

Seashore News



October 2017

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Issue 526

FROM THE HELM

At the September Board Meeting we held our first Resident's Roundtable, which we added as a way for homeowners to be able to discuss with the Board any concerns they had about the community. We set aside one hour in an informal setting so homeowners would feel comfortable discussing and asking questions on any issue. The turnout was good, with about 40 homeowners attending.

We opened by discussing the Breakers Isle revetment. With regard to the revetment, nothing much has changed over the past six months. The plans were submitted to the Coastal Commission back in April and we are still waiting for the project to be scheduled on the agenda. The Coastal Commission meets once a quarter, with the next meeting being held in San Diego in October. At this time, our plans don't appear to be on the October agenda so our hope is that this will be scheduled for the next meeting in January. There isn't much we can do to push the Coastal Commission.

We then addressed other questions from homeowners. One issue of concern was that Google Maps occasionally steers some guests and service contractors to our resident-only gates. Our staff has been aware that this does happen from time to time and has attempted to contact Google to show only the Mariner Gate as a point of entry. Homeowners who have encountered this problem should also contact Google and request they remove our resident-only entrances

from Google Maps. Our staff will also continue to contact Google on this issue.

We also discussed how our many trees, some over 40 years old, have grown and have impacted some ocean views. This is a complicated problem as our rules say trees must be trimmed or removed if they cause an unreasonable view blockage. The key word is *unreasonable*. Before a tree is cut down we send a notice to all homeowners in the vicinity of that tree or trees that are being considered for removal. One homeowner made the suggestion to mark these specific trees so as to make it easier for homeowners to know what trees are being considered. That way they can make their comments to management and the board. When does a tree become an unreasonable view blockage? This can be very subjective. Our first action is to aggressively trim trees to reduce or eliminate the view blockage. To date this has been successful, but as we all know trees will continue to grow and at some point trimming simply will not work. As a community, we need to look forward and start planning for replacing trees in a way that least impacts our beautiful landscape.

We also had some homeowners from the Garden Homes speak on the parking issues facing their neighborhood. On-street parking is not permitted on these streets as the streets are simply not wide enough for emergency vehicles or large trucks to pass. We used the Orange County Fire Department codes to determine what, if any, parking could

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Take a Look Inside!



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AS THE WEATHER COOLS
Niguel Shores' Market is Heating Up
9 NEW SALES
IN THE LAST 40 DAYS

NIGUEL SHORES | Market Update

Total Sales Year-to-date: 21
Price per Square Foot: \$863
Average Sales Price: \$1,582,595



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

Mariner Gate Flagpole—

Some of you may remember that we had a beautiful flagpole with an amazing flag at the Mariner entrance. We then expanded the gatehouse and in doing that construction, took the flagpole down. It has always been the Board's intention to reinstall that pole; however, as with everything, it has taken some time. Well—drum roll please—we have done it. The renewed flagpole and new flag have been installed at the entrance to Niguel Shores. You can now drive into the community and see this sight with great pride.



Turf Over-Seeding—Fall is here and now is the time to scalp the warm season turf and over-seed with a cool season turf blend. October is a key transitional month in the turf lifecycle. It is when the warm season grasses begin to go dormant, which causes lawns to look dead and brown. Of course, the lawns are not dead, but in order to keep the lawns looking lush and green, the warm season turf must be scalped and new cool season turf seed blend needs to be applied.

Although the final results will look great, the process itself is somewhat long (approximately 3-4 weeks) and not aesthetically pleasing. The process we adhere to is as follows:

- The irrigation will be shut off in all turf areas to allow them to dry out.
- All turf will be cut at the lowest motor setting possible. Unfortunately, this will leave exposed dirt and is unattractive but temporary.
- The lawns will then be over-seeded with a perennial rye blend and topped with steer manure.

- In approximately one month the seed will begin to germinate and there will be beautiful new grass.
- During this one-month germination period the water will be on several times a day in small increments each time.

If you remember the last few years we have done this to the grass areas and they have come back quickly looking better than ever.

Landscapers Are Doing Their Job—We would kindly like to remind all residents not to question or give directions to any of the Harvest landscaping crew members. They are on a schedule and interruptions by residents (even if it is only 5 or 10 minutes) adds up quickly. Time lost is money wasted. Remember that Harvest takes all direction from Management, so do not stop them from doing their job, but instead if you have questions or concerns direct them to the management office. We will make sure your concerns are handled appropriately.

Happy Halloween from all the Niguel Shores Staff.
We will
Always remain cheerful when helping you, even in difficult times, and never lose
Patience and understanding. Know that you are all
respected for your kindness,
Positive comments and treating others as you wish
to be treated.
Your staff is always here to help you with any
questions you may have at anytime.

If you have any questions, concerns, or comments, feel free to contact the Association staff. We will be glad to help you or direct you to the proper staff member so that your questions are answered in a timely manner.

—Marla Miller

SEA TERRACE 1 BOARD ANNOUNCEMENT

The Sea Terrace 1 Board is soliciting self-nominations to run for the Board for a two-year term. The Board meets two to three times a year and oversees the operations of the Sea Terrace 1 Townhome Association, which primarily manages the painting process for our townhomes. If you are interested or have questions please contact either Cathy Tyson, VP of Elections, at tk310@sbcglobal.net or Larry Wellikson, President, at lwellikson1@cox.net not later than October 31, 2017. The new Board terms will start January 2018.

—Larry Wellikson

Helm continued from page 1

be permitted and the streets are simply just too narrow. It was brought up that Niguel Shores is not mandated to follow the OC Fire Department code. We agreed we were not mandated, but in order to keep our neighborhood safe we will continue to enforce the no parking rule on the Garden Home streets.

I want to thank all those who attended for their thoughtful questions and comments. The feedback we received was very positive and we will continue to have a Resident Roundtable on a quarterly basis with the next one on January 10. We look forward to more homeowners and great questions and discussions at the next meeting.

—Bob Russell

COMMITTEE REPORTS

LANDSCAPE

Tree Trimming

The annual tree trimming throughout the community will begin this month and should go until the end of December or possibly sooner if they complete the project early. Although we have view-related tree trimming requests throughout the year, the fall months are the best time to trim our community trees because of the cooler temperatures.

We are asking everyone for assistance during this process to keep the project moving along efficiently. If you park your car on the street or in your driveway and there is a tree close to the vehicle, please pay attention to when the crews are in your area and move your car away from trees in the work zone. If you do not move your vehicle, the crew will not trim trees and will be forced to reschedule any missed trees for a later date.

Remember that once the tree trimming is complete the trees should not grow a lot during the winter months. Then you can expect them to come back during the spring and we will start over again with the same process next fall. Hopefully, we will get to your area very soon and trim up the trees quickly, but keep in mind that this community has over two thousand trees. Your cooperation is important to maintain an efficient process and help to keep our budget intact for this annual project.

—Bill Walkup

EMERGENCY PREPAREDNESS

Who among us has a crystal ball, access to a sure thing at Del Mar, or even the secret to hitting the winning number on the roulette table in Vegas? Don't we wish!

As of this writing our prayers continue for all the victims of the horrific hurricanes in the Houston area, the Caribbean and the Southeastern United States. While these residents had some prior warning of what was coming, many either did not heed or were not prepared for the eventful disaster that followed.

What about us in Southern California? Or maybe more personally just in Niguel Shores. Natural disasters such as tornadoes, floods, forest fires, snow and ice storms, tsunamis, might potentially impact areas around us but are rather unlikely to happen in the Shores. But what about the possibility of an earthquake? YOUNBETCHA!!

And what distinguishes us from those other disasters? We are unlikely to have any advance warning at all, other than the many years we have been told "The Big

One Is Coming."

So... does that mean it will happen right in the middle of our own community? Not necessarily, but we should be PREPARED anyway! WHY? So many of the related issues that faced Houston and South Florida could impact our very neighborhood: Road damage and impasse, inability to access gasoline, disruption of drinking water and water supplies for cooking or sanitation, limited fire fighting support, electricity, food supplies, communication lines.

We could become an island cut off from the areas around us. We might have limited or no emergency services, police support, fire department, and all the other services we take for granted such as garbage removal, utilities, construction repairs, routine service calls—and forget about banking services, cable and television, or postal delivery.

The good news? We can overcome many of these issues if we're prepared. The basics are easy: extra drinking water, canned or preserved food (and can opener!), first aid items, flashlights, lanterns, some extra batteries or even a generator, a fire extinguisher. Also, how about propane and matches for the gas grill or charcoal, and a battery operated or hand cranked radio? And don't forget a change of clothes.

You should also prepare an easily portable emergency document file or flash drive with copies of VITAL RECORDS (birth certificates, marriage and drivers licenses, passports, property deeds, auto titles, insurance policies), FINANCIAL INFORMATION (bank accounts, credit cards, pensions, investments, mortgages), MEDICAL INFORMATION (health cards, medical history, medications, ongoing conditions, physicians names and numbers).

So, I'm going to stop here. All of these EMERGENCY PREPAREDNESS items and steps are pretty much common sense and readily available. But YOU have to make it happen. As neighbors we'll come together and do our best to make sure everyone is safe and taken care of, BUT we ALL need to make a commitment.

Go to www.fema.gov, the American Red Cross, or a host of other services that make earthquake prep recommendations and provide sources for supplies. AND, while you're at it, compare rates on earthquake insurance options for your home.

When we look in the mirror, we really don't have an excuse for not BEING PREPARED, do we?

—Kent Wellbrock

COMMITTEE REPORTS

TRAFFIC AND SAFETY COMMITTEE

Lock It or Lose It!

Another unlocked car parked in our community was entered by a thief and a wallet was stolen last month. We have learned through the past few years that former and new “car clouts” generally do not force entry into vehicles any longer. The risk and increased penalty simply isn’t worth it. With the peak season for “thefts from vehicles” approaching, we can best avoid being victims by not leaving anything of value inside our cars, and also simply by locking them.

Close Calls

A brief reminder that traffic entering at Mariner Drive has the right of way onto Niguel Shores Drive. We’ve had several close calls lately as some vehicles traveling on Niguel Shores Drive simply are not stopping for the clearly posted stop signs. A word to the wise, be especially aware of cross traffic as some folks have developed sloppy and potentially lethal driving habits.

Epidemic at Cabrillo and Selva Gates

Despite clearly posted signs at the Selva and Cabrillo gates that restrict entrance to residents only, we had at least 13 reported cars and trucks last month that suffered one to four blown out tires at these locations. A review of the video tapes reflects that in each case the driver of these cars *ignored the posted signs* and tailgated a resident car into the community. Within moments of the resident’s car passing safely through the gate, the metal spikes popped up to stop the nonresidents.

Almost always, the victims of the vicious tire chewing spikes are friends coming to visit or trades people coming to provide service. They report that their GPS type device directed them to these gates. We have placed conspicuous signs and continue to encourage everyone to provide friends

and service providers with specific directions, but a lot of good communication sometimes gets lost and drivers revert to using GPS.

Attempts to work with GPS folks continue, but so far have not been successful. However, staff has developed a program that will minimize confusion and supplement GPS. It should serve to eliminate a good deal of frustration and perhaps costly repair bills for our guests and service providers. Simply put, utilize the Mariner Gate House as the destination for guests or service providers. The guard on duty will in turn check files, issue a pass, and direct the individual to your house. The address for the Mariner Gate is 33510 Mariner Drive, CA 92629.

One Last Thing

There are almost 60 homes in our community undergoing remodeling now, and 10 are major remodeling projects. This may result in longer than normal backup at the Mariner Gate as workers wait in line to be admitted in the morning and then go back and forth during the day with materials. To avoid delays we suggest residents consider using the Cabrillo and Selva gates to enter the community during peak hours.

—God Bless . . . Tim Murphy

COMMUNICATIONS COMMITTEE

HIGH SCHOOL AND COLLEGE STUDENTS — OPPORTUNITY IS CALLING!

Here’s a chance to add depth to the list of accomplishments on your college application or job resume AND to become involved in the Niguel Shores community. **Become a staffer for the *Seashore News*!**

Submit a few lines each month about items of interest to young adults. Tell us about unique people, youth organizations, volunteer opportunities, special activities, school sports, tech items, entertainment, local hang-outs—or whatever you think young people would like to read.

Our editors can help you with ideas. We may also be able to provide you a reference letter when you need one for a college or job application.

So think about joining the *Seashore News* staff. It’s a great way to do something that benefits both yourself and your community. Opportunity is calling YOU!

For more information, contact Sandy or Yollie by email: seashorennews@hotmail.com.

Attention Members of the Military — Past and Present

As a Veteran’s Day tribute in our November issue, the *Seashore News* would like to mention the names of residents and their children who have served or are serving in the military. If you would allow us to print your name, rank and dates of past/present military service, it would be our honor to include you.

Please send information to seashorennews@hotmail.com by October 15.

COMMITTEE REPORTS

RECREATION

We had great turnouts at our September BBQ, Band Concert, and Island Festival. A big thank you to Kevin Rausch for lighting the Labor Day grill and to all the others that helped.

DON'T MISS THESE EVENTS IN OCTOBER:

Garage Sale – October 14, 9:00 a.m. to 12:00 p.m.

Sign up in the office to participate. Donation pick up will be at 1 p.m. so make sure to leave unwanted items on the curb.

Halloween Party – October 29, 4:00 to 8:00 p.m.

Mark your calendars for our annual Halloween Party.

Wear your best costume, participate in the parade, enjoy the games, and eat pizza! \$5 Entry Fee.

UPCOMING EVENTS FOR NOVEMBER:

Holiday Boutique – November 18, 9:00 a.m. to 12:00 p.m.

Holiday Lights Contest – December 15

Get those Christmas lights out of storage and ready just in time to participate in the Holiday Lights Contest. Start decorating after the Thanksgiving holiday. Watch for information in the November *Seashore News* on how to enter.

—Maria Elena Banks

At the Bluff

*Sizzling music heated up an already warm Saturday night in August when friends gathered for our **Band Concert at the Bluff**. Picnic tables were spread with colorful decorations and tasty refreshments that kept everyone happy as the music played.*



*At the **Labor Day BBQ** over 200 people enjoyed our beautiful Bluff and warm sandy beach as resident chefs stoked the grills.*



At the Bluff

Steel drums brought Caribbean magic to the **Island Fever Festival** on September 23 where crowds feasted on delicious Orange Glazed Chicken, Maracas Bay Tri Tip and tropical side dishes. A great night!



Gary Tinnes caught this shot of the Tall Ships rounding the point off our Bluff September 8.

While we're not expecting any **REAL GHOSTS** to prowl Niguel Shores this Halloween, there are sure to be plenty of masked ones at our doors calling, "Trick or Treat." Be forewarned, drive carefully, and be prepared with a full basket of goodies when the doorbell rings.

For family fun, bring the kids to our community

HALLOWEEN PARTY

October 29 from 4 to 8 p.m.

WOMEN'S CLUB

The Women's Club got off to a wonderful start this season. At our September luncheon meeting, a record turnout enjoyed a sumptuous salad buffet prepared by our members. President Lydia Reese welcomed everyone back after the summer break and introduced new members Jeannie Thompson, Tricia Pearson, Geraldine Moyer, Toni Williams, Mary Ellen Hofmann, and Molly Murphy as well as several guests. She also recognized past presidents of the Women's Club, those celebrating September birthdays, and new committee chairpersons.

A brief review of proposed Bylaw changes followed, to be voted upon at the October meeting. Vice President Terry Link presented an overview of the coming year's programs and activities including the always popular Holiday Party, Fashion Show, Home Tour, and June Tea.

Our guest of honor and speaker for the afternoon was Debra Lewis, Mayor of Dana Point. Debra addressed many issues facing our city at this time, such as the city's budget, the creation of a task force to address the growing issue of homelessness, and the progress of development in the vicinity of the Post Office building. Debra answered as many questions from her very interested audience as time allowed and stressed her desire that our citizens be pro-active, not reactive, as we design the future of Dana Point.

Meetings of the Women's Club are held on the second Thursday of each month in the Niguel Shores Clubhouse. A social time starts at 12:00 noon, followed by a luncheon at 12:30 p.m. and a special program. Mark your calendar for this year's meeting dates: October 12, November 9, December 14 (Holiday Party), January 11, February 8, March 8, April 12, May 10, and June 14. There are no meetings in July and August.



Women's Club Presidents (left to right): Lisa Buchner, Mary Ellen Ellis, Frieda Baskin, Karla Sanders, Nancy Tinnies, Lydia Reese



Mayor Lewis at Women's Club buffet

For our next meeting on October 12, members are encouraged to dress in Halloween colors and costumes if they wish to do so. In the words of our President Lydia, "Anything goes! Witches to Wonder Women will be in attendance."

—Nadine Allen

10 REASONS TO JOIN THE WOMEN'S CLUB

1. You'll meet **a lot of nice women**. (We have over 100 members.)
2. You'll hear **interesting speakers** at the monthly luncheon meetings held on the second Thursday of the month in the Niguel Shores Clubhouse. (No meetings in July and August.)
3. The **luncheon buffet** is a wonderful assortment of fresh salads brought by members and professionally baked desserts.
4. You only need to bring a **salad** every other time you attend.
5. **Transportation** is available from members if you need a ride to the meetings.
6. Our annual events—a **December Holiday Party and a Tea** in June—are FREE and FUN.
7. Some of our other events—like our **Fashion Show or Home Tour**—are so popular that they have waiting lists to attend unless you are a Women's Club member.
8. We have **outside activities** planned regularly, such as **Happy Hour at the Bluff** or visits to interesting places related to our monthly programs.
9. If you want to do more, there are **committees that can use your talent** and expertise.
10. **Annual dues are only \$15** and the cover charge for the monthly luncheon is \$3.
11. Oh! Here's another reason, and a very good one—so we should make that title "11 GOOD REASONS TO JOIN THE WOMEN'S CLUB"—**You'll feel welcome, valued and part of the Niguel Shores community.**

COMMITTEE REPORTS

MEN'S CLUB

On September 5, we enjoyed a spirited presentation from Josephine Lee, the third ranked Toastmaster speaker in the world. A USC graduate and classical dancer, Ms Lee spoke about using her love of dance to form her own highly successful business providing custom-fitted dance shoes to ballet performers in the U.S. and internationally. The Roberts Team provided a delicious sausage, egg, and fruit breakfast.

President Bob Oakley opened our September 19 meeting with thanks to the Clark Team for the complete hot breakfast, and to C.W. for bringing us excellent speakers since 2014. Then Dana Point Mayor Debra Lewis held our rapt attention speaking freely and answering questions about our city. She addressed city finances, fire and police services, development in the Lantern District, the growing problem of homelessness, and disposition of nuclear waste from San Onofre.

The Men's Club invites all gentlemen in the Shores to join us for a great breakfast and program twice a month. We also host the annual Fourth of July community pancake breakfast, sponsor a scholarship fund, organize a day at Del Mar track, and hold other community events. Annual membership is \$15.00, and breakfast is a nominal \$3. Join us on the first and third Tuesdays of each month at 8:00 a.m. in the Club House and meet your neighbors.

If you would like more information or an introduction, contact one of the Men's Club executive committee members:

Bob Oakley bob_oakley@msn.com

C.W. Gruenig gruenig1@gmail.com

Steve Morris samwrsi@cox.net

Jack Christiansen jandachris@aol.com

Robert Saint-Aubin rfsaint@me.com

—from the notes of Robert F. Saint-Aubin and C.W. Gruenig

GARDEN CLUB

President Gunjan welcomed us back for our first meeting of the season on Monday, September 18, and introduced the newest members: Diane Dale, Dick and Joni Ashworth, Francis Ozimec, and Richard and Yollie Mancino. New members Robert and Deanne Saint-Aubin could not make this meeting but we also welcome them to the best club in Niguel Shores. Gunjan also thanked the Hospitality Team comprised of Grace, Al, Carmen and Tim for the outstanding refreshments.

Treasurer Karl gave a year-end financial report for 2016-2017 showing our finances are in excellent shape. He



Mayor Debra Lewis

informed the members that the club's Penny Pines fund, which is used to have a tree planted in the Cleveland National Forest in honor of a deceased club member, is now low in funds. In the past, members have voluntarily donated to this fund. Karl asked the assembled members if they would vote to authorize taking money from the club account to fund two trees in memory of Jerry Allen and Marilyn Moon. By a show of hands the members approved this request.

The remainder of the meeting was devoted to a fabulous visual treat via a video of the beautiful Keukenhof Gardens in Amsterdam, Holland. President Gunjan had visited there last fall when she joined her husband, who had moved there for a 2 to 3 year work assignment. Not only did the video showcase the colorful array of tulips, hyacinth and crocus in those outstanding flower gardens but it also showed how the various blubs are produced and harvested, as well as how one can plant these bulbs in a variety of garden settings. The video was a very enjoyable experience, to say the least.

A \$30 gift certificate donated by Armstrong Nurseries was then raffled for a \$1 donation to the Penny Pines fund and won by longtime member Ruth Levitan, who always will remain dear in our memories.

For our next club meeting, Monday October 16, we will carpool to the *Tree of Life Nursery* on Ortega Highway in San Juan Capistrano followed by lunch in San Juan. We will meet in the community parking lot at 9 a.m.

Our annual Lobster Fest is scheduled for Thursday, October 26, in the Clubhouse. If you didn't signup yet for this fun event, contact Francine Stout at franstout@cox.net.

—Karl Kuhn

ATTENTION: SHORES HISTORY BUFFS!

Announcing your opportunity to own a piece of nostalgic Niguel Shores Architectural Salvage!

These solid metal lamp parts have been salvaged from the original coach lamps that adorned the Atlantic and Shores Garden Homes when first built. The lamp parts are now available for sale, along with a genuine accumulation of 45 years of verdigris



Your imagination is the limit on how to use these in your home and garden décor.

Tops are \$20. Caps are \$5. Money collected from the sale of these souvenir lamp parts goes into the Niguel



Lamp parts on mantle, as planter dish, as patio wall decoration

Shores General Fund. If interested, please contact Suzanne Enis (949) 661-7607 or email suzanne.enis@cox.net.

ACTIVITIES

BRIDGE CLUB

Our Bridge Club has been playing three or four tables each week. If you are a Bridge player and interested in joining our group, please contact Mary Ann at 949-489-9999.

Our latest winners:

| | |
|--------------|---|
| August 23 | Jane Olson, Mary Ann Theisen, Frieda Baskin |
| August 30 | Pouri Fowzi, Mike Oliva, Trudy Buck |
| September 6 | Karen Oerele, Mary Ann Theisen, Hansa Sehgal |
| September 13 | GeorgiaVan Dagens, Ceacy Johns, Karen Oerele |

—Mary Ann Theisen

LIBRARY

Dana Point Library offers the following October activities FREE of charge. No registration is needed except for ESL classes, which are free but require registration at esl.danapt@gmail.com. Activities are held in the Community Room unless otherwise noted. Walk-ins welcome.

CHILDREN

Toddler Storytime: Tuesdays in October, 10:30 a.m. Stories, activities and songs for children under 3 and their favorite adults to enjoy together. Stay and play with puzzles and toys afterward.

Preschool Storytime: Wednesdays in October, 10:30 a.m. Stories, activities, and fun for children ages 3 to 5. Stay and play with puzzles and crafts afterward.

Read to a Dog: Wednesday, October 4 and Tuesday, October 17, 3:00 to 4:00 p.m. For beginning readers. Special therapy dogs love listening to stories. Held in the children's area.

Let's Explore Dinosaurs: Saturday, October 7, 11:00 a.m. ROAR! Join us as we stomp full STEAM ahead (science, technology, engineering, arts, and mathematics) and explore our world. Learn about DINOSAURS to celebrate International Dinosaur Month! A program for families to enjoy together, designed for kids ages 3 to 5 and their favorite grown-up.

Lego Club: Wednesday, October 11, 3:00 p.m. Design, build, and create. Lego bricks provided. All ages welcome!

Halloween SPOOKtacular: Monday, October 30, 4:00 p.m. Attention ghosts and goblins! Spend a ghoulish afternoon with some not so spooky activities and crafts. Kids in costume will receive a special treat. For kids 12 and under.

PJ Storytime: Monday, October 30, 5:30 p.m. Children all ages with parent or guardian. Wearing pajamas encouraged. Cookie and water served. Provided by NCL Laguna Sunshine Readers.

ADULTS

ESL English Class: Each Monday and Friday in October 11:00 a.m. and 1:00 p.m. Learn to read, write and speak English. *Register at esl.danapt@gmail.com.

Coloring Club: Each Friday in October, 10:00 a.m. to 12:00 noon. Bring out your inner artist while surrounded by books and good company. All materials provided. Held at the adult tables.

Write On Writer's Group: Tuesday, October 3 and 17, 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 through WRITE ON.

Learn the Truth About Wolves: Sunday October 8, 2:00 p.m. Presented by Skie Bender of Educational Outreach for Wolf Haven International, a nonprofit sanctuary for captive-born wolves. Bender shares her passion and knowledge by dispelling all the myths and legends regarding these beautiful creatures.

Gentle Readers Book Club: Thursday, October 12, 10:30 to 12:00 noon. For those interested in optimistic but provocative books without the graphic content. Copies of the current selection, *The Curious Charms of Arthur Pepper* by Phaedra Patrick, are available at the service desk.

Travel Club: Sunday, October 15, 2:00 to 4:00 p.m. Do you love travel, learning new things, exploring interesting places and meeting fellow adventurers? Join us as we continue our voyage to exotic destinations. At this month's group round table everyone can share travel tips, what worked and/or didn't.

Foreign Film: Sunday, October 22, 2:00 p.m. This month's selection is *Theeb*, directed by Naji Abu Nowak. In the 1916 Ottoman Empire, two Bedouin brothers guide a British Army officer through dangerous terrain.

Seaside Book Club: Monday October 23, 10:30 a.m. to 12:00 noon. Copies of current book, *My Name is Lucy Barton*, are available at the service desk.

—Karla Sanders

Friends of the Dana Point Library Holiday Sale

November 4 and 5, 10:00 a.m. to 4:30 p.m.

Come find pristine books, puzzles, games,
and toys for gift giving.

Held in the library community room.

This is a very popular event, so plan to come early.



ACTIVITIES

PAGE TURNERS

For the month of October, the Monday and Thursday afternoon Page Turner groups will be reading and discussing *The Sympathizer* by Viet Thanh Nguyen—winner of the 2016 Pulitzer Prize for Fiction as well as six other awards. The narrator, a communist double agent, is a “man of two minds,” a half-French, half-Vietnamese army captain who arranges to come to America after the Fall of Saigon and, while building a new life with other Vietnamese refugees in Los Angeles, is secretly reporting back to his communist superiors in Vietnam. This compelling book should make for lively discussion at upcoming meetings on Monday, October 23 and Thursday, October 26.

We also want to express our sadness at the passing of two long-time members of Page Turners, Diane Hearne and Ruth Levitan, whose astute observations and depth of understanding enlightened all our discussions. They will be greatly missed by everyone.

For information about the afternoon Page Turners contact Lisa at lisabuchner@cox.net.

—Lisa Buchner

IN MEMORIAM

Diane Hearne

January 14, 1941 – August 21, 2017

Resident of Cassandra Bay since 1978
NSCA Women's Club Past President
Page Turners Moderator
Member of Oreo Book Club and Dippy Dolphins
Seashore News Contributor
Dearly missed by all her family and friends.

Ruth Levitan

April 4, 1920 – September 19, 2017

Resident of Capstan Drive since 1975
Member of NSCA Women's Club,
Page Turners and Dippy Dolphins
Seashore News Distributor
An inspiration to all who knew her.

BOARD ACTION SUMMARY

SEPTEMBER 13, 2017 BOARD MEETING: (General Session)

ACCEPTED AND FILED:

- Financial Reports
- Delinquency Report
- General Session Committee Minutes

APPROVED:

- General Session Meeting Minutes from August 9, 2017
- Appointment of Shelly Miller to the Maintenance Committee
- Appointment of Rhonda Dunlevie to the Recreation Committee
- Person to Receive Official Association Communication
- Location to Post General Notices from the Association
- Litigation Disclosure Statement – September 2017
- Shine Illumination Proposal to Install Holiday Garland, Wreaths and Lights at Gates and Mariner Monuments
- West Coast Paving Invoice – Additional Charge for Concrete at Flag Pole due to City Inspector Request
- Harker Masonry Proposal to Remove/Replace Sidewalk Trip Hazards (Villas, Atlantic Garden Homes, Berkus Homes, Shores Garden Homes)
- BPR, Inc. Proposal to Grind/Cut Sidewalk Trip Hazards Identified Throughout Community
- SiteGuardZ Proposal to Upgrade Microphones at Gatehouse and Office (new microphone in conference room omitted)
- Removal of Dead Tree along Ports O' Call between Hobart Bay and Salvador Bay

DISAPPROVED: none

APPEAL/MEETINGS / PRESENTATIONS: none

REVIEWED/DISCUSSED:

- Correspondence to Board
- Manager's Report

TABLED/CONTINUED: none

SEPTEMBER 13, 2017 BOARD MEETING: (Executive Session)

ACCEPTED AND FILED:

- Executive Session Committee Minutes

APPROVED:

- Executive Session Meeting Minutes from August 9, 2017
- ADR for Failure to Maintain Violation

DISAPPROVED: none

HEARINGS/MEETINGS:

- One (1) hearing held for Violation of Overnight Parking
- One (1) hearing held for Violation of Visible Pass/Decal Required and Prohibited Parking
- Two (2) hearings held for Violation of Prohibited Parking
- One (1) hearing held for Violation of Prohibited Parking and Beach Parking

REVIEWED/DISCUSSED:

- Legal correspondence
- Delinquency reports

TABLED/CONTINUED: none

The NSCA Board of Directors meets the 2nd Wednesday of each month unless otherwise posted. The last approved General Session Minutes are posted on the Bulletin Board across from the NSCA Office entrance. In addition, the General Session and Executive Session agendas for the next Board Meeting will also be posted on the Friday prior to the next meeting.

REMINDERS: THE NEXT BOARD OF DIRECTORS MEETING WILL BE HELD ON WEDNESDAY, OCTOBER 11, 2017

MEN'S GOLF

September brought some great weather and great golf. We had outings at Talega and San Juan Hills. On September 19 we played our monthly tournament at Tijeras Creek. The course was in great shape and the big buck prize money on the line brought out the best of the Shores players.

With 20 golfers signed up to play, we set the game to be "1,2,3, Foursome Teams." In this game the first hole score is the best net score of the four players. The second hole score is the second best net scores of the four players. The third hole is the third best net scores of the four players. The remaining holes are scored in the same rotation.

This format along with player handicaps makes the teams very equal and gives everyone a great chance to win. This format also is a bit hard to follow and allows me (the Scorer) a chance to manipulate whomever I want to win! Of course I would never do that.

- **1st place:** Nick Werniche, John Torok, John Monson, and Bill Johnson with a score of 118.
- **2nd place:** Rick Palmer, Chis Dolkas, Morry Dohner, and Bill Verbrugge with a score of 124.
- **3rd place:** Mike Stiverly, Jim Duss, and Pat Zahner with a score of 127.
- **Closet to the pin on #5** Mike Stively, **and on #14** Morry Dohner.

(My team came in last so I obviously didn't do a good job of manipulating the scores.)

In October we will be playing San Juan Hills, Talega, and Arroyo Trabuco.

—Bob Russell



Women's Golf Luncheon at the Ranch in Laguna.

WOMEN'S GOLF

The Niguel Shores lady golfers held their outing on September 11 at The Ranch (formerly known as Ben Brown's 9-hole golf course in Laguna) and six golfers enjoyed a gorgeous day!

President Marlene Lynch, Judy Boitano, Terri Matrisch, Val Mitchell, Julie Patton and India Rouse played the round, using the best drives from each player as the special feature of the day's game. Prizes went to Marlene and Judy for closest to the pin on hole 6 and 8; Val for longest drive on hole 9 and lowest number of putts with 14; and Julie for low gross with a score of 39.

Following golf, the ladies enjoyed lunch at the restaurant along the first fairway and were joined by social members Ruthie Stahl, Ceacy Johns, and Chris Beaver, as well as Julie's mom Ruth who was visiting from New England and loved meeting all the ladies!

Irene McDonald organized the golf day and will do so again for the outing on October 2. Mark your calendars and note that this is a change of date due to the greens being aerated the following week. Contact Irene to join in the fun! Irene was serenaded by the group at lunch in honor of her September 25 birthday!

Thanks to all the ladies who support the golf group such as Lee Sweeney who keeps the budget, Chris Beaver who is our social secretary, and Brenda Tuckley who takes the minutes of meetings—however, this month she is enjoying herself on a trip to England, so special thanks to Val for stepping in.

Hope to see all lady golfers on October 2 at 9 a.m. All are welcome!

—Julie Patton

Shores Angels Pay It Forward

Niguel Shores residents Rhonda Dunlevie and Lynn Bushnell are reaching out to let you know they have formed a group of neighbors caring for neighbors called "Shores Angels." The group is composed of Shores residents willing to help neighbors who may have a need. Volunteers of different ages would be happy to do an errand or light chore, bring lunch, read a book, go on a walk, play a game of cards, or even just visit if you are lonely.

If you, or anyone you know, may be in need of assistance they have a website where you can make a request for help.

There is no charge except a smile.

Visit www.shoresangels.com

LANTERN DISTRICT UPDATE

In past issues I have written about the future development plans for the Dana Point Town Center, which now is known as the Lantern District Plan. Here is an update:

I am sure you have all seen, while driving through town, the large overhead cranes positioned in the property between PCH and Del Prado Street. The developer of this space is Raintree Partners, a private commercial real estate investment company principally engaged in the acquisition and development of multifamily residential and mixed-use properties in major West Coast markets. The development is called *Prado West*, and will encompass the area between Violet Lantern Street through Amber Lantern Street and half of the block north of Amber Lantern Street.

The overhead cranes you see are being used to excavate for two levels of underground parking beneath the *Prado West* structures to be built there. The soil being removed is hauled away by those double trailer big rigs you see waiting on the side of the road on PCH. When I inquired where the soil ends up, the contractor said it goes to various locations in southern Orange County, one in particular being the old El Toro Marine Base.

During the current excavation, the Japanese restaurant, GenKai, and the next door UPS store are still operating so don't forget to patronize these long-time town businesses. On the other side off Del Prado the U.S. Post Office is open and will remain there.



Artist's rendering of Prado West crossing Amber Lantern.

What will be the end result of *Prado West*? The developer's map in City Hall shows three buildings: Building 1, consisting of three individual units, covers the area to the north side of Amber Lantern. Building 2 is on the south side of Amber Lantern. Building 3 is located on Violet Lantern.

As required by the city to obtain approval of this development, the street level in each section will be devoted to retail businesses. In fact, on Violet Lantern retail businesses will cover the whole side of the street. So there will be approximately 300,000 square feet of new shopping, service and dining opportunities in Prado West. In the area around Building 1, there will be 8,000 square feet of public courtyards that create a pedestrian-friendly, outdoor environment with space for gathering and *al fresco* dining.

Above the retail establishments will be 109 luxury residential units with subterranean parking. Parking for the retail businesses will be 142 dedicated spaces and 43 property-adjacent open street stalls. To learn more about this development you can visit www.pradowest.com.

During summer months, the free Dana Point Trolley will stop at *Prado West*, so in the future Niguel Shores residents can jump on the trolley at several locations just outside our gates for a quick trip to this new addition to our wonderful city.

—Karl Kuhn



Giant cranes at construction site.

OCTOBER 31 – A BRIEF HISTORY

How do you think of it? Halloween or Hallowe'en or All Hallows Eve or—Samhain? Call it what you will, the night contains bits of ancient celebration, religious veneration, plain old superstition, and modern day fun.

Historians believe Halloween originated with the centuries-old festival of Samhain, when the Celts lit bonfires against spirits and wore costumes to ward off roaming ghosts. They set their new year on November 1 to mark the end of harvest and the beginning of winter—a time of death visible in nature. To them, the boundary between life and death grew blurred on Samhain, the night before the new year, and their bonfires were meant to frighten away the dead who might return to cause trouble and damage crops.

The Romans, occupying Celtic regions in Europe and Britain, mingled Samhain customs with their own autumn festivals. For example, during Feralia, celebrated in late fall, the Romans built fires to commemorate the passing of the dead. At harvest time, they honored Pomona, their goddess of fruitful abundance symbolized by an apple, and included the Samhain custom of bobbing for apples at their celebration. This might even explain the tradition of apple bobbing that lingers today on Halloween.

Over the centuries, November 1 became a religious day commemorating saints and martyrs, while November 2 became All Souls' Day or All Hallows' Day, and was a time for the living to remember the dead. These were days of prayer and veneration, but the peripheral celebrations resembled some of the ancient traditions with big bonfires, parades, and dressing up in costumes as saints, angels and



devils. The night before All Saints or All Hallows was called All Hallows Evening—then shortened to Hallows E'en, then Hallowe'en, and finally Halloween.

Today Halloween has evolved into a secular, community-based event characterized by costumes, parties, and children's trick-or-treating. While no real ghosts will actually prowl Niguel Shores this Halloween, there are sure to be plenty of masked ones knocking at our doors calling, "Trick or Treat." Be forewarned, drive carefully, and be prepared with a full basket of goodies to distribute! (Apples, anyone?)

—Sandy Homicz

Note: According to www.history.com, one-fourth of all the candy sold annually in the U.S. is purchased for Halloween. (No research is available as to how much of that candy gets eaten by elves who sneak into the pantry before the actual giveaway on Halloween night. ☺)



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MEET YOUR NEIGHBOR

Kathleen Ehlers

The highly accomplished life of Kathleen Linane Ehlers would make a fascinating book one day, but in this brief space we can only give some highlights—and there are many!

Recognized in her mid-20s as one of the youngest and most successful of an elite group of women executives in the New York financial community, Kathleen was named as the first woman Vice-President at Laird Incorporated, an aggressive investment banking firm on Wall Street in the 1960s. She specialized in block trading between institutions, moving huge numbers of stock shares valued at that time close to half a billion dollars. Drawn to the finance field after working as a Wall Street secretary during a summer break from teaching high school, Kathleen completed certification classes and became a registered representative of the New York Stock Exchange.

“From there,” she explained, “at age 29 I became a full Vice-President with voting stock in the firm, an unlimited expense account, and an apartment at the Excelsior—a building with a remarkable rooftop pool and siding glass cover that was the setting for a scene in the original *Godfather* movie. This pool was my forerunner for the Dippy Dolphins.”

At the pool Kathleen spoke with a lady who invited her to a party where she met George Plimpton and Cesar Chavez, but also an editor of *Mademoiselle* magazine. “The editor asked me about my job,” said Kathleen, “which I thought was just party chatter, but she followed up with a request for a story. Each year *Mademoiselle* gave out four Merit Awards to young women who excelled in their profession, with previous awards going to rising entertainers like Barbara Streisand, Audrey Hepburn, Julie Harris and others in their 20s at that time. However, the magazine picked me as Woman of the Year for Finance, and I felt honored because this was only the second time they had awarded someone in business.”

Kathleen told us she was born in New York to Irish



ABC News Interview

After her studies in Oslo, Kathleen joined a student group going to Russia even though travel was extremely restricted in the Cold War era. “We went by rail through Sweden and Finland and arrived in Leningrad at midnight,” she said. “Word went out that American students were on the train and flocks of people gathered because they’d never seen Americans before. They asked dozens of questions and were amazed that we each had our own watch, a sign of great wealth

to them. We spent our first day at the Hermitage Museum, where I purchased twenty-two prints of Russian paintings and had them framed later in New York. Fourteen of them are in my Niguel Shores home now nearly sixty years later.”

Kathleen described a lunch at their hotel in Leningrad. “We were surprised to see Ed Sullivan, Marge and Gower Champion, and other famous acts from his popular U.S. television show. Coming to our table, Mr. Sullivan said, ‘Americans. How wonderful!’ He invited the cast over to say hello, as if we were the celebrities, and asked us to come along on the cast bus to see their touring show, seating us in

the front row of the theater and chatting with us between acts.”

Kathleen returned to the states just as the United Nations General Assembly was about to meet in New York with Nikita Krushchev and Fidel Castro attending. As luck would



With Faye Dunaway at
Woman of the Year Awards

have it, while Kathleen was a student at Fairleigh Dickinson she belonged to the Foreign Students Club where a friend from Afghanistan had contacts with Afghani members of the U.N. “Of course, this was a time when Afghanistan was ruled by a king who had friendly relations with many countries, the Russians had not invaded, and the Taliban were virtually non-existent. On the day Krushev was due to sit with the USSR delegation, getting passes to the U.N. was almost impossible. But Najiba—the wife of an Afghan in the International Court of Justice who had invited me to dinner at their house many times—gave me her pass for the day. With Najiba’s pass I was seated on a folding chair in an aisle reserved for diplomat relatives, only about ten feet away from Krushev. When he realized I was staring at him, Krushev winked at me and smiled.”

Later, as parts of Eastern Europe opened to the West, Kathleen revisited Moscow and several communist bloc cities, even fulfilling a long-time desire to see the Kiev wolves in their zoo. She ended her tour on the seacoast in Bulgaria where, she told us, “I spent a week alone at a beach resort eating Bulgarian caviar and goat cheese, which were low-cost everyday items there. Only one person spoke English, a Belgian business student. He invited me to a Swedish nightclub that was having a dancing contest, and the prize was a trip to Istanbul. People who know me here in Niguel Shores will understand when I say I almost always win stuff. That night the dance contest was a marathon lasting through the next morning. At the end we were exhausted—but we won! Within an hour we were on a small plane sweeping across the Black Sea to Istanbul. After that I went on to Greece, where two Wall Street lady friends and I planned a fun cocktail party at the Grand Hotel on the island of Rhodes. It was the year of Jackie Kennedy and Ari Onassis, and Greece was the ‘It’ place to go so our invitations were received as wildly exotic by the folks in the states who bragged about going to a party in the Aegean, though we knew most people wouldn’t actually make the trip.

“On the way back to America I sailed on the *S.S. France* expecting a quiet voyage, but the King of Bahrain was on board with a full retinue. One night his bodyguard approached saying the King asked to dance with me. They requested that I change my table to join the King’s group (which I did not do). The King gave me pearls from his country, which I sold to Sotheby’s years later to pay for

woodwork at my house in Beacon Hill, and he gifted me with first edition stamps of Bahrain, which I still have.”

By 1970, Kathleen could foresee negative changes coming in block trading and decided to take a look at opportunities in California. Thinking about a career switch into real estate, she resigned from her New York firm. Along the way, she heard about an investment company in Marina del Rey looking for ten people to train in tax-deferred exchanging of income properties. “Not only did I complete their course, but I married

the instructor, Doug Ehlers, in 1975. Condominiums were becoming popular real estate vehicles and, while most brokers hated all the extra paperwork with these, I didn’t. I quickly became a condominium specialist and rose to number one in listings with the Santa Monica Board of Realtors.”

Kathleen and Doug Ehlers set up their own real estate brokerage firms: Kathleen Realty for residential and Santa Monica Bay Properties for income units. When she realized how often brokers and property owners were threatened with nuisance lawsuits and needed legal advice,

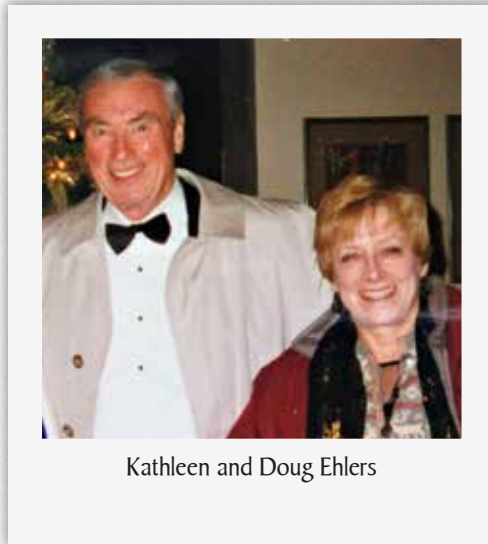
Kathleen took steps to become an attorney. In 1977 she started UCLA Law full time while also working in the firm, managing properties, and being part-time stepmother to Doug’s two younger children who were 16 and 9.

Of those years, Kathleen said, “By 1980, I’d completed law school and passed the California Bar Exam, and Doug had been elected to the Central Committee of the Republican Party in Santa Monica. We had battles with the Santa Monica Rent Control Board over property owner’s rights, causing me to consider leaving that area, but Doug wanted to stay and fight.

“That’s when I moved to Orange County on my own and bought a house in Laguna Niguel. Eventually Doug and I sold our commercial buildings in Santa Monica and did 1031 exchanges, allowing me to acquire two more houses in Laguna Niguel with my share and Doug to buy a Sea Terrace Townhouse on Capstan with his.

“In 1999, seeing everything Niguel Shores had to offer, I became determined to purchase the next ocean view one-level plan that came on the market. And that is how I came to reside on Flying Jib today. I really enjoy my house, the Bluff, the pool, the Women’s Club, Dippy Dolphins, the dog walkers, the golf carters—all the people who live here—plus the prudent management of the Homeowners Association. No better place to be!”

—Kathryn Fitzmaurice and Sandy Homicz



Kathleen and Doug Ehlers



CUISINE CORNER

HENDRIX Restaurant & Bar opened in the Ocean Ranch Village Center in late April

this year. Restaurateur John Nye's extensive renovation of the building offers a casually comfortable, upscale dining experience with moderate prices, thanks to the menu created by Austrian chef Rainer Schwarz. With the quality and innovation of their food selections, HENDRIX has quickly become a popular destination. You can expect an enjoyable few hours in a happily bubbling environment at dinner-time starting at 5:00 p.m. daily, or drop in for lunch from 11:30 a.m. to 2:30 p.m. every weekday but Monday. They also offer happy hour specials weekdays from 4:00 to 6:00 p.m. and weekend brunch Saturday and Sunday from 10:30 a.m.

The specialty of the house is immediately apparent as you approach their grand entrance. A massive, high-end Doregrill rotisserie from Nantes, France faces you through an impressively large picture window, allowing you to view their three specialty offerings: roasted chicken, lamb and porchetta. The grill is also viewable from inside the reception area, with succulent juices dripping onto the fingerling potatoes served with the meats. Individual succulent portions of these meats with accompaniment are available for around \$20. Or groups can order a large serving platter of all three for \$26 per person. On several weekends the chef has also offered prime rib of beef done on the rotisserie, and recently we were amazed by a whole six-pound Texas redfish finished in his ovens that made an unforgettable dinner for four of us.

But what keeps us returning to HENDRIX are the dozen small plate offerings, the half dozen salads, and the big plates on the menu. For starters, the chef's creamy potato-garlic soup with pieces of roti chicken, or the caramelized onion soup with gruyere cheese toast are both wonderful. Either soup along with his porchetta sliders is a meal for lunch or a terrific start to dinner. The sliders are filled with the nicely-turned roti pork, peppercorn and apricot jam, baby arugula and crispy sweet onions. Yum. Patrons rave about the fried Brussels sprouts with marcona almonds, dried cranberries and mint yogurt. Baked lobster mac and cheese is enough to share for the table. My favorite salad is the Hendrix with roti chicken, goat cheese, sweet 100's tomatoes, avocado and dates. My wife



is partial to the heirloom and watermelon salad with sweet plums, soft mozzarella and basil.

The bigger plates are a nice assortment, all at attractive prices. Cedar planked salmon with salad and feta; northern halibut with roasted eggplant & pepper escalivada; leg of lamb sandwich with cucumber tzatziki and fries; Double R Ranch 16 ounce bone-in New York strip.

And before I forget, Chef Rainer offers his Austrian grandmother's apple strudel on the dessert menu.

HENDRIX is upscale yet casual, and extremely comfortable in every section. Booths can comfortably seat two or more couples, even up to parties of eight. High-top tables for two have comfy form-fitted leather seats and can be put together for larger groups. The rectangular bar is off-center yet still in the midst of the room, allowing visibility across the expansive dining area. More traditional tables and chairs line the western perimeter, adjacent to a lounge area with couch seating. And finally, there is an open yet defined space for large family gatherings or large parties.

In addition to the full bar offerings, there is a very nice perk inside the restaurant. HENDRIX offers a retail wine boutique near the reception station where you can purchase a curated selection of favorably priced wines by the bottle to be served along with your meal, in addition to their wine list offerings. There is also discounted pricing for bottles to take home.

Overall, HENDRIX has created a restaurant experience which is a cut above what has been available in Laguna Niguel, Dana Point and San Juan Capistrano. We expect they will thrive for a long time to come.

—Gary Tinnes

The Grill and Our Grillmaster

Bob Borland has been the official Niguel Shores Barbecue King for nearly a quarter century. You have seen him for years having a great time as he presides over the grill at the Bluff on special occasions like Memorial Day, 4th of July, Labor Day, or the Garden Club Lobster Cookoff. But what you might not know is the history Bob shares with that grill.

The story goes back to the early 1990s when Bob first moved to the Shores. Before that, as an Air Force officer involved with missile projects, he was stationed for a time at the Vandenberg Base near Lompoc and the small town of Santa Maria. When he retired and volunteered here in the Shores on our Recreation Committee, Bob thought we'd all enjoy an event at the Bluff featuring a menu popularized in Santa Maria by the Elk's Club—beef tri-tip perfectly grilled over an oakwood fire, macaroni salad, poquito beans, garlic bread, and salsa—a combination that is now famous as Santa Maria Barbecue. But the problem was we had no suitable grill to do justice to that menu. Our old grill was rickety, rusted out at the bottom, barely working.

So Bob and Peter Rask set out to find an authentic Santa Maria barbecue grill. After searching ads and making calls, they discovered that the Lake Nacimiento Homeowners Association near Paso Robles had a brand new one to sell. They drove up there, towed the grill back to Niguel Shores on a trailer behind Peter's pickup truck, and the Shores enjoyed a real Santa Maria barbecue right down to the special poquito beans brought back from Lompoc, where they grow in nearly dry fields among gritty soil and are sifted to remove pebbles before packing.

After a couple of years, Bob noticed the grill grate needed replacing and the bottom pan was nearly burned through, so he became determined to get it into top working



Bob Borland at the Grill



The Santa Maria Grill

order again. Several Santa Maria restaurants cooked great barbecue meals, and Bob contacted them to find out how to get replacement parts for the Shores grill. The Hitching Post (seen in the movie *Sideways*) gave him a tip about a gravel company in Long Beach that had stainless steel sheets with holes just the right size to sort pea gravel. That was what the Hitching Post used for their barbecue grates.

Taking off to Long Beach in the pickup truck again, Bob and Peter had the gravel company cut some of their stainless steel sorting sheets into dimensions that would fit our grill as a cooking grate, and those same ones are still in use here on our grill even after twenty years. Bob had the grill's bottom pan re-made and lined with fire bricks. Then, about fifteen years ago, he added a crank with steel cables from a

San Clemente trailer company to raise, lower, and level the grate for better heating.

Today, even though the Shores has a newer gas-fired grill to use alongside when there are large gatherings, Bob's heavy black Santa Maria grill is still everyone's favorite.

Bob arrives about 45 minutes before an event to get the heat going, using charcoal nowadays because the oakwood he prefers is

not easily available. He credits Dave Smith of the Shores Maintenance Team with being an expert in the care of our Santa Maria grill. Dave transports it to the Bluff, cleans it up, and keeps it in storage when not in use by Bob or the dozens of other chefs who line up to flame their meats to perfection.

Now comes the difficult news: Bob Borland, our long-time Barbecue King and Grillmaster, is ready to retire his apron, hat, and heavy gloves. Our Recreation Committee is taking over the job of stoking the coals and extends a world of thanks to Bob for keeping the fire going all these years.

—Bob Borland and Sandy Homicz

As you are reading this, Summer 2017 is one for the history books and it is officially fall here in Niguel Shores. I hope you were lucky enough to enjoy some of the events hosted this summer by our Recreation Committee or even get down to the Bluff to catch an occasional sunset—OK maybe more than occasional. I know I did and thoroughly enjoyed it. Just because the temperature is dropping a bit doesn't mean we are hibernating. There is still plenty to keep us busy here in our community.

During October, the Recreation Committee is organizing a Neighborhood Garage Sale, as well as the Annual

Halloween Parade and Party. Details on these events and all other community events can be found easily by logging onto www.niguelshores.org.

The website is also your best resource for lots of other important information such as homeowner request forms, the Men's Club list of recommended service providers, Board of Director minutes and meeting updates, information from various other clubs and, of course, current and past issues of this publication. Take a minute to acquaint or reacquaint yourself with this online resource. I think you will be glad you did!

—Patti Staudenbaur

Wellness... The Value of Variety

Long ago, Publilius Syrus (85 – 45 BC) posited that “No pleasure endures unseasoned by variety.” Almost two millennia later, William Cowper, the 18th Century English Poet, wrote “Variety is the spice of life, That gives it all its flavour.” It appears that the value of variety, to the extent to which it enriches the human experience, has endured over time. In fact, most of us have used the first stanza of Cowper's prose, “Variety is the spice of life!” to encourage a hesitant friend or relative to join in some new and different activity. Whether it's traveling to a new destination or museum, dining out at a new restaurant, surrounding oneself with a diversity of people, or even just a new hairstyle, variety is a very valuable component of a rich, stimulating, and healthy life.

Variety, though, isn't just for waxing poetic. It's also a key component of the experience of eating. Some of us can eat the same thing day in, day out, but most of us would admit that anticipating and enjoying something different is a delight to the senses. Something healthy, fresh and nutrient dense, that will feed one's body well, while tasting zesty and bright, can be just the move to break up the doldrums of the dinner plate. Every meal doesn't need to be a culinary conquest either, but every meal can be delicious and healthy with the right ingredients delicately folded into an awareness that embraces balanced nutrition and variety.

So, mix it up! Check out that new restaurant, meet new people through a common interest, get that new hairstyle, eat something new, healthy, and delicious. Just add a little adventure and realize the value of variety in your life!

Here's a recipe that's very simple, healthy, and balanced to enjoy for any meal. Add a

green salad and some whole grain bread and try this for dinner! Keep in mind, if you add cheese, it changes the nutritional values listed below.

Tomato, Onion and Herb Omelet*

(Makes one serving)

2 large eggs
Dash salt
Dash freshly ground black pepper
1 tsp extra-virgin olive oil
½ cup chopped grape tomatoes
¼ cup thinly sliced red onion
2 or 3 fresh basil leaves, minced

1. In a small bowl, beat the eggs and season with salt and pepper.
2. In a small skillet, heat the olive oil over medium heat. Pour the eggs into the skillet and cook undisturbed until just set, 1 to 2 minutes. Use a spatula to loosen the edges of the omelet, and tilt the pan slightly to move any unset egg to the surface.
3. When the surface of the omelet is barely moist, scatter the tomatoes and onion over the top. Cover the pan, reduce the heat to low, and continue to cook for 1 minute. Remove the pan from the heat and let the omelet rest for about 1 minute, covered. Sprinkle with the basil and serve.

Nutrition facts (per serving): Calories 232, fat 16g (sat. fat 4g), cholesterol 319mg, protein 15gm, carbohydrates 8g, fiber 8g, sodium 319mg, sugars 4g.

**Eat What You Love Diabetes Cookbook, Sonoma Press, 2016, Lori Zanini RD, CDE*



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

TRAVEL TALK

Fall Getaway to Sonoma County

October is a perfect time to experience the harvest, grape crush, and autumn colors in Northern California wine country. A day's drive up the 5 or the 101 will take you to the vineyards of Sonoma—or you can catch the daily Alaska Air flight direct from John Wayne to the Sonoma County Airport and arrive in a little over an hour.

Sonoma County is home to almost 60,000 acres of vineyards crossing 17 viticultural areas and offering great diversity for enjoying the fruits of the vine. With more than 400 wineries throughout the Sonoma region, choices for sampling are almost endless. Two “musts” if you are in the Santa Rosa area are the wine and food pairing at St. Francis Winery on Highway 12, and the tasting lunch at the Kendall Jackson Estate on Fulton Road. Both deliver exquisite food courses matched with complementing whites and reds from their cellars, and the servers provide detailed descriptions about the nuances of each presentation.

For a different experience, visit Kunde Winery's underground caves and ride their wagon up the mountaintop to sip, snack, and view the valley and vineyards below. Or take Benziger's environmentally-conscious tractor tram through their ecologically sound vineyard—a tour both informative and fun. For a full day's experience beyond simple wine tasting, you can purchase a pass to eat, drink, play bocce, view movie memorabilia, and use the swimming pool at Francis Ford Coppola's winery in Geyserville.

In Guerneville, don't miss the historic tour and free tasting at Korbel Champagne Cellars—the oldest continually operating champagne house in North America. Continue sampling sparkling wines in the Carneros region at Gloria Ferrer Wine Caves or the impressive chateau of Domaine Carneros. For other wineries with long histories to match Korbel's, visit Buena Vista, Sebastiani, and Gundlach Bundschu—all run by families with roots back to nineteenth century Europe.

If a picnic is on your mind, follow the scent of fresh-baked delights to Wild Flour Bread in Freestone, which claims to be Sonoma's first historic district. Or head to Viansa's abundant marketplace and tasting bar. Fill a basket with charcuterie, spreads, breads, and wine to enjoy on Viansa's terrace overlooking views of Sonoma Valley, San Pablo



Enjoying a wine and food pairing at St. Francis Winery.

Bay, the wetlands, and the Mayacamas. After that, wander the highways and back roads that are home to familiar labels such as Sonoma-Cutrer, B.R. Cohn, Schug, La Crema, Matanzas Creek, Clos du Bois, De Loach, Chateau St. Jean, Ferrari-Carano, Chalk Hill, Souverain, on and on.

In addition to vineyards, there are wonderful food experiences at every turn from upscale favorites like John Ash and the Girl and the Fig to low cost local favorites such as Café Citti or the Sonoma Cheese Factory. You really can't go wrong dining anywhere in Sonoma's wine country. It's foodie heaven with abundant choices for every taste.

Set aside some time to explore the area's history too. Stroll downtown Sonoma Plaza, which was the setting of the Bear Flag Revolt in 1846 and is considered the birthplace of California. Tour the home of General Vallejo, a central figure in California's shift from Mexican rule to U.S. statehood. Visit Mission San Francisco Solano de Sonoma and the Soldier Barracks. In Valley of the Moon, tour Jack London's Beauty Ranch, House of Happy Walls, and the ruins of his grand Wolf House, which burned before he had the chance to live there.

Jack London's Wolf House ruins in Valley of the Moon.



Also enjoy a walk through Armstrong Redwoods State Reserve where shady paths lead you through a majestic grove of ancient coast redwoods.

If you'd like to experience the fullness of the harvest crush this month along with a little history and natural beauty, try a getaway to Sonoma County. The vibe is welcoming, casual, laid-back. The growers come from generations familiar with creating prize wines, including their praised Chardonnay, Pinot Noir, Cabernet Sauvignon, and Zinfandel. There are quaint farming towns, top notch restaurants, quirky shops, miles of rugged coastline, pristine redwoods—and the Russian River runs through it.

—Sandy Homicz



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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.



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Coffee Chat

Friday, October 20 • 8:30 to 9:30 a.m.
Coffee Importers in Dana Point Harbor –
34531 Golden Lantern Street

No charge for admission and coffee is free.

Join fellow residents and business members on the third Friday of every month at a waterfront community update sponsored by Dana Point Civic Association and featuring a variety of speakers on topics concerning Dana Point. For more information call 949-493-7773

Dana Point Symphony Season Opener "Music of the Macabe"

Saturday, October 21 • 7:30 p.m.

St. Edward the Confessor Catholic Church

Conductor: Dean Anderson

Refreshments served following the concert and a chance to meet the musicians. Tickets are available online at danapointsymphony.com or at the door. Adults \$20, Seniors, Students, Military \$15



Dana Point Art Fest

Sunday, October 1 • 10:00 a.m. to 5:00 p.m.

On Del Prado between PCH and Golden Lantern

Take a stroll to enjoy a community celebration and display of fine art, live music, food and more in the Lantern District. www.dpartfest.com



Tony Bennett

Thursday, October 12 • 8:00 p.m.

La Mirada Theater for the Performing Arts

14900 La Mirada Blvd. • La Mirada, CA

Tickets start at \$55.00

California Mexicana "Missions to Murals"

October 15, 2017 - January 14, 2018

Laguna Art Museum

307 Cliff Drive • Laguna Beach, CA

Mozart and Rachmaninoff With Andre Previn

October 19 - 21 • 8:00 p.m.

Segerstrom Concert Hall

600 Town Center Drive

Costa Mesa, CA

800-513-7540 or 714-556-2787



Magic & Mayhem Halloween Boutique

October 1 - 31

9:00 a.m. to 6:00 p.m. daily

Roger's Gardens

2301 San Joaquin Hills Rd.,
Corona del Mar, CA

Vintage spell books, strange potions and magical creatures can all be found when you step into a world of Magic & Mayhem.



Saturday, October 7 • 12:00 to 7:00 p.m.

Sea Terrace Park

This FREE family-friendly event provides music, dancing, food, Kona Brewing Company & Munich's Famous Spaten Beer. Chicken Dance, hilarious musical chairs and the now-famous sausage toss, sing-a-long songs and a dance party. Free parking is available on Niguel Road and Stonehill Drive and on Pacific Coast Hwy. Salt Creek Beach offers parking for a fee or if you're feeling a little VIP(ish) one can always valet at the Monarch Beach Resort.

Dana Point Science Night

Thursday, October 12 • 6:30 to 8:00 p.m.

Dana Point Community Center • 34052 Del Obispo Street

Learn about current science-related topics presented in a family-friendly format. Generally, hands-on activities and/or displays will be presented and geared towards children. Free Admission. For more information email DPnaturalresources@danapoint.org

Bulky Items Drop Off Event

Saturday, October 21 • 7:30 a.m. to 2:30 p.m.

Dana Hills High School and Palisades Elementary School Bulky items clean up events give residents a chance to drop off their bulky items for FREE instead of taking them to the landfill. Residents can bring e-waste, large appliances, furniture and other bulky items that don't fit in a normal waste container. Goodwill industries will be at both locations to accept charitable donations. Additionally, document shredding services will be available to Dana Point residents free of charge at each location.

Call 949-248-3571 or email janderson@danapoint.org for more information.

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