

Seashore News



March 2018

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FROM THE HELM

As winter is coming to an end, we are beginning the final phases of our master landscape slope rehabilitation. It will still be a few more years until all the master landscape is completed but our major slopes should be completed this year. Starting next month we will begin the slope below Vista D' Onde and Vista D'Oro over in the Villas and along the Manta Park, along with the upper half of Niguel Shores Drive from the PCH bridge to Stonehill. These are both large projects that we plan on completing by June. From there we will take on the many smaller slopes with a goal to be completely done by 2020. The slope rehabilitation is more than just changing out our plantings but it also is replacing our outdated and wasteful irrigation. When completed our slopes will be secure, have efficient irrigation and look great.

Along with the coming of spring, our office is doing some spring cleaning. As we have moved toward digital

record keeping, the need to physically maintain many of our paper documents has become unnecessary. We have also transferred to a digital format for much of the documentation we are required to keep. Many of the old boxes of documents (no longer needed) will be shredded. A document shredding company is coming to the Shores on March 23 to help us clean house. We have negotiated with the company so that all our homeowners can bring down any paper documents they want to get rid of and have them shredded right here.

The shredding event is confirmed for Friday, March 23, 2018 from 11:00 a.m. to 3:00 p.m.

One last thing is to remember to change your clocks as Daylight Saving Time 2018 will start on Sunday, March 11, at 2:00 a.m. So on March 10 before bedtime, most people will "spring ahead" — setting clocks forward one hour.

—Bob Russell

NIGUEL SHORES SHRED DAY **BRING YOUR DOCUMENTS AND PAPERS** **FOR SHREDDING!**

Community Center Parking Lot

Friday, March 23 at 11:00 a.m. to 3:00 p.m.

Manila folders, binder clips, fasteners, etc. are all OK.

SEA TERRACE II **HOMEOWNERS ASSOCIATION** **ANNUAL MEETING**

The Sea Terrace II Homeowners annual meeting will be held March 14, 2018 at 6:30 p.m. in the foyer of the Clubhouse. All homeowners in Sea Terrace II are encouraged to attend to hear important information about our association and to vote for board members, review the 2018 budget, and learn about the scheduled exterior painting.

—Karla Sanders, Secretary

St. Paddy's Celebration

Hear Ye – One and All!

It's Our Annual Wearin' of the Green!

Friday, March 16, 5:30 to 7:30 p.m.
on the Clubhouse Patio

**Enjoy Corned Beef Sandwiches,
Beverages and Irish Music**

**Who knows?
We might dance some**

Irish Jigs too.

And it's free!
Come join the fun!





BRE#0177830

BOB GINO

The Orange County Housing Report

To get a copy of the full Orange County Housing Report, contact Bob Gino

LUXURY DEMAND DRAMATICALLY INCREASED THE PAST TWO WEEKS. In the past two weeks, demand for the homes above \$1.25 million increased from 241 to 336 pending sales, up an incredible 39%. The luxury home inventory increased from 1,429 homes to 1,540, an 8% rise in the past two weeks. **Expect both demand and the inventory to rise throughout the spring market.** The current expected market time for all homes priced above \$1.25 million plunged from 178 to 138. The luxury range is heating up, but nothing like the lower ranges with an expected market time of just 36 days for homes below \$1 million.

For homes priced between \$1.25 million and \$1.5 million, the expected market time dropped from 112 to 81 days. For homes priced between \$1.5 million and \$2 million, the expected market time decreased from 145 to 122 days. For homes priced above \$4 million, the expected market time dipped from 355 to 349 days. At 349 days, a seller would be looking at placing their home into escrow around the end of January 2019.

| | EXPECTED MARKET TIME | SHARE OF HOUSING INVENTORY | SHARE OF CURRENT DEMAND | LAST YEAR |
|--------------------------|----------------------|----------------------------|-------------------------|-----------|
| OC \$0-\$750K | 33 days | 36% | 57% | 35 days |
| OC \$750K-\$1M | 43 days | 17% | 21% | 54 days |
| OC \$1M-\$1.25M | 54 days | 8% | 8% | 80 days |
| OC \$1.25M-\$1.5M | 81 days | 8% | 5% | 80 days |
| OC \$1.5M-\$2M | 122 days | 10% | 4% | 153 days |
| OC \$2M-\$4M | 163 days | 13% | 4% | 232 days |
| OC \$4M PLUS | 349 days | 8% | 1% | 306 days |

ORANGE COUNTY HOUSING MARKET SUMMARY The active listing inventory increased by 207 homes in the past two weeks, up 5%, and now totals 3,981. Expect the inventory to increase from now through mid-summer. Last year, there were 4,448 homes on the market, 467 more than today.



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Surterre Properties®, Inc. does not guarantee accuracy of all data, including all measurements and calculations of area. Information is obtained from various sources and has not been, and will not be, verified by Broker or Agent of MLS. Based upon information from the Orange County Housing Report., as of 01/11/18-02/20/18. All information should be independently reviewed and verified for accuracy.

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

2018 Annual Meeting & Election Dates: The deadline to submit your Candidate Nomination Form to the NSCA office was 5:00 p.m. on February 28. Candidates can still run for office after this day, but they will miss the cutoff date to be formally listed on the ballot that is mailed out to owners. If you love this community and want to keep the Association running effectively and efficiently, please consider serving on the Board and offering your time and commitment for a great purpose.

Please mark your calendars for “Meet the Candidates Night” scheduled for Tuesday, April 17 at 6:00 p.m. This provides homeowners an opportunity to hear from each candidate and ask questions. We have scheduled “Meet the Candidates Night” close to the mailing of ballots so everyone can hear what the candidates have to say and be prepared to vote. The Annual Meeting will be Tuesday, May 15 at 7:00 p.m. in the Clubhouse.

Association Maintained Landscaping: There are many landscaped areas within Niguel Shores maintained by the Association and not by the homeowner of the property where the landscape is located. This was all part of the original recorded CC&Rs, which provides the Association with an easement over certain portions of properties for landscape maintenance. Part of this maintenance includes irrigation of the plant material in the easement area. In some situations, an easement to the Association may not exist and an owner may wish to take over the maintenance responsibility of the landscaped area. For the transfer to occur, NSCA must first review the governing documents of the Association to make sure it is permissible. If permitted, you will be required to submit a plan for review, consideration and approval by the Architectural Committee. Once the homeowner has approval for planting and irrigation of a landscaped area, the Association will work with both Harvest Landscape and South Coast Water District (SCWD) to remove the Association irrigation and confirm the homeowner has not connected their sprinklers (irrigation lines) to the Association’s reclaimed irrigation lines.

This is crucial, as SCWD cannot allow cross-connection of potable and reclaimed water on the same line. If your landscaper merely hooks up your irrigation to the Association’s irrigation, there could be cross-connection which could cause contamination and issues on many levels. It is very important that all parties continue to work together to prevent reclaimed irrigation systems from connecting to potable water systems.



Irrigation hose

Please remember that under no circumstances should you (or your landscaper) connect to the Association’s purple lines which are for reclaimed irrigation. Remember that the reclaimed water is treated sewer water and can be harmful if connected with potable (drinking) water.

Roth Capital Event: The Roth Capital Event will be held at the Ritz Carlton, Sunday, March 11 to Tuesday, March 13. Much the same as in past years, it will run from 6 to 10 p.m. with live music playing from 7:30 to 9 p.m. each of the nights. The set up will take place March 10 and 11, and the south portion of the Salt Creek parking lot will be closed during this time. Tear down will be completed no later than March 14. As in previous years there will be tents, a stage for music and entertainment, lighting, food and beverage services. This is an important event for the City of Dana Point and every effort has been made by the city to minimize the effect on Niguel Shores residents.

Master Landscape Plan: We have completed the renovation and replanting of the Niguel Shores Drive (west of the Bridge), Magellan Isle upper and lower slopes. These areas are already beginning to fill in nicely. The next slopes on the plan are located along Niguel Shores Drive from PCH to Stonehill and the slope around the Manta Park between the Villas, Gourami Bay and Manta Court. Once these areas are approved by the Board, we will move forward in the same manner as with the other slopes by removing the vegetation, preparing the soil, installing upgraded irrigation lines and then replanting of the slope. This entire process should take approximately four months to complete, but once it is done the slopes should be much like the other slopes that have been recently renovated.

Save the Association (And Yourself) Money: The Association is required by Civil Code to mail members of the Association correspondence to the address requested by the member. An option is to have all correspondence sent via email from the Association to your email address. Currently, we have approximately 90 out of the 960 homes that receive correspondence through their email address. If you choose this option, this could save the Association (and you) money on both postage and copy costs. If you would like to receive correspondence to your email address, please let us know and we will be happy to help. Even if you change your mailing address to your email address, you will still receive the courtesy statements through the mail.

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

—Marla Miller

COMMITTEE REPORTS

FINANCE

The Finance Committee is pleased to announce that the financial results for calendar year 2017 were very favorable. Income was better than anticipated due to interest income from investments exceeding expectations. Additional expense savings were realized in workers' compensation insurance, legal fees and no write-off of homeowner accounts.

The revetment legal fees were completely covered by the homeowner's special assessment made a few years ago. This is an ongoing legal issue and there are still remaining special litigation funds which will be used to cover any revetment legal fees in 2018.

The complete financial statements will be mailed to Association Members in late April after the completion of the independent audit of the 2017 financial statements.

We are very fortunate to be living in a community that has active volunteers and an excellent staff to keep our community well run and a desirable place to live.

—Sue Kichline

MAINTENANCE

The Maintenance Committee is now fully staffed and ready to take on our 2018 tasks. Members have their new assignments and our charter has been updated and approved to reflect current duties and responsibilities. Geoff Dunlevie, Tim Murphy, and Nader Sadoughi have joined the committee, while two of our long-term members, Cyril Jones and Karla Sanders, are retiring.

The committee's vision statement includes the phrase "an extremely well-maintained community." In support of that vision, several projects are scheduled for this year. The clubhouse and office, already nine and ten years old, are due for some inside and outside painting. Pool furniture will be replaced this year and the upper deck furniture probably next year. Tennis Court wind screens will be replaced. Some of the picnic benches at the bluff will be replaced. Several streets will be seal-coated later this year as well. No promise, but we will try get all our street signs replaced this year with new solar lighted signs.

So, once again we say welcome to the new members—you have a lot of work to do. Thank you, Cyril Jones. Thank you, Karla Sanders. Thank you for your support of our vision and your years of service to the community.

—Jack Christiansen

WWW.NIGUELSHORES.ORG



Check out our Niguel Shores website at www.niguelshores.org. It's a great way to keep up with the latest Niguel Shores news and events, learn more about our community and its history, download Association forms, post a comment or suggestion, log in to the gate, see photos of events, and view this (and every) issue of the *Seashore News* in full color!

Why not go there now and try it for yourself: www.niguelshores.org. Look into the history of Niguel Shores, check the monthly Association calendar, see updates on Dana Point and the City Council, view past articles and pictures from your favorite Shores clubs and lots more.

—Patti Staudenbaur

EMERGENCY PREPAREDNESS

How informed, knowledgeable and PREPARED are you when it comes to handling potential emergency situations? Well, let's find out. Take the following quiz and see how you do:

1. What three segments are taught in our neighborhood bi-annual certification class on Emergency Preparedness?
2. What is the name of the action to take if you encounter a person choking with food or an object caught in their throat?
3. The Internet is a great time and money saver for shopping in the relaxed atmosphere of your home, or even at Starbucks. True?
4. What is the single most important risk factor for a stroke?
5. What are the warning signs of a stroke?
6. What about the signs of a heart attack?
7. Almost forgot! It's income tax time. If the IRS calls threatening you with past due taxes and asking for your Social Security, birth date, and payment, make sure you waste no time doing so on the phone. Right?
8. Your bank calls indicating a problem with your account(s) and asking you to verify information. You should clear this up immediately over the phone. True?
9. AND, how about the message from Microsoft telling me to let them access my computer online to fix some bugs. Good idea, right?

These should be easy questions to answer quickly and get a 100% score. See next page to review the correct responses. Also check out the flier in this *Seashore News* for KEY EMERGENCY PREPAREDNESS items you should have on hand in your home or auto.

—Kent Wellbrock

COMMITTEE REPORTS

Here are the correct responses to the Emergency Preparedness Quiz:

1. CPR, AED, and First Aid. (You should sign-up for our next certification class. It could save someone's life.)
2. The Heimlich Maneuver (Do you know how to perform this life saving step? Why not Google it to find out and sign-up for our class, too.)
3. Well, maybe. Unless you are accessing a known secure website, thieves can stalk you in email spam. They tout bargain buys and if you bite on their fake offers by providing your credit card info you can be out some big bucks. And don't forget that the Starbuck's Wi-Fi is a public unsecured service.
4. HIGH BLOOD PRESSURE (Action steps to reduce this potential life threatening event: Stop smoking, get exercise, lose weight, practice good eating habits.)
5. Stroke warnings are slurred speech, sagging facial features, difficulty swallowing, paralysis of one side of the body and more. (Worth a Google.)
6. MEN: Chest tightness or discomfort, heartburn, indigestion, dizziness, clammy skin, cold sweat. WOMEN: Heavy perspiration, disrupted sleep, exhaustion, stomach cramps, sharp upper body pain, jaw pain.
7. NEVER, NEVER, NEVER give out this information or money. The IRS doesn't call you, they use the U.S. Mail. HANG UP!
8. NO, NO, NO. Do not give your information over the phone. Call your bank and ask them to verify their inquiry.
9. Another NO-NO. These scammers will mine all of your records and personal info from your computer.

TRAFFIC AND SAFETY COMMITTEE

Reminder for Folks in Sea Terrace II and Villas:

Hopefully, all of you received your allotted supply of guest passes and will instruct visitors and service providers to place them face up on their vehicle dash boards so they may be clearly viewed when parked on the street. If you have to leave your residence before a service person arrives, notify staff as well as the service provider. The office will ensure that your provider is escorted to your property. Remember, unauthorized vehicles parked on the street are subject to being towed away.

Leash Law/Rule: We have beautiful parks, greenbelts and a beach bluff with grass area for all to enjoy. However, these are not dog parks, and for many valid reasons dogs are not allowed to run loose. When outside, our four-legged friends must always be tethered by a leash no longer than 6

feet. If anyone should want their dog to run loose and just be a dog, there is a decent doggie play area across Niguel Road behind the library.

Cleaning Up After Our Dogs: Most dog walkers are diligent about cleaning up after their animals. However, a growing number of people aren't being as conscientious as they once were. Dog waste is showing up in common areas, sometimes even bagged but just tossed to the side instead of in the trash. Please remember this waste can spread disease. It attracts rodents that feed on it, and may eventually wind up in a storm drain and find its way to the ocean.

You are the only one responsible for picking up after your pet and afterwards placing the refuse in the proper receptacle. We have videos of individuals failing to properly pick up or dispose of their dog's waste and they will be contacted to face corrective action. Nowadays it seems as though everyone has a camera . . .

The Squeaky Wheel: The distribution of police patrol is somewhat based on police crime statistics for the area. To ensure we get our fair share of preventive patrol, report each and every crime to our police if you should become a victim. Your report can add to police protection for the community as a whole. Call 911 for emergencies or (949) 770-6011 to make a report.

Along this same line, if you favor or disapprove of the unannounced fireworks display put on by the Monarch Beach Resort let City Hall know at (949) 248-3500.

—God Bless, Tim Murphy

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Copies available: If it happens that you don't receive your copy of the *Seashore News* at the first of the month, or if you would like an extra copy, you can always pick one up from the news rack in the office or view the online version at www.niguelshores.org.

CLUBS

GARDEN CLUB

At the February 19 meeting of the Garden Club, it was announced that nominations for next year's Officers of the Board of Directors are currently being accepted. Our discussion of the day focused on the variety of trees and shrubs that adorn our community, a topic suggested by one of our members.

On March 27, we will be going to the Carlsbad Flower Fields. The bus ride is \$30.00 and the entrance fee/wagon ride is \$19.00. Please make your \$49 check to the Niguel Shores Garden Club and bring it to the Association Office. Members will pay individually for lunch.

Finally, an important reminder, our *Annual Plant Sale* is scheduled for **Saturday, April 28** in the Niguel Shores clubhouse. Each club member is requested to bring 2 plants or garden-related items to be sold during the sale. If possible, members are asked to consider coming early to help with setting up for this very popular community event.

—Karl Kuhn

WOMEN'S CLUB

Thursday, February 8 found the Clubhouse brilliantly bedecked in bright reds and pinks, from the glittery hearts that decorated the tables to the ladies arrayed in their red outfits, and even many in red hats. It was definitely a Valentine's luncheon not to be missed. Tablemates shared sentimental valentines and reminisced about first loves and first heartbreaks before serving themselves from the bountiful salad buffet.

SAVE THE DATE

*Niguel Shores Women's Club
2018 Home Tour*

Tuesday, April 24 from 9:30 a.m. to 1:00 p.m.

"Different Strokes for Different Folks"



*Tour a variety of homes in Niguel Shores
and enjoy a catered luncheon in our clubhouse.
Watch for details coming in April.*

President Lydia Reese introduced new members and guests and followed with a quick rundown of business before turning the podium over to Sandy Homicz who introduced our very special speaker for the day, Beverly Krassner-Bulas. Beverly truly embodies the spirit of love and service to others. As a young bride in the 1960's Beverly accompanied her husband to Calcutta, India where he was researching tropical diseases. Unable to put her new nursing degree into practice in India, she began volunteering her services with a relatively obscure nun who was running a convent and orphanage for girls. As it turned out, the nun was the woman we know today as Mother Theresa



Speaker Beverly Krassner-Bulas (seated) with Dana Point Council Member Debra Lewis and Women's Club members Lydia Reese and Irene Fascher.

of Calcutta. Beverly, at age 26, worked under Mother Theresa's daily supervision with the orphaned girls as well as with those suffering from leprosy and tuberculosis. She shared with us many riveting stories and indelible memories of ministering to the destitute and dying, a small percentage of the one million who bedded down every night on the streets of Calcutta.

After returning to the U.S. Beverly raised two children and worked for 25 years as an R.N. at Hoag Hospital. She currently volunteers with Hospice, Alzheimer's patients, works in a soup kitchen, delivers food for St. Vincent De Paul, visits Juvenile Hall, is a Master Gardener with U.C. Co-op, is active in U.C. Irvine Town and Gown, the Sea and Sage Audubon Society and National Audubon Society, assists in charities that help the homeless, and is a board member of Women For Orange County. She was recently named 2017 Catholic Woman of the Year for her lifetime of service to faith and community. What an astonishing woman, and how fortunate for us that she was able to share some of her truly amazing life experiences!

Next month our annual Fashion Show will take place on March 8. Mark your calendars so you won't miss the preview of Spring fashions from Chico's in San Juan Capistrano. See you then!

—Nadine Allen

CLUBS

MEN'S CLUB

Bob Borland, Men's Club Scholarship Chairman, asks potential scholarship candidates to see the information box accompanying this article for all the details about applying for the 2018 scholarships.

At our February 6 meeting, the Morris/Wollin Team kept up its tradition of serving a great breakfast for the large group gathered to hear our speaker, Kerry Parker Burnight, PhD. A Niguel Shores resident, Dr. Burnight has established a Forensic Center at UCI to fight elder abuse and was recently named by the *Register* as one of the 100 most influential people in Orange County. She spoke on connectivity—maintaining close relationships and social interaction in order to aid longevity and eliminate the isolation that sometimes leads to cognitive impairment and elder abuse. Her studies on this subject led to the development of a means for elder contact and communication through GrandPad, an iPad derivative tool with an easy program for staying in touch with others through wi-fi, internet, email, and other applications. For more information visit www.GrandPad.net.



Dr. Kerry Parker Burnight explains the GrandPad at Men's Club.

At our second monthly meeting on February 20, the Roberts Team provided a hearty breakfast, and we heard from Dana Point Mayor *pro tem* Joe Muller, another Niguel Shores resident, addressing arising issues such as eliminating at-large city council races to create race based council districts.

Our next breakfast will be Tuesday, March 6, at 8:00 a.m. featuring Dr. Aimee Pierce of UCI Medical School talking about dementia; and on March 20, Orange County Supervisor Lisa Bartlett updating us on Dana Point Harbor and other county activities. Why not invite a neighbor to join us and increase his connectivity!

—Robert F. Saint-Aubin

NIGUEL SHORES MEN'S CLUB COLLEGE SCHOLARSHIPS FOR GRADUATING SENIORS TWO \$1000.00 AWARDS

Students Living In Niguel Shores
Will Be Given First Priority!

To participate please submit the following criteria:

- ✓ Name, address, phone, and e-mail
- ✓ High School
- ✓ College Choice
- ✓ Major
- ✓ SAT Scores
- ✓ Public Service
- ✓ Personal Essay
- ✓ Recommendations from Teachers
- ✓ School Transcript
- ✓ Financial Need Statement

Closing Date: Submit to Niguel Shores Office by April 30, 2018

For Info: Bob Borland, Men's Club Scholarship Chairman (949) 248-1493 or georgieb99@cox.net

IN MEMORIAM

Jack E. Sweeney

April 19, 1930 – January 30, 2018

Survived by his wife of 64 years, Lee Sweeney, his 5 children, 12 grandchildren, and 3 great grandchildren

Resident on Flying Jib since 1989

President of Niguel Shores Men's Club, Garden Club, Sea Terrace I

Men's Golfer of the Year

Active St. Edward's Parish Member

Served in U.S. Army, Korean War

Retired General Sales Manager Golden West Broadcasting

ACTIVITIES

DANA POINT LIBRARY

The following events are FREE and held in the Dana Point Library Community Room with walk-ins welcome unless otherwise noted.

CHILDREN:

Steamport – Sunday, March 4, 1:30 p.m. Study kinetic, potential and mechanical energy with a catapult. Limited to first 15 kids!

Toddler Storytime – Tuesdays, 10:30 a.m. Stories, activities and songs for children under 3 and a favorite adult.

Preschool Storytime – Wednesdays, 10:30 a.m. Stories and activities for children ages 3 to 5.

Read to a Dog – First Wednesday, third Tuesday, 3:00 to 4:00 p.m. For beginning readers. Therapy dogs love listening to stories. Held in the children's area.

Lego Club – Second Wednesday, 3:00 p.m. Design, build and create with Legos. All ages.

Bilingual Storytime – Saturday, March 10, 11:00 a.m. to noon. *Vena LEER commigo!* Come READ at a morning of stories, songs, and crafts in Spanish and English.

Family Game Night – Monday, March 19, 5:30 to 7:00 p.m. Family night video games and board games. Generously sponsored by Friends of the Library for all ages.

Let's Explore Junior – Saturday, March 24, 11:00 a.m. to noon. Go FULL STEAM AHEAD this month with SENSES! Generously sponsored by Friends of the Library for kids ages 3 to 5 with a favorite adult.

Crafts with Stories – Saturday March 24, 2:30 to 3:30 p.m. Crafting and stories for children under 6 with a favorite adult.

Paper Circuit Lab – Tuesday, March 27, and Wednesday, March 28, 4:30 to 5:30 p.m. Create fun projects with circuits for kids 10 and older. Generously sponsored by Friends of the Library.

PJ Storytime – Last Monday, 5:30 p.m. An evening of stories for the whole family. Wearing pajamas encouraged. Cookie and water served. Hosted by NCL Laguna Sunshine Readers.

Kids Coding Club – Fourth Thursday, 4:00 to 6:00 p.m. Create and modify code with MATHmania robotics! No experience needed. This month create a simple video game. For kids 8 and older. Seating limited to the first 13

kids. Generously sponsored by Friends of the Library.

ADULTS:

English Class – Mondays, 1:00 p.m. and Fridays, 11:00 a.m. and 1:00 p.m. Learn to read, write and speak English. Register at esl.danapt@gmail.com.

Seaside Book Club – Fourth Monday, 10:30 a.m. to noon. Copies of *The Sympathizer* by Viet Nguyen available at service desk.

Write On Writer's Group – First and third Tuesdays, 5:00 to 7:00 p.m. Share your writing and improve your craft through review by peers.

Tech Tutors – Wednesdays, 3:30 to 4:30 p.m. Tutors answer technology questions regarding cell phones, iPads and laptops. First come, first served.

Memory Club: Brain Boosters – First Thursday, 10:30 a.m. to Noon. Learn about memory, aging and dementia. Group discussions and humor included.

Gentle Readers Book Club – Second Thursday, 10:30 to Noon. Discuss optimistic but provocative books without the graphic content. Copies of *The Hamilton Affair* by Elizabeth Cobbs available at service desk.

Basic Computer Skills – Tuesdays, March 6, 13, and 20, 9:00 to 10:00 a.m. Learn basic computer skills with a free, three-part, hands-on class covering computer vocabulary, using a mouse, email, and internet searching. Call (949) 496-5517 or visit the library to register.

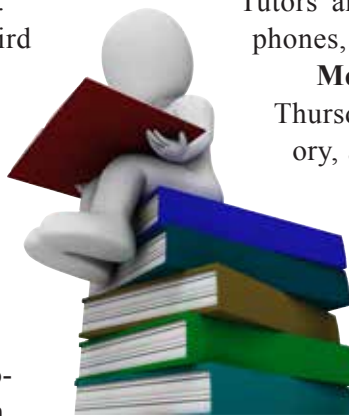
Coloring Club – Fridays, 10:00 to noon. Art and good company with all materials provided. Held at the adult tables.

Travel Club – Third Sunday, 2:00 to 4:00 p.m. Travel with *National Geographic* to Egypt via DVD.

Foreign Film – Fourth Sunday, 2:00 to 4:00 p.m. *Sea Fog*. A fishing vessel crew tries to smuggle immigrants into South Korea for money, but things don't go according to plan.

Indigenous People Series: Mission San Juan Capistrano and OC Public Libraries offer a series in honor of the Acjachemen (Juaneno) Indian heritage. The next presentation is Sunday, March 25 at 2:00 p.m. at the Laguna Niguel Library with Cultural Anthropologist Stephen O'Neal.

—Karla Sanders



ACTIVITIES

PAGE TURNERS

The Thursday afternoon Page Turners will meet March 22 and the Monday afternoon group will meet March 26 to discuss William Boyd's masterful novel *Any Human Heart*. In a series of intimate journals, the novel tells the story of Logan Mountstuart. "Every life is both ordinary and extraordinary, but Logan Mountstuart's—lived from the beginning to the end of the twentieth century—contains more than its fair share of both. As a writer who finds inspiration with Hemingway in Paris and Virginia Woolf in London, as a spy recruited by Ian Fleming and betrayed in the war, and as an art dealer in '60s New York, Logan mixes with the movers and shakers of his times. But as a son, friend, lover and husband, he makes the same mistakes we all do in our search for happiness . . ." The novel was made into a PBS Masterpiece Classic series now available on DVD, and a number of excellent reviews can be viewed online to aid discussion. For information on the Thursday group please contact Lisa at lisabuchner@cox.net and for the Monday group contact Frances at fozimec@cox.net.

—Frances Ozimec

REALLY SERIOUS BOOK CLUB

The Really Serious Book Club met February 21 to discuss *Who Lost Russia: How the World Entered a New Cold War* by Peter J. Conradi, Foreign Editor of the *Sunday Times of London*. The book is a revealing history of each U.S. President's actions, policies, and personal relations with Russia's leaders from Gorbachov to Putin. Why could the two countries never quite cement relations following the end of the Cold War? How have they arrived to the point where they have become antagonists? What might be done in the future to bring about better relations? A fascinating story with a great moral!

Our group meets on the third Wednesday of each month to discuss books of historical, political, philosophical or social importance. For more information, contact nortlynne@cox.net.

—Norton Schwartz

BRIDGE CLUB

For the last few Wednesdays the Bridge Club has been playing three tables and continues to be open to prospective new players, should someone be interested in joining us for cards and refreshments. We only ask that you have a basic working knowledge of the game and, if needed, be accepting of some general assistance. If you're interested in joining our group, please contact Mary Ann at (949) 489-9999.

Our latest winners:

- 1/24 Lanny Bernard, Jack Bernard, Jim Pinola
- 1/31 Hansa Sehgal, Sandy Youdbulis, Frieda Baskin
- 2/7 Mary Ann Theisen, Lanny Bernard, Karen Oerele
- 2/14 Jack Bernard, Sandy Youdbulis, Helen Campbell

—Jim Pinola

CALLING LONG-TIME RESIDENTS

The *Seashore News* is looking for residents with a lengthy history in Niguel Shores.

If you or someone you know has been living here from the early days, we would like to hear from you.

GIFT CARD PRIZES WILL BE AWARDED IN EACH OF THE FOLLOWING CATEGORIES:

- Long Time Resident of Niguel Shores
- Memory of a Niguel Shores Event Back in the Early Days
- Photo of Niguel Shores Back in the Early Days

HOW TO ENTER:

- Fill out a "LONG-TIME RESIDENT" entry form in the office OR
- Download a "LONG-TIME RESIDENT" entry form at www.niguelshores.org and send it by email to seashorenews@hotmail.com

WINNERS ANNOUNCED IN THE MAY 2018 NEWSLETTER

An Irish Blessing

*Like the gold of the sun,
Like the light of the day,
May the luck of the Irish
Shine bright on your way.*

*Like the glow of a star
And the lilt of a song
May these be your joys
All your life long.*

STORIES OF IRELAND

Editor's Note: Windswept cliffs, plush green hills, verdant valleys, ancient stone cottages, vibrant cities, charming villages, rousing tales, wonderful people—everyone has fond memories of Ireland! It is an absolute pleasure to present these stories of the Emerald Isle from our Niguel Shores neighbors and friends. In the words of the Irish playwright J.M. Synge, each one is “a daaarlin’ tale too good not to share.”

—Sandy Homicz

Been To Blarney: Marilyn Pappas recalls visiting many unique and lovely spots in Ireland with her family, including Blarney Castle where everyone kissed the Blarney Stone except Marilyn, who felt a bit uneasy with the height. Nada Chatwell wasn't sure she wanted to kiss the stone either. She writes: “We took a buggy ride to Blarney outside Cork on the stunningly beautiful coast of Galway. Our driver, Eamon, told stories as we bumped and rocked along, saying he drove the buggy for money to ‘buy a pint for himself and oats for Paddy, his horse.’”

“Eamon explained that kissing the Stone of Eloquence, better known as the Blarney Stone, rewards the kisser with ‘the ability to deceive without offending,’ so kissing the stone appeared to be the thing-to-do. But after ascending 125 steps to the high peak of the castle wall, I saw that to kiss the Blarney Stone I would have to lean or actually dangle backward over the 85 foot high parapet. Wary, I exclaimed, ‘Kissing that stone is ridiculous and I’m not about to do it!’ Yet, as I descended the castle steps, I thought, ‘I’ve traveled such a long distance, if I leave without kissing the stone, no matter how absurd it is, I might forever regret it.’ So again I climbed to the top of the castle, placed my back flat on the parapet and dangled over the edge, quickly brushing my lips on the stone. A seemingly inebriated man served as my harness. When I got up, we paid him a one pound note with thanks for saving me from a fall. I didn’t receive the ‘gift of gab’ or ‘the ability to deceive without offending,’ but I did enjoy Eamon’s stories and the carriage ride out to Blarney.”

Five Star Fairy Tale Castle: Nada also recalled her enchantment when staying at beautiful Ashford Castle:



Kissing the Blarney Stone.

“Thoughts of spending the night in a real castle captured my imagination. Built in 1228 for the House of Burke, Ashford Castle lies in Connemara in rural Galway. The gray stone of the enormous castle serves as a stunning contrast to the lush green grounds. With its magnificent architecture, beautiful artwork and five star luxury accommodations, Ashford exceeded my vision of a castle in a faraway land. We weren’t the only Americans to enjoy an overnight stay in this fortified residence. In 1952, Maureen O’Hara, John Wayne, and director John Ford resided at Ashford while filming *The Quiet Man*. The film played in a continuous loop on the hotel television and the nearby small museum held a replica of the movie’s thatched cottage. The beauty of the rich, verdant landscape and magnificent Ashford Castle is forever with me as I think *Erin go bragh!*—Ireland forever!”

A Charming Coincidence: While traveling through Dublin with their eldest daughter (a huge U2 fan), Joni and Dick Ashworth stopped for dinner at Bono’s hotel dining room. “It was grand,” Joni says, “and our daughter spent the evening looking for anyone associated with the band.” By happenstance, their airport taxi driver turned out to have a daughter attending Mayfield School where the Ashworth’s own girls had graduated. The Irish driver’s daughter was an exchange student living with the Haber family in Pasadena in those days—and now Marge Haber lives a few houses away from the Ashworths on Dosinia here in the Shores!

Titanic Lore: In Belfast, where the Titanic ship was built, Ginny and Bill Halbert visited the world’s largest museum dedicated to the Titanic story. Ginny says, “It is a marvelous museum. The detail was incredible from beginning to end.” She remembers Ireland’s warm and friendly people, “a feel-good place to be,” and



Ashford Castle in County Galway.

TRAVEL TALK

a landscape that was “the most beautiful green imaginable.”

Stepping Stones of Finn McCool: Pat W. and her sister Maureen marveled at the Giant’s Causeway in County Antrim on the coast of Northern Ireland where thousands of huge interlocking basalt columns left by an ancient volcanic eruption are rumored to be a bridge built by the mythological giant Finn McCool. At the nearby town of Bushmills, they recommend touring the centuries-old distillery and sampling Ireland’s oldest whiskey.

Narrow And No GPS: Some travelers commented on the quaintness of getting around. One explained that outside the major cities the roads are just one-car wide, originally designed for horseback travel, and mystifying to navigate. Although there aren’t a lot of street signs in the rural areas, that doesn’t deter locals. They know every turn and give directions like “Make your way left at the mound where O’Doul’s barn sits afield.”

From Our Niguel Shores Irish Expert: Who else but our own Tim Murphy would we ask for tips on Irish cuisine! Tim and Carmen have made countless trips to Eire, and even considered moving there at one time. Describing a place to have a special meal, Tim says, “We had been to Dublin perhaps a dozen times before we stumbled onto the Temple Bar District where there are dozens of small restaurants and pubs offering a wide range of dining. There we discovered perhaps the best restaurant for us in all of Ireland: Gallagher’s Boxty House.” Even though people tend to think of cabbage and potatoes as mainstays of Irish



The Giant’s Causeway in County Antrim.

food, Tim says, “Restaurants that emphasize traditional Irish common folk food like cabbage and potatoes are virtually impossible to find any more in Ireland. Perhaps it reminds current generations of rougher times. Anyhow, we heard about Gallagher’s Boxty House, where you can still find these foods, and gave it a try. Wow! They have taken simple dishes like colcannon, champ, and boxty and refined them by adding a good deal more texture and flavor. For instance, a traditional boxty is a potato crepe or pancake. At Gallagher’s they wrap this around a top quality core of either seafood or meat and drench it with sauces to complement the meat. It is extraordinary. Their chefs have worked the same miracle with all of the traditional foods making each more flavorful. When in Dublin in the future we won’t eat our evening meal at any other place than Gallagher’s.”

The Loveliest of Places: Frances Ozimec’s youngest son, Marc, moved to Dunfanaghy, a small village in County Donegal, Ireland, and she recently spent three weeks with him there in his new home. “Visiting with family in a foreign country is a totally different experience than going as a tourist,” she said. “One gets involved in daily life there, meeting the locals, visiting their homes and families, and becoming familiar with the countryside.” She quotes the Irish poet George William Russell in describing the area: “I am off on a holiday to Dunfanaghy . . . to the wildest, loneliest and loveliest country I know . . . a country of hills and hollows, of lakes and woods, of cliffs, mountain, rivers, inlets of sea, sands, ruined castles and memories from the beginning of the world . . . It is the spiritual centre of Ireland and the loveliest place on the face of the earth, to me at least.”

Frances asked Marc to tell us in a few words why he moved to Dunfanaghy and what he loves most about it: “Well, I like to say I came to Ireland for the surf and then I moved here for the people. But there’s also all of the other outdoor activities, the stunning scenery, and the slower much saner pace of life. Here in Donegal we have mountains, forests, beaches, islands, lakes, rivers and—best of all—the time to enjoy it. It was also named the ‘coolest place on the planet’ by *National Geographic*. Just don’t tell anyone.”



Frances Ozimec and her son Marc stop along the Wild Atlantic Way at Kylemore Abbey in Connemara, County Galway.

WOMEN'S GOLF

Seven of the Niguel Shores lady golfers played on February 11 at The Ranch at Laguna's 9-hole course and enjoyed brisk but sunny weather. Golfers included Pam Strayer, Val Mitchell, Irene McDonald, Catriona Sigsby, Cindy Carmichael, Julie Patton and guest Karen Condino, who enjoyed the group so much last month that she joined us again and played an outstanding round with a score of 38, earning herself the prize for low score of the day as well as closest to the pin on hole #6! Val won for lowest number of putts at 15, and Julie won the longest drive prize on hole #9. Vice President Irene McDonald led an informal meeting at the luncheon following golf where we were joined by social members Ruthie Stahl, Chris Beaver and Ceacy Johns. The group wishes to send condolence prayers to our Lee Sweeney for her recent loss. Our next gathering will be March 12 and all golfers are welcome to join.

—Julie Patton

A LITTLE HUMOR UNTIL OUR NEXT GOLF OUTING:
 During an emergency air rescue, eleven mountain climbers—ten men and one woman—were clinging to a rope dangling from the rescue helicopter. But the rope could only support ten. They all agreed one person would have to let go, however no one could decide who it should be. Finally, the woman gave a touching speech saying she would give up her life to save the others because women were used to making sacrifices for their families, their husbands, their children. All of the men started clapping . . .

MEN'S GOLF

This winter has brought us some great golf weather and February was no exception. On February 6 we were at San Juan Hills in San Juan Capistrano, a favorite of our group. Over the last few years San Juan Hills has done some major work and is in great shape. Next up was Arrowood Golf course in Oceanside on February 13. It's been a few years

since our group played here, and it is just as good as ever. February 20 brought us back to our home course of Talega in San Clemente, and we finished up February at Tijeras Creek in Rancho Santa Margarita.

Coming up in March we will be back at San Juan Hills on March 6, Oak Creek on March 13, Talega on March 20 and we finish up at Tijeras Creek on March 27.

—Bob Russell

NEW GOLF RULES

The Veterans Golf Association has negotiated with The Royal and Ancient Golf Club, based in St Andrews, Scotland to modify the Rules of Golf for Seniors:

Rule 1.a.5

A ball sliced or hooked into the rough shall be lifted and placed on the fairway at a point equal to the distance it carried or rolled into the rough with no penalty. The senior should not be penalized for tall grass which groundskeepers failed to mow.

Rule 2.d.6 (b)

A ball hitting a tree shall be deemed not to have hit the tree. This is simply bad luck and luck has no place in a scientific game. The senior player must estimate the distance the ball would have travelled if it had not hit the tree and play the ball from there.

Rule 3.b.3 (g)

There shall be no such thing as a lost ball. The missing ball is on or near the course and will eventually be found and pocketed by someone else, making it a stolen ball. The player is not to compound the felony by charging himself or herself with a penalty.

Rule 4.a.9 (k)

There is no penalty for so-called "out of bounds." If penny-pinching golf course owners bought sufficient land, this would not occur. The senior golfer deserves an apology, not a penalty. Please advise all your senior friends of these important rule changes.

SPORTS – MARCH MADNESS

February provided an exciting run of sports events beginning with the Super Bowl and continuing with the Winter Olympic Games. This month comes basketball's March Madness, beginning with Selection Sunday on March 11, when NCAA Division I Men's Basketball reveals which 68 teams made the field for the year's championships. The tournament continues throughout the month, ending with Women's Final Four on March 30 and April 1, 2018 at Nationwide Arena in Columbus, Ohio; and Men's Final Four on March 31 and April 2, 2018 at the Alamodrome in San Antonio, Texas.



BARGAIN MOVIE TICKETS AND OUR RED CARPET CONNECTION

It's Oscar Time! The Academy Awards are coming up March 4. This year's Best Picture nominees range through history (*Darkest Hour*, *Dunkirk*), fantasy (*The Shape of Water*), thriller (*Get Out*), self-realization (*Call Me by Your Name*, *Lady Bird*, *Phantom Thread*), social commentary (*Three Billboards Outside Ebbing Montana*, *The Post*) and animation (*Coco*). One thing for sure, none of them is ordinary and some are quite controversial. Each provides plenty of material for a lively discussion of their content and quality.

But there's a problem: How many have actually been out to see these movies? The *Los Angeles Times* reported in January that movie audience attendance has dwindled while the cost of a ticket has hit a record high. If you are a frequent moviegoer, you've no doubt experienced the rising price of admission. With seats at the local Edwards going for about \$12 each, plus the inflated costs of refreshments at the concession stand, some people may think twice about stepping out to the movies.

While several of the Oscar contenders can be streamed at home, if you want to see them on the big screen it helps to know there are discounts available. MoviePass allows you to attend a movie every day, if you like, for a cost of about \$10 a month, so it pays for itself after the first movie. Other ticket deals can be found through Cinemark Movie Club, Sinemia, Auto Club, Fandango, Costco and Groupon. Check them out if you are planning to see some of the Oscar nominees before Red Carpet time.

Speaking of the Red Carpet, Niguel Shores resident Kathy Newport shared memories about attending the Academy Awards Ceremony through her connections as a Hollywood script supervisor. Kathy told us, "I've been to the Awards several times over the years, but my first time was the most memorable. Driving in a limo past throngs of cheering crowds was fun—especially when they thought my son Justin, who attended with me, was the actor Ed Norton."

Kathy described how the Hollywood streets are roped off for blocks around the theater and only those with tickets evidenced by a windshield placard are allowed through, so the limos flow in an orderly fashion up to the portico and the Red Carpet. "Nowadays," she added, "security screening is

much more intense with cameras even searching under cars for any kind of possible threat."

Kathy recalled her entrance on the night she first attended the Awards: "We exited our limo behind Harrison Ford and started our walk down the Red Carpet right after him, so there was a great deal of excitement in the crowd. One of the podiums was out of programs and my son Justin offered his to Michael Moore, which turned into a lengthy conversation between them. It was exciting milling down the Red Carpet past all the

commentators and news cameras. They tried to hurry us along, though everybody wanted to stop and talk. Cameras, including cellphones, were confiscated before we went inside, to be returned when the ceremonies were over."

Once in the theater door, she said, "Everybody headed toward the various bars. It was the first and last time I almost met Harvey Weinstein—but that's another story."

She continued, "The theater was a bundle of energy, with every seat in the audience always occupied because seat-fillers were hopping up and down rushing to fill spots vacated if anyone left to take a break for a few minutes or to go on stage accepting an award."

As to the winning film that year, Kathy remembers that everyone anticipated *Brokeback Mountain* would take

home Best Picture but, in a surprise twist, the award went to *Crash*, a drama examining the conflicts when unconnected lives suddenly become intertwined.

In the past, Best Picture Oscars have been awarded to a long list of remarkable films like *Gone with the Wind*, *Casablanca*, *The Best Years of Our Lives*, *On the Waterfront*, *Marty*, *The Bridge on the River Kwai*, *Gigi*, *Ben Hur*, *Westside Story*, *Lawrence of Arabia*, *The Sound of Music*, *A Man for All Seasons*, *Patton*, *The French Connection*, *Cabaret*, *The Godfather*, *The Sting*, *Rocky*, *Chariots of Fire*, *Ghandi*, *Amadeus*, *Out of Africa*, *Dances with Wolves*, *Schindler's List*, *Forrest Gump*, *Braveheart*, and *Titanic*—to name some of the best known.

Which of the currently nominated films can measure up with that same kind of appeal and win for Best Picture on March 4? You still have a few days to check them out before the Big Night arrives.

—Sandy Homicz



Kathy Newport and her son Justin Pollard at the Academy Awards Ceremony.

DANA POINT UPDATE

Lieutenant Margie Sheehan of the Orange County Sheriff's Department has been selected as Dana Point's new Chief of Police Services. Lieutenant Sheehan will be formally joining Dana Point as Chief on March 16, following the retirement of the current Chief, Lieutenant Russ Chilton.

As a 23 year veteran of the Orange County Sheriff's Department, Sheehan's experience includes special investigations, patrol operations, community policing and outreach, crisis and emergency response. Her past assignments include Watch Commander at the Central Jail Complex and oversight of investigations and administration for the City of Stanton. In addition, Sheehan has significant experience as an investigator, including special victims detail and economic crimes. She has shown exceptional team building

and leadership skills while implementing strong operational procedures and fiscal responsibility.

A south Orange County resident, Sheehan is a veteran of the United States Marine Corps, possesses a Bachelor of Arts degree in Criminal Justice, and is currently pursuing a second degree in Administration of Justice.

—Rachel Johnson, *City of Dana Point*

The California Department of Water Resources announced that South Coast Water District's Doheny Desalination Project is one of eight proposals being considered for Proposition 1 Desalination Grants. The District has applied for a \$10 million grant to help fund the Desalination Project. For more information visit www.scwd.org/desal.

—Robin Rockey, *South Coast Water District*



CUISINE CORNER

Trabuco Oaks Steakhouse

Recently while visiting my daughter in Georgia, I went to watch my grandson's Little League game and found myself seated in the bleachers next to a gentleman who was also watching his grandson play. Once he learned I lived in Dana Point his eyes lit up! He wanted to know about one thing—the status of Trabuco Oaks Steakhouse.

Back in the late 1960s when he was stationed at Camp Pendleton, he and a group of fellow Marine officers discovered Trabuco Oaks and thought it served the best food they had ever eaten. They repeatedly returned to enjoy the ambiance, great food and (once in a while) an adult beverage or two. Fearing that if the word got out Trabuco Oaks would become too popular and the atmosphere would suffer, these Marines decided keep it to themselves.

Nevertheless, Top Secret information sometimes leaks out. President Nixon heard about the steakhouse and decided to give it a try. As he entered, the management made it a point to accommodate him and also to ensure he understood that the restaurant was for “Casual Dining” only—so they cut off his tie! Since that time, hundreds of ties have been cut off and they now hang from the ceiling and walls right next to those of the former President and dozens of other celebrities.

Although Trabuco Oaks Steakhouse is only about a seventeen minute drive from Niguel Shores, it lies hidden in the middle of a forest in Trabuco Canyon. There are several easy routes to get there, but it's good to have a navigator watching for street signs and addresses because the restaurant is not

easy to spot. There are no flashy lights and it doesn't resemble any restaurant I have seen. It looks like a rustic mountain cabin nestled within a grove of ancient oak trees. To finally reach the place, you have to travel down a short gravel road and park in an unpaved lot, though on week-ends they offer valet service. The interior is decorated with a hodgepodge of antiques and curios from days gone by, but the stand-out feature is an oak tree growing from the center of the dining room floor through the roof.

There is absolutely no pretentiousness at this old west style steakhouse. The service staff are genuinely eager to accommodate customers, and the menu offers such a wide variety of choices that even in a year you could not eat all of the steaks that are offered. Their Big Daddy—The Cowboy—weighs in at two-plus pounds! They cook their meats like cowboys do, using mesquite wood when grilling. The smoldering mesquite gives a smoky quality that seeps deep into the meat. I also suspect that they use a special marinade to somehow enhance the extraordinary juicy flavor of the steaks, which are accompanied by beans and your choice of baked, fried or mashed potatoes plus a salad. The rest of the menu is fairly extensive, even including spaghetti if someone in your party so desires. I am told that the wine list is good and I know that the beer is good and cold.

Clearly there are fancier and more expensive steak houses in the O.C. but for casual dining and a different fun experience Trabuco Oaks Steakhouse rivals the best. You can find it at 20782 Trabuco Oaks Drive in Trabuco Canyon.

—Tim Murphy

Irish Surnames

Does your family have an Irish surname? The most common ones are Murphy (sea warrior), Kelly (bright-headed); Sullivan (dark-eyed); Walsh (Welshman); Smith (of the smith trade); O'Brien (noble son). The names could tell something of your ancestor's lineage, occupation, appearance, or birthplace:

LINEAGE

Mc or Mac = son; **Nic** = daughter
O = grandson; **Ni** = granddaughter
Fitz = son or child
So McNulty is the son of Nulty; O'Reilly is the grandson of Reilly; Fitzpatrick is the son of Patrick. A daughter of Kelly is Nic Kelly; a granddaughter is Ni Kelly.

Interesting fact: Originally, the O had no apostrophe. The apostrophe was added in error when an English scribe mistook O as a contraction for "of" instead of a word with its own meaning.



OCCUPATION

Cleary = Clerk
Driscoll = Messenger
Foley = Marauder/Pirate
Lynch = Mariner
Kearney = Soldier/Warrior
Scully = Scholar
Ward = Bard/Poet/Storyteller

Interesting fact: Used with O or Mc/Mac the name conveys a descendant of someone in that occupation. So McCleary is the son of a clerk; O'Driscoll the grandson of a messenger.

DESCRIPTIVE

Dunn = Brown-haired
Hogan = Young
Dempsey = Proud
Cassidy = Curly-haired
Reid = Ruddy or Red-haired

Interesting fact: Used with O or Mc/Mac a descriptive word conveys a descendant of someone with that characteristic. So MacMilligan is the son of someone bald; O'Guire is a grandson of someone pale.

GEOGRAPHICAL

Rowe = Lives by a row of hedges or houses
Inis or Enis = Comes from an island
Owen = Lives by a river
Bradley = Lives by a broad river
Dublin = Lives near a black pool

Interesting Fact: The Irish government has a free site for searching names and genealogical records: <https://www.irishgenealogy.ie/en/>

Wellness... Strong Yet Fragile

The uncomfortable sensations that accompany a high fever permeated my entire body, even my eyes. When I tried to get up, my back and my knees ached, as if to tell me, "Please lie back down." I heard the request, but did my best to ignore it, instead refilling my water glass and popping a couple of ibuprofen. Like so many people lately, my good health and energy had been hijacked by the flu. The kind that strikes like a tidal wave and leaves you wondering if you'll come up for air any time soon. The kind that brings fever, body aches, and lung congestion like you haven't experienced before, or at least not in a very long time.

Fortunately, I've been blessed with good health and haven't been sick in a while, but that all came to a screeching halt when this hit me last week. I've never cleared my calendar so thoroughly due to illness. As the virus progressed, I had little choice except to stay in bed and drink lots of water. Lucky for me, a friend delivered delicious homemade chicken soup to my doorstep, filling my heart with gratitude along with filling my stomach!



A week of illness led me to take a closer look at my life and reevaluate some of the ways I'm spending my limited time here on Earth. I know that sounds like the high fevers talking, and maybe it was, but the idea has stayed with me. By being sick,

my awareness of the tremendous value of good health was lifted, reminding me how one day I felt like I could climb a mountain, and the next day felt so ill that I didn't want to move. The down time created a space for me to see the intrinsic value of health in my life, in everyone's life.

The larger message here, really, is how we view our health: Do we treat it like the priceless gift that it truly is, or do we take it for granted? Without realizing, many of us do take good health for granted. Until we get quite sick, that is. Whether we experience a relatively short bout of the flu or develop a chronic illness that changes our lives, when sickness strikes we realize good health is the foundation upon which all else is built, leaving us very aware of how vulnerable and fragile we really are.

So nurture your body during this flu season and maintain a healthy lifestyle. Eat nutritious food, drink alcohol in moderation, sleep well, drink plain water, move your body if you can, spend time with loved ones and like-minded people, and get a flu shot! If you're sick now with a contagious bug, be sure to cover your mouth when you cough, wash your hands, keep hydrated, stay home to spare others' health, rest and be kind to yourself. Add a little Luck o' the Irish as St. Paddy's Day approaches and, before you know it, spring will be here in all its glory to lift us out of flu season—until next year!

To Your Health! Sharon Stewart RN, Health Coach, Sharon@TakeShapeWithSharon.com

BOARD ACTION SUMMARY

FEBRUARY 14, 2018 BOARD MEETING: (General Session)

ACCEPTED AND FILED:

- Financial Reports
- Delinquency Report
- General Session Committee Minutes

APPROVED:

- General Session Meeting Minutes from January 10, 2018
- Litigation Disclosure
- Resignation of Karla Sanders from the Maintenance Committee
 - Record Date for Election
 - Community Center as a Polling Location
 - Unaudited December 2017 Financials
- 2018 Legal Updates to Employee Handbook
- Removal of Brick Pilaster at 23691 Sidney Bay
- Replacement of Tennis Court Windscreen
 - Janitorial Contract Renewal
 - Beach Bluff Picnic Tables
- Proposal for Slope at Vista D'Oro and Vista D'Onde
- Proposal for Slope and Walkways from the Bridge to Stonehill along Niguel Shores Drive

DISAPPROVED:

- Tree Removal in Park between Vista D'Oro and Vista D'Onde
- Sunset Park Bench Replacement

APPEAL/MEETINGS / PRESENTATIONS:

- Appeal of View Preservation Committee Decision – Palm Tree Trimming

REVIEWED/DISCUSSED:

- Bridge Inspection Report
- Hetherington Slope Report
- Correspondence to Board
- Manager's Report

FEBRUARY 14, 2018 BOARD MEETING: (Executive Session)

ACCEPTED AND FILED:

- Executive Session Committee Minutes

APPROVED:

- Executive Session Meeting Minutes from January 10, 2018
- Appointment of Board Members for IDR

HEARINGS/MEETINGS:

- One (1) hearing held for Prohibited Parking (Opposing Traffic) and Beach Parking

REVIEWED/DISCUSSED:

- Legal correspondence
- Delinquency reports

NOTE: 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 TUESDAY, MARCH 13



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NEIGHBORHOOD ADS

Looking to Rent: Retired couple looking to rent a Niguel Shores house long term. Prefer single story. No Pets. Currently rent in Niguel Shores but owner selling this Spring. Call Jim at (909) 649-2064.

For Sale: Flexispot Adjustable Standing Desk Converter w/ keyboard and mouse deck. Retail \$200. For Sale \$100. Come see it at 33465 Dosinia Dr. Call Eileen McDargh (949) 496-8640.

Summer Short Term Rental: June through September – 1 story home in The Villas. Retirees Desired – No Smoking, No Pets. Ocean and City Views \$5,000 p. mo. E-mail Inquiries — chrispoirier@comcast.net.

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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 Only friends
 you haven't yet met.*

—William Butler Yeats, Irish Poet

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Orange County Restaurant Week. March 4-10

Over 100 restaurants in Orange County participating – offering unique dining experiences and complete meals at special prices. For more information visit www.ocrestaurantweek.com

Festival of Whales– Dana Point Harbor

March 3 and 4 • 10:00 to 11:00 a.m.

Kick-Off parade on Saturday March 3rd begins at the corner of Selva and PCH at 10:00 a.m. and ends at Golden Lantern. After the parade enjoy Street Faire, art & craft shows, classic car exhibit, paddling and sailing opportunities, sand sculpting, concerts on land and water and whale excursions.



Sunday March 11 from 12:00 to 5:00 p.m.

At Baby Beach in the Harbor a free outdoor concert featuring four bands will be performing on the water. Bring your chairs and blankets. BBQ specialties will be available including a Beer/Wine Garden.

Visit www.festivalofwhales.com

First Annual OC Wine Fest

March 11 – 12

A Stone's Throw Winery
29943 Camino Capistrano
San Juan Capistrano



Dozens of wineries, craft breweries, exhibitors, gourmet food trucks and live music. The OC Wine Fest offers a unique day of exploration among the orange groves of A Stone's Throw Away. All day \$5.00 parking with shuttles to event offered at Saddleback Valley Christian School and JSerra Catholic High School.



Coffee Chat

Friday March 16 • 8:30 a.m.

Miller's Coffee Importers

34531 Golden Lantern in Dana Point Harbor

Dana Point Civic Association hosts retiring Chief of Police Services, Russ Chilton, who introduce the new Chief, Margie Sheehan. Complimentary coffee provided.

Return of the Swallows and St. Joseph's Day Celebration

Mission San Juan Capistrano

March 19 • 9:00 a.m. to 3:00 p.m.

March 19 marks the return of the famous swallows and the coming of spring – a time of renewal and rebirth.

Admission: Free to members of the Mission Preservation Society - Adults \$11, Seniors \$10, children \$8 (Ages 4-11)



Swallows Day Parade

San Juan Capistrano • March 24

Celebrate the swallows returning from Argentina to Mission San Juan Capistrano at the Swallows Day Parade through the city. Also enjoy restaurants and retail stores at the Mercado Street Fair until 5:00 p.m.



Girls in Ocean Science Conference

Saturday March 17 • 8:30 a.m. to 4:00 p.m.

Ocean Institute – Cost \$50 includes breakfast, lunch and a T-shirt. Top female scientists will mentor high school girls towards futures in science and technology. Girls who love science, or are just beginning to show an interest, will come away empowered to explore careers in fields such as nautical archeology, veterinary science, oceanography and conservation.

Wyland Foundation Art Lessons and Whale Watching Excursion

Saturdays March 3 through April 28

Kids ages 3-12 participate in an Art Lesson beginning at 9:00 a.m. followed by a 2 hour whale watching trip from 10:00 a.m. to 12:00 noon all for only \$5.00 per child. Additional Whale Watch Tickets available at the regular price of \$45.00 for adults and \$29 for kids 14 and under. Visit danawarf.com.



Egg Hunts

Saturday March 31 • 10:00 a.m.

Hop on down with your family and find hidden treasures of candy at the Egg Hunts for children up to 10 years old. Hunts located at Pines Park, 34941 Camino Capistrano and Sea Canyon Park, 33093 Santiago Drive. Presented by DP Community Services 949-248-3536 or recreation@danapoint.org

BEACH CURRENTS

REAL ESTATE REPORT FOR NIGUEL SHORES

By CONNIE MCKIBBAN

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23792 IONIAN BAY ~ \$1,495,000

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33721 SHACKLETON ISLE ~ \$4,195,000

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2018 REAL ESTATE UPDATE FOR NIGUEL SHORES

- 9 HOMES CURRENTLY FOR SALE - PRICED FROM \$1,300,000 TO \$5,299,000
- 2 HOMES CURRENTLY IN ESCROW - PRICED FROM \$1,399,000 TO \$1,600,000
- 4 HOMES SOLD AND CLOSED TO DATE IN 2018 - PRICED FROM \$960,000 TO \$3,400,000

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