 23 and 30 —11:00 to 11:30 a.m.

CHILDREN: For children of all ages with a parent or caregiver. **Lego Club,** May 10 - 3:00 to 4:00 p.m. Legos and Duplos provided.

PJ Storytime with the Sunshine Readers, May 22 — 5:30 to 6:30 p.m. Children of all ages will love the Sunshine Readers! Wearing pajamas is encouraged. A cookie and water will be served.

Storytime, May 17 — 2:30 to 3:30 p.m.

Family Gaming, May 24 — 3:30 to 5:30 p.m. Families and children of all ages can compete in traditional board games and learn new video games.

SCHOOLAGE:

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

Crazy 8's Club, May 11 — 2:30 to 3:30 p.m. For children, grades 3-5. Registration required.

TWEEN, TEEN:

Teen Advisory Council, May 1 — 5:30 to 6:30 p.m.

CALLING ALL GRADUATES!

Does your household have a high school or college graduate this year? Send their names and schools by May 15 to seashorenews@ hotmail.com so we can honor them in our June issue.

Teens, 12-17, tell us what you want from the library, Snacks are provided.

ADULT:

Adult Coloring Club, Fridays — 10:00 a.m. 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, May 9, 16, and 23 — 9:00 to 10:00 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, May 2 and 16 — 5:00 to 7:00 p.m. If you have ever thought of writing we invite you to share your work and improve your craft at our meetings on the first and third Tuesdays of each month. Free. No registration required.

Foreign Film, Sunday May 28 — 3:00 to 4:45 p.m. Call the library for the movie title.

Seaside Book Club, May 9, 16, and 23 — 10:30 to 11:30 a.m. Registration not required. For book title call the library at 949 496-5517. Copies of the current selection are available at the service desk.

ESL Classes: May 5 — 11:00 a.m. to 1:00 p.m. Register for May 12, 11:00 a.m. to 3:00 p.m.. Learn to read, write, and speak. No charge. Provided by the South Coast Literacy Council.

3-D Printing: May 16 — 2:00 to 4:00 p.m. Use a 3-D printer and create projects. All ages welcome.

—Karla Sanders



SPOTLIGHT

Slam. Sluff. Squeeze. Suit. Do we have your attention yet? Bid. Call. Trick. Dummy. If you are a Bridge player, you're probably familiar with these terms. And if that's the case, you might want to try your hand with a friendly group of players every Wednesday at 11:00 a.m. in the Niguel Shores Community Center.

Under the long-time leadership of Helen Campbell, the Bridge Club has grown from the original two tables to four, and plans are being considered for an overflow table to accommodate those who play more slowly or are learning to play. The current club leader, Mary Ann Theisen, points out, "Each hand is a new experience. You never stop learning in Bridge."

The club is open to men and women who enjoy the game and the many different techniques played at the meetings. George Hartmann, who plays each week, commented, "The men have made a strong showing at the Bridge tables, and we hope to have even more men join us in the future."

Winners over the past weeks have been Lee Farrell, Karen Oerele, Jim Pinola (February 22); Joannie Donahue, Ruth Ay, George Hartmann (March 8); Mary Ann Theisen, Jack Bernard (March 15); Helen Campbell, Karen Oerele, George Hartmann (March 22); Jim Pinola, Joannie Donahue, Hansa Sehgal (March 29); Karen Oerele, Jim Pinola, Trudy Buck (April 5); Karen Oerele, Helen Campbell, Lee Farrell (April 12).

The Bridge Club regulars and subs number about 25 altogether. They invite interested players residing in Niguel Shores to pay a visit on Wednesday mornings for Bridge and refreshments. Mary Ann says, "Where else can you spend three hours socializing, exercising your brain, having fun, and enjoying a mini-smorgasboard of salad, sandwiches, fruit, or dessert for only a dollar?"

For more information on the Bridge Club, call Mary Ann at (949) 489-9999.

-Sandy Homicz

Wellness . . . 150 Pounds of Sugar?

hat's right. Americans consume 150 pounds of sugar ▲ and 140 pounds of wheat flour per person per year on average! Imagine 30 five pound bags of sugar with 28 five pound bags of wheat flour! What a sight! Actually, eating refined flour increases our body's insulin response more than sugar. That means a slice of white bread is worse than those white granules you stir into your coffee in the morning. It's no wonder that diabetes Type 2, or adult onset diabetes, is on the rise. Did I say adult onset? Not anymore. Youngsters, and even toddlers, are now being diagnosed and, unfortunately, the trend is up. Approximately eight million Americans have Type 2 diabetes and don't even know it!

In a healthy person consuming low glycemic food, blood sugar levels peak about 30 minutes after a meal. Insulin is released to transport that sugar to cells, return-



ing one's blood sugar to normal. The person who doesn't eat so healthy (lots of starches, refined grains, and sugars), eats large portions, and is overweight or obese, releases high

levels of insulin over prolonged periods of time. At some point, the pancreas, which secretes the hormone insulin, just says, "I'm done. I can't produce enough insulin to control your blood sugar." This is the point where diabetes Type 2 puts down roots. In fact, if left unchecked, Type 1 diabetes can develop, and that means injecting insulin to manage your blood sugar.

As dismal as that sounds, there is hope. By changing one's eating habits from high glycemic foods (refined grains and sugars) to healthy eating (carbohydrates found in vegetables, whole grains, and fruits), and reaching and maintaining a healthy weight, Type 2 diabetes can be reversed. Drinking water instead of soda, eating whole grain bread instead of white, taking a walk instead of watching too much TV or getting too cozy with the internet will start the healing. The steps are actually simple and have a tremendous payoff in great health. Great health that will afford you a longer life with those that you love! That's what we all want, isn't it? I think so!

Health & Happiness! Questions or comments? Sharon@TakeShapeWithSharon.com Sharon Stewart RN, Certified Health Coach

MEN'S GOLE

March golf was busy with outings to Pelican Hill, Talega, and San Juan Hills. Our monthly tournament was held at San Juan Hills on March 28. The game was Combined Net Foursomes. Four players were teamed up and the lowest net score ruled supreme. We had 20 players on a beautiful sunny warm day.

1st Place: Roy: Total gross-374 minus HDCP 76 = 298 **2nd Place:** Team Team Morry: Total gross-366 minus HDCP 64 = 302

3rd Place: Team Vid: Total gross-358 minus HDCP 51 = 307 **Closest to the pin:** # 9 Jim Duss and #18 Chris Dolkas

In April our group will play at Oak Creek Golf Club and Tijeras Creek.

GREAT GOLF ONE-LINERS:

"Columbus went around the world in 1492. That isn't a lot of strokes when you consider the course." —Lee Trevino "It took me seventeen years to get 3,000 hits in baseball. I did it in one afternoon on the golf course." —Babe Ruth

—Bob Russell

WOMEN'S GOLF

The Niguel Shores lady golfers held their April outing a week before tax day and enjoyed the diversion of being out in the sunshine having some fun on the course!

The Ranch (formerly known as Ben Brown's 9-hole golf course in Laguna) was lush and green after the heavy rains this past winter, and the ladies were treated to a warm, summer-like day.

President Marlene Lynch announced the prize winners for the day: Team #1 - Irene, Catriona, Gail, and Val with a score of 34; and Team #2 - Judy, Marlene, and Terri close on their heels with a score of 35. Closest to the pin honors went to Catriona on hole #6 and to Marlene on hole #8. Judy and Catriona tied for longest drive on hole #9.

After golf, players were joined for lunch by Social Members Ceacy Johns and Chris Beaver. A special welcome was extended to Lee Sweeney as everyone was thrilled to have her back following health issues. After lunch, Chris was serenaded in honor of her April birthday!

Our next regularly scheduled golf day will be the second Monday of the month, May 8, at 9:00 a.m. All lady golfers regardless of skill are welcome and encouraged to join us by calling Judy Boitano at 949-661-9495 or 949-702-2679 (cell) be added to the roster.

A LITTLE GOLF HUMOR:

"The income tax has made more liars out of the American people than golf has." —Will Rogers

—Julie Patton

CUISINE CORNER

The *Seashore News* staff recruited three individuals to review some of our favorite restaurants knowing we are dedicated food lovers. Our goal is to select the best restaurants, as Carol Yocum did so well, and also to write a bit about why we like them. My fellow critics, Gary



Tinnes and Bill Walkup, will present their reviews in future months—and believe me, these two gentlemen know their food! This month, for Cinco de Mayo, I was allowed to go first as I have a special fondness for Mexican cuisine.

Old-Time Cali-Mex Dining—The vast majority of "Mexican" restaurants offer menus we might consider California-Mexican style, or Cali-Mex, with basics like enchiladas, hard shell tacos, tamales, menudo and sometimes albondigas soup. Locally we have dozens of them, but none can match El Adobe de Capistrano in San Juan Capistrano. The restaurant's historic two main structures date back to 1787 and 1812, and are colorfully decorated with Spanish tile floors and dark heavy ceiling beams. If you opt to give your out of town guests a taste of early California, this is the place to go. The food is on a par with the best of the Cali-Mex restaurants but, to put it over the top, El Adobe offers mesquite grilled steaks and folks swear that the margaritas are the best served anywhere—plus, the prices are reasonable.

Gourmet Fine Mexican Dining—For gourmet Mexican restaurants along our coast, my wife and I searched from San Clemente north to Laguna and Newport Beach before finding a great one. Sol Agave is not exactly on the coast but inland, on Rancho Viejo Road in San Juan Capistrano. The owner started this business with a taco truck, then hired a gourmet chef and opened a small restaurant in the same shopping center where he is located now.

The food is terrific, but beware. As soon as you sit down the staff brings chips and great dips that might make you forget to save room for the extra good deserts. You'll recognize some familiar dishes on the menu, but you've never had them prepared so well. Sol Agave offers several soups but the jalapeno is unique. Most of the pepper's heat has been cooked out, leaving only deep flavor in a creamy base. My favorite entree is the mushroom taco with Portobello mushrooms smothering six-ounces of char-grilled beef filet. I guarantee you have never had another taco like it. My wife especially likes the large shrimp in garlic butter sauce. We've tried this dish at several restaurants in Mexico, but it seems even better here. Try to avoid the busy peak hours and you will have an extra fine dining experience at Sol Agave.

Continued on top of page 13

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

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A Mexican Eatery in Dana Point—Recently, Lupe's on Del Obispo Street opened to little or no fanfare. The third such small eatery owned by the Gonzales family, Lupe's is basically a take-out restaurant with a few tables. But if you are looking for the delicious spit-roasted pork known as *al pastor*, Lupe's has the best. It comes in tacos, burritos, bowls, and even over a bed of French fries. A single order of Lupe's fries *al pastor* will generously feed two hungry adults. Of course, you might want to compliment the tasty pork by adding a splash of Lupe's green chile sauce.

Their Baja style shrimp and fish dishes are grilled and flavorful, though the *carne asada* is mediocre. There are no *carnitas* on the menu despite the restaurant's Michoacan food heritage. Even so, judging from lines that form at Lupe's from noon through evening, this "eatery" is extremely popular.

—Tim Murphy

A SUMMARY OF BOARD OF DIRECTORS ACTIONS

for April 12, 2017 is available on the NSCA website at www.niguelshores.org.

REMINDERS: The next Board of Directors meeting will be held on Wednesday, May 10, 2017.

Annual membership & election meeting will be held on Tuesday, May 16, 2017.

NEIGHBORHOOD ADS

Wanted: Long term lease (up to 3 years) for family of three. Unfurnished. Current residents of Niguel Shores. Please call (949) 276-2603 to discuss.

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.







Chris W. Johnston, CPA, MBA, CMA President

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"Beyond Our Gates" is a new addition to the Seashore News offering information on activites in and around Dana Point. We hope you will find some adventures to enjoy.

Bulky Item Drop Off Event - FREE

May 6, 2017 • 7:30 a.m. to 2:30 p.m.

Dana Hills High School and

Palisades Elementary School

Bulky Item Clean Up events give residents a chance to drop off items including e-waste, green waste, large appliances, furniture, and other bulky items.

- Dana Hills High School will have on-site shredding services available.
- Palisades Elementary will have secure document collection bins available to drop off documents for shredding.

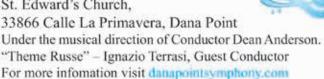
For more information contact Jennifer Anderson at (949) 248-3571 or janderson@danapoint.org.

Farmer's Market and Craft Fair

May 6, 2017 • 9:00 a.m. to 3:00 p.m. La Plaza Park - 34111 La Plaza, Dana Point

Dana Point Symphony -

May 13, 2017 • 7:30 p.m. St. Edward's Church,



Mother's Day Whale Watching Cruise

May 14, 2017 - 10:00am - 12:30pm The Ocean Institute, Dana Point Harbor

The Ocean Institute's R/V Sea Explorer offers families a cruise to view the local wildlife such as sea lions, marine birds, dolphins and maybe even a whale. Cookies, pastries, coffee, and tea are provided. Tickets include admission to the Ocean Institute Education Center the day of the cruise. Cost: \$45/Adult, \$35/Seniors & Active Duty Military, \$25/Child. Institute members receive a discount.



Mother's Day Fine Art Show 2017

Saturday May 13 and Sunday May 14 9:30 a.m. to 5:00 p.m.

Located at the Dana Point Harbor For more infomation visit

danapointfinearts.org/upcoming-events/

20th Anniversary Doheny Blues Festival 2017



May 20 and 21, 2017 • Entry starts at 11:00 a.m. Doheny State Beach

The Doheny Blues Festival celebrates 20 years of Blues on the Beach at Doheny State Beach in Dana Point!

Parking is available at Doheny State Park for a daily fee of \$15.00 per car. Additional Parking is available at Dana Hills High School with shuttle service running continuously through the day.

VFW Dana Point Memorial Day Service

May 29, 2017 · Starts at 10:00 a.m.

Pines Park, 34941 Camino Capistrano, Dana Point Veterans of Foreign Wars Post 9934 honors fallen veterans. Attendees will have the opportunity to honor loved ones and friends who served our country by placing flowers on the memorial. A special presentation of the Marine Corps traditional Empty Boots ceremony will also be held. For more information call (949) 248-7696 or visit www.vfwpost9934.org.

Saddleback College Emeritus Classes

Summer Session May 30 through July 25

Register now for the "Film as Literature" class held Mondays from 2:30 to 5:30 p.m. here at Niguel Shores. A wide variety of other Emeritus classes are held throughout the local area. For more information or to enroll call (949) 582.4835 or visit www.saddleback.edu/emeritus.

www.niguelshores.org Seashore News, May 2017 | 15

BEACH CURRENTS

REAL ESTATE REPORT FOR NIGUEL SHORES BY CONNIE MCKIBBAN



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7 Real Estate Update for Niguel Shores*

7 HOMES CURRENTLY FOR SALE - PRICED FROM \$1,579,000 TO \$4,795,000 3 homes in escrow - priced from \$1,395,000 to \$1,995,000 5 HOMES SOLD 2017 - PRICED FROM \$1,200,000 TO \$3,000,000 28 der multiple listing service as of $4/20/17)^{26}$

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