

Seashore News



February 2018

Published Monthly by Niguel Shores Community Association

Issue 530

FROM THE HELM

On January 10, we held our quarterly **Resident Roundtable**. For those homeowners that may not be aware, the Resident Roundtable is an expanded Public Forum. Instead of 10 to 15 minutes of public comments, which we have always scheduled at the beginning of each monthly board meeting, we now have set aside one (1) full hour for homeowners and the Board to meet in open discussion. The Resident Roundtable will continue to be held at the first Board meeting of each quarter. For exact dates, see the box on Page 3 or visit our website www.niguelshores.org. Homeowners can ask questions or make comments on any subject they feel is relevant to our community.

The 40 homeowners who came to our first Roundtable in September asked some great questions and brought to our attention concerns that we needed to address.

At the recent January Roundtable, the gathered homeowners felt that meeting in the community clubhouse was good as it encouraged dialogue and greater participation than using the small conference room. Much of the

discussion at the Roundtable centered on landscaping, and specifically some of our recent slope restoration projects that didn't seem to be growing as well as some thought they should. As a side note, I want to add that landscape maintenance is a massive responsibility in the Shores and Harvest Landscape does a great job. That said, it is difficult for our staff to observe all our landscaping in every area, so feedback from the community is always appreciated. Often the situation is simply that it takes time for new growth to fill in and seasonally some plantings are dormant. But sometimes we do need to replant when the first efforts do not grow as planned. Rest assured that if newly planted landscape dies or does not grow in as it should, Harvest will replant and these plants are usually covered under warranty at no cost to our community.

Our next Roundtable will be April 11. We encourage homeowners to attend, ask questions, make comments, or just listen to what is on the minds of their neighbors.

—Bob Russell

OUR NSCA PRESIDENTS

Inside this issue of the *Seashore News* is an insert asking Niguel Shores residents to consider taking up leadership positions in our community. Openings are available on our NSCA Board of Directors for applicants who value the excellence of the Shores and want to keep us moving forward.

Along with this call to leadership, and in conjunction with President's Day, we asked some of our NSCA organization presidents about their leadership roles, and they offered these insights:

What was the motivation for you to accept your position?

■ **Bob Russell:** After many years on the Maintenance



Committee I ran for the NSCA Board because I realized how important our Board is to the well being of the community. With the Shores being self-managed, it becomes even more important to have a Board that works well with our staff while looking out for the interests of the community.

■ **Lydia Reese:** I felt honored to be accepted as president of the Women's Club. Our 120+ members are intelligent, strong, feisty, fun-loving people that are kind and supportive of each other and great to work with.

■ **Gunjan Anand:** This was a great way of becoming involved, getting to know other Shores residents, and giving back to the community.

Continued on page 9

LOVE WHERE YOU'RE LIVING

Niguel Shores | 2017 Statistics

2016 HIGHEST SALES PRICE

\$5,049,000

30 # OF
HOMES SOLD

AVERAGE SALES PRICE

\$1,837,450

87 AVERAGE
DAYS ON MARKET

MEDIAN SALES PRICE

\$1,515,000

2017 HIGHEST SALES PRICE

\$3,052,000

41 # OF
HOMES SOLD

AVERAGE SALES PRICE

\$1,591,061

63 AVERAGE
DAYS ON MARKET

MEDIAN SALES PRICE

\$1,510,000

More homes have closed above \$1.25 million than ever before in the county.
2017 closed luxury sales were up 20% compared to last year. It is safe to say that the luxury housing market in Orange County is on solid roofing.



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

Annual Meeting & Election – Call for Candidates: It's that time again. We need to begin preparing for the Annual Meeting and the annual election of Board members. The Annual Meeting is scheduled for Tuesday, May 15 at 7:00 pm. This year the terms of Directors Al Glatt, Bob Russell and Jeannie Sticher are concluding, so there are three (3) positions open for election. The term of office is two years and meetings are currently held once per month. If you, or someone you know, is interested in becoming a candidate, the first step is to complete the Nomination Form (Call for Candidates) that is included in this issue. Return the completed form to the NSCA Office by 5:00 p.m. on Wednesday, February 28.

Everyone realizes that Niguel Shores is probably the best community in Dana Point. If you recognize what a wonderful community you live in, are committed to keeping Niguel Shores the "hidden jewel" that it is and even making it better, you may want to consider running for a position on the Board. Consider the following:

- **Do I have the time?** Serving on the Board takes a small commitment of time. Board meetings are conducted once per month on the second Wednesday and usually last around 4 hours. Email communication with Board members is done on a regular basis so computer literacy is an important asset. During special projects, you may need to spend a minimal amount of additional time on

association business. Finally, board members are generally assigned as the liaison to committees and those meetings are important to attend.

- **Can I make tough decisions when it's required?** The primary role of the board is to conduct the business of the association. This doesn't just mean approving the budget, but also developing and enforcing policies. Board members are required to step outside their immediate circle of family and neighbors and make decisions based on the greater good of the community.
- **Can I do all this and have fun, too?** It isn't all about policies and tough decisions. Our community is only as good as we make it, and establishing and maintaining a sense of community is a part of a board member's responsibility. Planning and attending functions and being a presence in the community are as important as any policy decisions you may make.

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

Office Closed – No Construction: The management office will be closed on Monday, February 19 in observance of President's Day and there is no construction allowed on that day. In the event that you need immediate assistance during the time when the office is closed, please contact the patrol service at the gatehouse (949) 487-4185 for direction.

FRIENDLY COMMUNITY REMINDERS

Trash Containers: Please remember that our rules state trash containers are not to be placed out prior to the night before pickup and must be brought back in the same day. Several residents have expressed concern regarding identity theft and the possibility of people rummaging through curbside trash containers. Following the rules will hopefully help alleviate this concern.

Guest Parking Violations: As residents, you are all familiar with the community parking rules but your guests may not be. Guest parking citations will result in a fine issued to the owner of the property the guest was admitted under. In an effort to avoid unnecessary fines, please provide parking guidance to your guests (family, friends, service providers, contractors, etc.). All residents should also update their guest list in Dwelling Live at <https://community.dwellinglive.com/> to make sure only their own guests are listed.

Unattended Guests: Guests must be with a resident at all times when enjoying the Community Center and Beach Bluff areas. Guests found without a resident will be asked to vacate.

—Karen Decker

*Wishing All of You
A Very Happy Valentines Day!*



—Marla Miller

RESIDENT ROUNDTABLE DATES

~ TO ALL HOMEOWNERS ~

**We have had great success at our
Resident Roundtable sessions.**

**Mark your calendars for these future
Resident Roundtable dates:**

April 11

July 11

October 10

COMMITTEE REPORTS

EMERGENCY PREPAREDNESS

SPECIAL ALERT! Over the past several years we have attempted to provide suggestions, warnings, cautions, and alerts on possible circumstances that might affect your well-being as a Niguel Shores resident. The following represents such an event that will occur this month. February 14 is Valentine's Day, and we strongly urge you to take the following actions: Acknowledge that special person(s) in your life with a telephone call, text, email, card, flowers, dinner, or even diamonds and a new convertible. OK, you get the message. Happy Valentine's Day to all.

We've talked about earthquakes, fires, home safety, encouragement to participate in CPR, AED, and First Aid Classes, and in general how to BE PREPARED to protect life and limb and family from various emergencies.

Now let's revisit one that just won't go away: SCAMS, FRAUDS, IDENTITY THEFT, and any other threats that put your personal safety, finances, and private lives in jeopardy.

One of the most common tactics of securing personal and private information from you is through telephone solicitations. NEVER, NEVER, NEVER, provide ANY information to a caller who asks you for your Social Security number, driver's license, birth date, address, bank account or investment details. DON'T even answer "yes" to a caller's question, "Is this Mr. or Mrs. (name)?" without first asking them, "Who's calling?" We've all heard stories about the IRS calls saying you owe back taxes, or the one that says you have won various prizes or money if you will just confirm some personal information so they can send you the winnings.

The list of scams goes on and on and gets greater with creeps that think they can persuade a sucker to bite on their creative approach. And guess what? They are very clever and persuasive in doing so. They pretend to be ticket sellers, bank verifiers, a jury duty manager, doctor's office staff, police or fire department fund raisers, not to mention Cancer, American Heart Association, Children's Hospitals and the list goes on.

Certainly you will receive legitimate inquiries over the phone, BUT, before you provide ANY information, make sure you know the caller is legitimate. Ask them questions to verify the nature of the request and even their telephone number so you can call them back to see who answers.

Want to test your "Imposter IQ?" Go to aarp.org/fraudwatchnetwork and take the quiz that measures the ability to spot a liar and the fraud game.

More later on how to protect your personal information and identity from being stolen.

AND, if you think Valentine's Day is fake news, don't bet on it!

—Kent Wellbrock

MAINTENANCE

Ever wonder what is in all of those concrete and plastic boxes in the easement in front of your house? You probably know that the boxes are utility related but are unsure as to which box goes with which utility. Here's an overview of what's where:

In general, the boxes are the places where your residential utility service taps into the utility's main line. Using the water utility, South Coast Water District (SCWD) as an example, a front yard concrete box, about 22 by 12 inches houses a water line meter and a shutoff valve for the branch which services each residence.

The electricity utility, San Diego Gas & Electric (SDG&E), uses a similar arrangement. Typically a large (about 32 by 24 inches) concrete or composite-plastic splice box is installed in the ground. Inside the box, wires for the residential service are spliced on to the main electrical feed. The box serves to keep the splice joint out of the dirt, facilitating maintenance.

The two telephone/internet companies, Cox and AT&T, also have similar equipment. In this case, the splice box is usually in an above ground "pedestal" about 24 inches high and 7 (AT&T) to 10 (Cox) inches in diameter. Both companies sometimes use composite-plastic buried boxes.

Although the property owner and the utility are responsible for easements, the Maintenance Committee has been in contact with these four utilities regarding boxes that may need maintenance attention. We are pleased to tell you that all four are very cooperative and that problem boxes have been and continue to be repaired and replaced.

The Maintenance Committee and NSCA Management thank South Coast Water District, San Diego Gas & Electric, SDG&E, Cox Communications and AT&T for their cooperation.

—Bob Gregg

RECREATION

St. Patrick's Day Celebration — Friday, March 16, 5:30 to 7:00 p.m. Come and enjoy sandwiches and drinks on the Clubhouse patio. Admission is free.

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

COMMITTEE REPORTS

LANDSCAPE

Drought Changes the Rules for Roses

Tom Carruth, Rose Curator at Huntington Botanical Gardens in San Marino, oversees the care of more than 2500 rose bushes. He's developed rule-breaking hacks to keep plants flourishing during a drought. The dry heat has introduced a heat-loving predator called "chilli thrips" from South Central Asia. The adults are so small they can fly 60 feet in the wind currents. Here are some of his measures to save your roses:

Water from Above

The old rule has been to water roses at their base to reduce mildew and other diseases, but that's more for wetter climates. Carruth now uses sprinklers at least 3 feet high to water in the early morning twice a week for about 20 minutes.

Get Rid of Old Mulch

It used to be that old mulch was covered by new, but Carruth says to strip rose beds clean every January, removing every leaf from the plants and all the old mulch to eliminate pests and disease. Be sure to apply 3 to 4 inches of new mulch to discourage weeds and keep the rose roots cool. He recommends using large chunk wood bark and avoiding mulches that contain pine, eucalyptus, palm or bamboo. He says, "If you notice those trees, things don't like to grow under them."

Go Organic and Spray

Spray with Spinosad, a natural insecticide readily available under many brand names. Because it is toxic to bees, he sprays during the hottest months and late in the day when bees are less likely to be out.

Feed the Plants

After the roses are pruned in January and new growth begins to emerge in February, he feeds all the roses with Scott's Natural Lawn Food, an organic granular lawn fertilizer. Also spray rose plants with organic liquid fertilizers ever six weeks in the early morning to harden the foliage and help the plant withstand drought conditions.

—Bill Walkup

TRAFFIC AND SAFETY COMMITTEE

Expedite Delivery Service:

It is a sign of the times that more and more folks arrive at the gate to deliver restaurant prepared food or gourmet meals all set for cooking. At the same time, Uber and Lyft drivers also arrive anxious to pick up passengers, but not knowing the exact address because of their communications system. Unfortunately, the gate attendant on duty often has not been alerted or given authorization to admit these people. The gate attendant will attempt to ameliorate each matter, but as often as not, there will be delays.

Some of our neighbors have taken it upon themselves to meet the Uber and Lyft drivers at the entrance to avoid any confusion and ensure a timely trip. The rest of us have to remember to immediately notify the gate via the phone at (949) 487-4185 or the computer at www.niguelshores.org or <https://community.dwellingleive.com/> on matters involving last minute deliveries and guests.

Note: Please appreciate that the gate attendant cannot always answer the phone during busy times at the gate and sometimes it takes as long as 30 minutes for the gate computer to update information you send.

Overnight Parking of Vehicles on the Street:

Normally, we park all of our cars and trucks in our garages, or on driveways that can accommodate them. However, our rules allow for *temporary* overnight street parking under special circumstances such as construction projects and temporary guests. These permits are given on a case by case basis by our office staff.

Regular street parking permits are also granted to residents when the size of the garage and driveways cannot accommodate vehicles registered to the house. At times a bit of confusion arises when folks utilize a portion of the garage for an amount of storage that precludes a vehicle(s) from parking there. I am perhaps oversimplifying this, but as far as street parking permits are concerned, garages are for vehicles and not necessarily storage.

"Lock it or Lose it!" or "Get our Fair Share!"

Recent reports reflect that thieves entered three presumably *unlocked* vehicles and stole a variety of quality items. As with most of these thefts lately, they probably occurred in the early morning hours in an area not too far from Stonehill. There are unsubstantiated rumors that quite a few other parked cars have been entered and pilfered in the past few months. Unfortunately, there are no official reports of these matters.

To stop these thefts, we have to ensure everybody locks their vehicles, even when they are parked in driveways. Next, report suspicious activity to the Dana Point Sheriff's Office. You can be valuable by just being a good witness. The next step, and maybe the most important, is to be sure that if a crime occurs, no matter how small (ransacking to contents of the glove box) report it to the Sheriff. I keep emphasizing reporting crimes, as the Sheriff will base prevention and suppression patrols on crime patterns. So far, our neighborhood hasn't supplied them with enough information to merit more police attention than our percentage of the Dana Point population merits.

-- God Bless . . . Tim Murphy

CLUBS

WOMEN'S CLUB

Members and guests met for our monthly luncheon on January 11 at noon in the Club House to start off the New Year with a record-setting attendance. With lots of enthusiasm, President Lydia Reese reminded us of the purpose of our club: Friendship, Fun, and Service. She introduced new members and guests, as well as our speaker Dr. Dung Trinh, Chief Medical Officer of Irvine Clinical Research, and Dan Daley, a Niguel Shores resident, representing Alzheimer's Orange County. Before the speakers addressed us, everyone took their turn at choosing from the bountiful array of healthy salads prepared by our members.

Mr. Daley gave a short presentation on Alzheimer's Orange County (ALZOC) where he is involved in community outreach. For a close look at what they do, go to their expansive website www.alzoc.org where you will learn more than you ever imagined about the disease, research studies, drug trials, and where you can get help with free programs and services if you or your loved ones are affected by Alzheimer's and dementia.

Dr. Trinh grabbed our immediate attention when he declared that in Orange County Alzheimer's is the third major cause of death. He addressed the three "buckets" of causes for Alzheimer's Disease: Circulation problems (high blood pressure, diabetes); inflammation (which can occur in the brain, the lungs, the heart, the GI tract, the skin, and the joints); and toxins (dietary and environmental). He particularly focused on our American diet which consists of huge amounts of sugar and "bad" fats (saturated, trans fat, and even vegetable oils like canola, corn, soybean, and safflower). The "good" fats (polyunsaturated) can be found in avocados, fish, nuts, extra virgin olive oil, and seeds such as chia, flax and pumpkin. The very informative handout that we each received describes the causes of inflammation, the sugar addiction cycle, good fats vs. bad fats, brain health nutrients, anti-inflammatory nutrients, and the many risk factors for developing Alzheimer's. Dr. Trinh's research strongly suggests that a plant-based diet can mitigate the risk factors. He concluded his talk by encouraging us to be mindful of our diet, to do 30 minutes of exercise per day, to do brain exercises, to socialize with others, to get at least seven hours of sleep a night, and not to ignore our other health issues. For those who missed this presentation and who might want to learn more, go to the following websites: www.IrvineClinical.com and www.HealthyBrainClub.com.

Our next luncheon will be held on February 8 at the Clubhouse. We will be sharing Valentine's Day greetings with our tablemates, so please bring 8-10 little valentines for this special event.

—Nadine Allen



Alzheimer's speaker Dr. Dung Trinh and Shores resident Dan Daly of Alzheimer's OC at Women's Club luncheon

MEN'S CLUB

Our January breakfast was packed and busy with two speakers plus our club business. Before the meeting, Vice President CW Gruenig honored chief cooks Charlie Clark, Jack Sweeney and Mike Roberts, plus previously honored Bob Enger, Steve Morris and Rob Wollin. They received aprons that Dee Gruenig prepared sporting their names in calligraphy. Additional appreciation went to Bob Borland and Jack Christiansen for their tireless work and good judgement which has been an immense help to the Governing Board, and for the great breakfast they provided in the absence of regular chef Jack Sweeney.

Then followed the election of club officers for the coming year: President Bob Oakley, Vice President of Programing CW Gruenig, Secretary Robert Saint-Aubin, and Treasurer Steve Morris.

Bob Borland announced that our college football pool raised \$330 for student scholarships. President Bob expressed sadness at the passing of Bob Ryan and Doug Ehlers, who will be properly honored at the next meeting.

Our featured speaker was Don Barnes, currently Orange County Undersheriff, who is now running for the office of Sheriff. He gave a tremendously informative presentation about the Department's wide-reaching, sophisticated crime fighting system with 4,000 members, 700 volunteers, and contracts for full service with 13 cities. There are five narcotics teams and a collaborative-effort fusion center to combat the serious threat of terrorism using the most modern equipment. Undersheriff Barnes spoke of challenges facing the Sheriff's Department, such as excessive mental cases beyond available institutions to care for them, and homelessness where many homeless want to be left as they are. Proposition 47 has exacerbated this problem, and Proposition 57 has placed up to 9,000 inmates previously in state prisons into county jails that are built only for short term incarceration. Additionally, he addressed troubles stemming from drug abuse—a national problem present in our own town. Barnes noted that the city's cost for crime prevention would likely be higher if a separate city police

department was created instead of using the Sheriff's services for the same level of protection now offered.

Our second speaker was Matt Sinacori, Dana Point Public works Director and City Engineer, who spoke about the planned re-stripping of Niguel Road between Stonehill and Camino Del Avion. Cars will be allowed to park against the curb during big events, and bicycle lanes will be designated between the moving cars and parked cars. This permits more safety for bikers and provides parking during *major* events only. Otherwise, there will be no parking on that segment of road as is the rule now. Regarding the speed limit on Niguel Road, Mr. Sinacori referenced a study showing that the 50 mph speed limit is proper and safe for the current three lanes; however, when the lanes are reduced to two in each direction, the limit might be reduced to 40 mph. The breakfast meeting adjourned with much new information to consider in the month ahead.

Our upcoming breakfast February 6 will feature Kerry Parker Burnight, a UCI professor who established the Forensic Center to fight elder abuse. *OC Register* listed her in the *100 Most Influential People in Orange County*. On February 20 we'll hear Ursula Luna Reynoso, Director of Dana Point Community Development, who will update us on matters of our city.

Men's Club Maintenance List: As a service to the Niguel Shores community, the Men's Club publishes names of maintenance and service workers who have been recommended by our members. You can view the list at www.niguelshores.org. Click on "Clubs" then "Men's Club" and then "Men's Club Maintenance List." This list is provided as a courtesy only. The Niguel Shores Men's Club and the Niguel Shores Community Association do not personally recommend nor will they be responsible for any acts of the providers listed.

—CW Gruenig

GARDEN CLUB

Nadine Allen, our club Vice President, opened our first meeting for 2018 with two announcements, one very joyous and one very sad. Nadine announced that our President, Gunjan, would miss the meeting because she went to San Francisco to be with her daughter, who gave birth to a beautiful, healthy baby girl. On the sadder side, Nadine asked for a moment of silence in memory of two of our long time members, Barbara Milner and Jack Wilcox, who recently passed away.

Our members always enjoy a pleasant feeling at the beginning of the meeting when partaking in the hardy refreshments provided by our hospitality committee of Carmen Murphy, Grace Glatt and JoAnne Webb. Nadine thanked the hospitality members to the loud applause from all of us.

Following a financial report by a famous volunteer, Nadine introduced our guest speaker for this month, Julie Bawden-Davis. Julie is a Master Gardener, author, founder and publisher of *HealthyHouseplants.com* and a member of the Garden Writers Association. Her topic for this meeting was, ***Growing Interior Plants the Organic Way.***

If you missed this meeting, you missed learning the secrets of creating a breathtaking indoor garden paradise that will impress visitors and make your home a healthier place. Julie's talk covered everything from feeding houseplants a gourmet organic feast to eco-friendly ways to handle pests and diseases and the importance of cultivating healthy soil.

Our next Garden Club meeting will be Monday, February 19 at our regular time of 12:00 noon, not at 9 a.m. as listed in our club directory. At this meeting we will vote on next year's officers and also have a workshop on gardening. This could be your opportunity to discuss your own gardening secrets.

—Karl Kuhn

CALLING LONG-TIME RESIDENTS

HOW LONG HAVE YOU LIVED IN NIGUEL SHORES?

The *Seashore News* is looking for residents with a lengthy history here.



It's probably true that none of us lived here in 1921 when this group gathered in suits, coats and hats down on Strands Beach below our Bluff.



Not many of us were around when Pacific Coast Highway was just a dirt road passing by the Still Water building near Golden Lantern.



Some of us have been here long enough to remember the old Niguel Shores Community Center and the stone benches that used to be down at our Bluff. **DO YOU?**

If you or someone you know has been living here from our beginnings in the 1970s, or moved here in the 1980s, or even took up residence in the early 1990s, we would like to hear from you.

GIFT CARD PRIZES WILL BE AWARDED TO SEVERAL WINNERS 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"

Fill out a **"LONG-TIME RESIDENT"** entry form in the office or send your information by email to seashorenews@hotmail.com

ACTIVITIES

LIBRARY

The following is a list of programs and events at Dana Point Library for February, 2018. All events are free and held in the Community Room unless otherwise noted. Walk-ins are welcome.



CHILDREN

Toddler Storytime – Tuesdays, 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 after story time.

Preschool Storytime – Wednesdays, 10:30 a.m. Stories, activities, and fun for children, ages 3 to 5. Stay and play with puzzles and crafts after story time.

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

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

Steampunk – Sunday, February 4, 1:30 p.m. Explore different topics relating to STEAM fields through hands-on activities. This month explore chemical reactions and density with a DIY lava lamp project. Seating is limited to the first 15 kids in grades 1-6. First come, first seated.

Bubblemania – Saturday, February 10, 11:00 a.m. Big bubbles, small bubbles. Round bubbles, SQUARE bubbles. Bubbles as big as people? All are possible! Be dazzled by the fun and science of bubbles.

Valentine's Day Craft – Tuesday, February 13, 3:00 to 5:00 p.m. Create a valentine for someone special at a fun afternoon of cards and crafts for kids and teens.

Let's Explore Junior – Saturday, February 24, 11:00 a.m. ROAR! Join us as we go full STEAM ahead and explore our world.

PJ Storytime – Last Monday, 5:30 p.m. The whole family is welcome to join us for an evening of stories. Wearing pajamas is encouraged. A cookie and water provided. Hosted by NCL Laguna Sunshine Readers.

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. Register at esl.danapt@gmail.com.

Seaside Book Club – Fourth Monday, 10:30 a.m. to noon. Copies of this month's *Underground Railroad* by Colson Whitehead are available at the service desk.

Write On Writer's Group – First and third Tuesdays, 5:00 to 7:00 p.m. Share your work and improve your craft through critiques from fellow writers.

Tech Tutors – Wednesdays, 3:30 to 4:30 p.m. Tutors

available to answer technology questions regarding cell phones, iPads and laptops. First come, first served.

The Memory Club: Brain Boosters Educational Class – 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 a.m. to Noon. For those interested in thought-provoking books without the graphic content. Copies of *Kiss Carlo* by Adriana Trigiani are available at the service desk.

Basic Computer Skills – Tuesdays, February 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. Registration required. Call 949 496-5517 or visit the library to register.

Coloring Club – Fridays, 10:00 a.m. to 12 noon. Bring out your inner artist while surrounded by books and good company. Materials provided. Held at the adult tables.

Travel Club – Third Sunday, 2:00 to 4:00 p.m. If you love travel, learning new things, exploring interesting places and meeting fellow adventurers, join us as we voyage to exotic destinations. This month Globe Trekker takes us to Australia.

Foreign Film – Fourth Sunday, 2:00 to 4:00 p.m. *The Teacher*: A middle school teacher manipulates parents into doing favors for her in exchange for previews of test questions and good grades for their children.

Red Cross Blood Drive – Friday, February 16, 10:00 a.m. to 4:00 p.m. Donate blood and help someone in need. Schedule an appointment online at <http://www.redcross.org/rcbmobile.darive.chooseDonationTime.jsp> or call the library to schedule an appointment (949) 496-5517.

—Karla Sanders

BRIDGE CLUB

The Bridge Club would like to acknowledge Marla Miller, General Manager of our Association, for assisting us in upgrading our card tables with color coordinated drink coasters in the general meeting room. Thank you Marla! Over the holidays the number of players has varied so that we play two, three or four tables each week. If you are interested in becoming a regular participant, please call Mary Ann at (949) 489-9999.

Our latest winners:

December 27: Lee Farrell, Helen Campbell, Joannie Donahue

January 3: Sandy Youdbulis, Lee Farrell

January 10: Helen Campbell, Joannie Donahue, Karen Oerele

January 17: Helen Campbell, Karen Oerele

—Jim Pinola

REALLY SERIOUS BOOK CLUB

The Really Serious Book Club met at the home of Mary Crawl and digested the book *Gene* by Siddhartha Mukharjee. This is a comprehensive history of the discovery and current research on genes. The extent of environmental influence on genetic inheritance was discussed as presented in the book. The review was an opportunity for the members with medical experience to help the rest of us understand the protocol and stages of genetic research and the implications of current genetic/medical claims.

Next month, on the third Wednesday, we will again meet at the home of Mary Crawl and review the book, *Who Lost Russia?* This is a history of how each Presidential administration has attempted to cope with Russia and bring them closer to American policies. It is a well written and fascinating review of American policies over the years with inside information most of us have never had access to before.

—Norton Schwartz

PAGE TURNERS

This month both of the afternoon Page Turners groups are discussing Julian Barnes' novel *The Sense of an Ending* which was published in 2011 and awarded the Man Booker Prize. The judges took only a brief 31 minutes to name it the winner, calling it a "beautifully written book," that "spoke to humankind in the 21st Century." In the words of one reviewer, "Life has been good to Tony Webster, who's both contentedly retired and contentedly divorced. Then friends reappear from a childhood long left behind and presumably shelved, and as the past suddenly looms large, Tony must rethink everything that has been his life. In the hands of multi-award winner Barnes, this should be masterly—and, with the book under 200 pages, there's a gorgeous simplicity at work."

The Monday afternoon group will meeting February 26 and the Thursday afternoon group will meet February 22. For information contact Lisa Buchner at Lisabuchner@cox.net for the Thursday group, and Frances Ozimec at fozimec@cox.net for the Monday group.

—Frances Ozimec

NSCA PRESIDENTS CONTINUED FROM PAGE 1

- **Larry Wellikson:** I believe everyone should be part of the volunteer experience in our community. From my past work in a variety of organizations, the Sea Terrace I board position seemed a good fit for me.
- **Bob Oakley:** Based on my enjoyment of the Men's Club and its interesting, accomplished members, I was happy to accept a leadership position.

What are the positive rewards that have come from this job?

- **Bob Russell:** It's rewarding to know our NSCA Board members are maintaining the standards of the Boards that have come before us, and building one of the best communities in all of Orange County. Our long-time spirit of volunteerism is what separates us from many other Homeowner Associations.
- **Lydia Reese:** I have been able to work with an amazing group of women and meet many neighbors throughout our entire community. I have also had the opportunity to serve others and that brings me both joy and inner peace.
- **Gunjan Anand:** My reward is interacting with such learned people from diverse backgrounds.
- **Larry Wellikson:** I have enjoyed working with the other board members and helping NSCA stay a wonderful place to live.

- **Bob Oakley:** I enjoy the interaction with so many good people and meeting our fine guests and speakers up close and personal. I also appreciate the leadership team that so willingly serves the Men's Club and the opportunity to award scholarships to amazing students.

Have you encountered any challenges?

- **Bob Russell:** It's difficult when we have hearings on rule violations and need to impose fines. Often we know each other as neighbors, yet Board members must make decisions based on rules and be consistent with all who own homes here.
- **Lydia Reese:** Leadership takes time, organization, and commitment. Life happens, family issues come up, and so the biggest challenge has been the time it takes.
- **Gunjan Anand:** It was a learning experience understanding how our local Garden Club functions under the umbrella of state and national guidelines.
- **Larry Wellikson:** Too often homeowners rely on a few of their neighbors to do most of the work. If everyone did a little there would be very little we each had to do.
- **Bob Oakley:** The biggest challenge is succession planning and finding volunteers to replace ourselves.

Continued on page 16

WOMEN'S GOLF

Five Niguel Shores lady golfers played January 8 at The Ranch in Laguna Beach—Irene McDonald, Catriona Sigsby, Julie Patton, guest Karen Condino who was visiting for the winter months from Michigan, and prospective new member Cindy. Players used the best drive of the group on each hole and then played their own ball in for an individual score. Prizes went to Catriona and Julie, who tied for low score of 37; Karen for low number of putts with 17; Julie for closest to the pin on #6; Irene for closest to the pin on #8; and Karen for longest drive on #9. The golfers were thankful to finish the round without being caught in the rain!

An informal meeting followed during a lovely luncheon overlooking the first fairway, and it was very well-attended even on such a gray day! Everyone was especially happy to see Ruthie Stahl and Joanie Beyer, who returned looking well after both had taken falls before the holidays. We were also thrilled to be joined by Barbara Brackbeck and Liz Kelsch whom we hadn't seen in many months! Also attending were Treasurer Lee Sweeney, Secretary Brenda Tuckley, and our social members Chris Beaver and Ceacy Johns.

MEN'S GOLF

While much of the U.S. was freezing, we were enjoying a warmer than normal January. Great golf weather. Many of our golfers traveled during the holidays and were glad to get back home.

We had our first outing of the year at Talega Golf Course in San Clemente followed by outings to Oak Creek in Irvine and Tijeras Creek in Rancho Santa Margarita.

In February we will be attacking the courses at San Juan Hills on Feb 6, Arrowood Golf Club in Oceanside on Feb 13, Talega Golf Club on Feb 20 and Arroyo Trabuco Golf Club on Feb 27. All great courses that can challenge the best golfers, yet enjoyable for all skill levels. For many, of course, the highlight of the day is the post-golf social hour. We look forward for a great 2018.

—Bob Russell

GOLF QUOTE

Golf is played by twenty million mature American men whose wives think they are out having fun.

—Jim Bishop



Women golfers (left to right) Julie, Irene, Cindy, Catriona, and Karen



Irene's winning closest to pin

The next golf outing will be at 9 a.m. on February 12, at The Ranch. All levels of golfers are welcome! Please call Irene at (949) 481-3035 to add your name to the list.

—Julie Patton

IN MEMORIAM

Bob Ryan

Passed away December 20, 2017

Resident of Crossjack Drive since 1998
U.S. Air Force Strategic Air Command
Architecture Committee Member and Co-Chair
Men's Club Member and Past President

IN MEMORIAM

Doug Ehlers

Passed away January 9, 2018

Resident of Capstan Drive since 2000
Real Estate and Finance Executive
U.S. Merchant Marine and Marine Corp WWII
Men's Club and Dippy Dolphins Member

IN MEMORIAM

Robert A. Jelinek

Passed away October 16, 2017

Resident of Vista Grande since 1992
Lawyer/Businessman
Harvard Law School LL.B. Cum Laude
White & Case Law Firm NY
Head of Business Affairs CBS NY
Vice President/Council Young & Rubicam NY

MEET YOUR NIGUEL SHORES SECURITAS TEAM

This month, I have the privilege to introduce you to the members of our Niguel Shores Securitas team. Perhaps, like me, many of you drive through our gates several times a day and wave or shout a hello to the person on duty in our gatehouse, not giving much thought beyond that friendly greeting. What I learned during my interview with the folks that manage our gates and patrol our common areas, was that there is a great deal involved in being part of the Securitas Team here in Niguel Shores. Hopefully, when you have finished reading this article, you will agree.

Jesus Banda is our Post Commander, and March of 2018 marks his tenth year on duty here in Niguel Shores. Jesus outlined several key responsibilities of our patrol officers and described a little about how each of those functions is carried out. One of their duties is to monitor our recently installed security camera system, which has been updated with cameras now in place throughout the community. These cameras provide the Securitas staff with information on actions such as gate malfunction, trespassing, traffic violations, beach bluff and pool activity, and parking violations.

With 960 homes in the Shores, running our Gatehouse is an extremely important responsibility. Every month over 12,000 guest vehicles pass through Mariner gate making for a very busy place. Our gatehouse is equipped with only one telephone line and, according to Jesus, that phone rings pretty much non-stop. The gate attendant is responsible for recording the vehicle license plate information for every guest or service provider who comes through the gate. A pass cannot be issued without valid license plate information. The attendant records and, in some cases, alerts residents when a vehicle pass is issued or denied. In addition, the gate attendant monitors service providers, making sure no one enters prior to 7:30 a.m. and that they leave the community by 5 p.m.

The gate is also tasked with controlling party attendees. They do not issue passes for more than 10 guests per household so larger parties must be cleared by the management office. Summer time can be especially busy, with long lines of guests anxious to come to the beach or pool. The gate

attendants do their best to keep the line moving while making sure everyone who enters has been called in by a resident. Residents using the website to login their guests have

proven to be a huge help for the gatehouse staff. Note: To do this, select the login button at www.niguelshores.com or see <https://community.dwellingslive.com/>

You probably have seen the Securitas SUV cruising through our community on patrol. The officers drive through the community daily checking for up-to-date and properly displayed parking passes. They are required to take photos of every violation, whether it be a car blocking someone's driveway, parking on the wrong side of the street, barbecues left out on driveways or golf carts parked on the grass at the beach bluff.

While on patrol, Jesus and his team also monitor for water leaks and running water, car doors left open, loose or lost dogs and, occasionally, unusual incidents like car or golf cart accidents or illegal drug activity. Any incident or violation must be reported to the Niguel Shores office and, in some very rare cases, the police.

Customer service is perhaps one of the most important aspects of the

team's job. Jesus trains gate attendants to understand that they work for the residents of Niguel Shores and their job is to enforce the community rules for the safety and well-being of all residents. If a situation occurs where they must report an incident, he stresses that the officer is respectful and courteous always trying to de-escalate the situation. Currently, Jesus and four of his officers are attending special training sessions offered by Securitas to help maintain and improve their skills in enforcement and customer service.

Jesus has seen a lot in his ten year tenure here. He has worked every shift, starting out as a gate attendant in March of 2008, then moving up to Shift Supervisor and, in 2011, being named Post Commander. As Commander, he must assure that the gate is staffed seven days a week, 24 hours per day. If for some reason a shift cannot be covered by one of his team, Jesus covers the shift himself. He occasionally gets calls in the middle of the night from his patrol officers because "things happen" and he wants to be certain all incidents are



Post Commander Jesus Banda



Securitas Patrol Service Officers (left to right) Kerry Mathieson, Thorsten Kuklinski, Dakota Jackson, Jesus Banda

Continued on page 16

PRESIDENTIAL LIBRARIES

Since 1968 President's Day has been observed on the third Monday of February, which this year falls on February 19. There are over 1000 historic places you might visit that are associated with United States Presidents, including birthplaces, homes, battlefields, monuments, churches, and burial sites, but for this President's Day we'd like to focus on the network of presidential libraries and museums associated with the National Archives and Records Administration (NARA).

NARA's nationwide system of fourteen presidential libraries exists to preserve historical material and promote an understanding of the Presidency and the American experience. Its creation came about because many presidential papers and records had been lost over time or destroyed by fire or even sold for profit. Therefore, in 1939, President Franklin D. Roosevelt sought a better alternative. After much study, Congress passed the Presidential Library Act in 1955 establishing a system of privately erected and federally maintained libraries and encouraging Presidents to donate their historical materials.

The Presidential Libraries belong to the American people. They preserve and promote access to historical materials, support research, and create programs and exhibits to educate and inspire. These libraries display original artifacts, offer virtual tours, and provide an abundance of information through their permanent collections and visiting exhibits. To learn more, check out www.archives.gov/presidential-libraries.

Here in Southern California, we are fortunate to have two of these libraries within driving distance!

■ The Ronald Reagan Presidential Library and Museum in Simi Valley houses a full-sized reproduction of Reagan's Oval Office, sections of the Berlin Wall, a pavilion showcasing Air Force One, and a variety of interactive experiences. Recently they presented a wonderful Titanic exhibit and are preparing for *Genghis Khan: The Exhibition* which will begin



Five Presidents at the Reagan Library in 1991

February 16, 2018. The annual Christmas exhibit contains elaborately decorated trees by the decade. For details, see www.reaganlibrary.gov.

■ The Richard Nixon Library and Museum in Yorba Linda reopened its permanent galleries in 2016 after a \$15 million renovation. There are 70 new family-friendly exhibits with more than 300 original artifacts, 30 unique multi-media experiences, a full theater with original films and interactives, the helicopter Nixon used on his last day as President, his childhood home, and replicas of the Oval Office and East Room. For details, see www.nixonlibrary.gov.

If you are interested in visiting a presidential library, check online for hours, exhibits, admission prices, and directions. You may also want to consider becoming a member of an NARA library. There are Friend, Family, Cabinet, and Student/Teacher memberships available that entitle you to free admittance for one year to any of the NARA libraries plus discounts at their museums and restaurants. Special exhibits are extra. The full amount of the membership is tax-deductible. You may avoid the lines on busy days, too!

—Michelle Ralph



Reagan's Limo, the Gipper



Nixon's Helicopter



Reagan's Air Force One

MARDI GRAS



Mardi Gras, or Fat Tuesday, falls on February 13 this year. For many, it's a day that usually calls for a bit of self-indulgence since the next day, Ash Wednesday, begins the Christian atonement season of Lent. In New Orleans, Krewees work all year to plan festive Mardi Gras balls, floats, and parades. Revelers don elaborate costumes, wigs and masks of purple, green, and gold—traditional Mardi Gras colors. Masked float riders toss glass beads, painted coconuts, toys and trinkets to the crowds as torch-bearers lead them down Bourbon Street. From the feast of the Three Kings on the twelfth night after Christmas through Fat Tuesday, New Orleans bakeries feature King Cake, a braided cinnamon pastry with a tiny "King" figurine hidden inside. Good fortune comes to the one who finds the King, but he must buy the next cake and host a Mardi Gras party.

Fat Tuesday is known to the Polish as Paczki Day, a time to indulge in jelly donut pastries. It is Carnevale to the Italians, who splurge on sweet bites of *pignocciata*, *frittelle*, *cenci*, and *galani*. No matter if you call it Mardi Gras or Fat Tuesday or Carnevale, give yourself a nice treat on February 13.

CHINESE NEW YEAR



Another big day this month comes on February 16—**Chinese New Year**—the year of the Dog! Legends and customs surrounding the Chinese New Year festival are thousands of years old and marked with explosions of light and sound, bell ringing, firecrackers, colorful lanterns, fireworks, impressive dances and parades. Families clean their houses to sweep away bad fortune and gather together to honor ancestors and feast on lucky foods like long noodles, dumplings, rice balls, fish, and oranges. Positive wishes and gifts wrapped in red, yellow or gold symbolizing prosperity are given from bosses to employees, from leaders to their assistants, from elders to the younger generation.

Today, modern China follows the Western calendar but continues to celebrate the traditional Chinese New Year calling it the Spring Festival, a time of renewal.

58 MILLION pounds of chocolate candy is bought during the Valentine's Day week

\$448 MILLION is spent on candy the week before February 14



62% of Adults say they celebrate the holiday



36 MILLION heart shaped chocolate boxes sold



150 MILLION Valentine's Day Cards and gifts sent each year

An average of \$150 is spent by men



An average of \$75 is spent by women

VALENTINE'S DAY BY THE NUMBERS

Valentine's Day is a time for candlelit dinners, heart-shaped candy boxes and (depending on your relationship status) watching old romantic comedies while you drink a glass of wine by yourself or perhaps, feeling neglected, wanting to take a frying pan to someone's head. Is it a day of celebration or a day of dread? Depends on one's attitude.

Where and how did the day originate and why do we care about it so much? The day of romance we call Valentine's Day is named for a Christian martyr and dates back to the fifth century. It has origins in the Roman holiday Lupercalia. One account tells us that Emperor Cladius II executed two men – both named Valentine – on February 14 in different years in the third century A.D.

Generally speaking, February 14 is known around the world as a day of love. Romance is still alive! Whether we like it or not – on February 14, 'love is in the air.' For those who have that special someone a partner, spouse, parent, children or grandchildren, consider yourselves lucky to be able to share your love on this special day.

Although I have some great memories with my husband, one of my most memorable Valentine's Day experiences was a few years ago when my 10-year-old granddaughter called me on February 14 around 6 p.m. just to tell me all the reasons she loves me. What a special treat.

This year on February 14 look around and take note of those you love. Hold on and celebrate that wonderful feeling we know as **LOVE**.

*Hold fast your dream within your heart
Whatever might befall
Let others laugh, if laugh they will
But hold your dream through all.*

*Hold fast that love for only one
However hard that it may seem.
For life will mean so much, much more
If you hold fast your love and dream.*

- Yollie Mancino

THE PRESIDENT'S HOUSE

Parents and kids! Here are some questions for President's Day: (1) What is the link between a patch of land in Virginia and the magnificent White House where our First Families have resided for more than two hundred years? (2) Which President never lived in the White House? (3) Why is it called The White House? (*Read on for answers.*)

An hour outside Washington, D.C. lies Stafford County, Virginia—a locale originally occupied by Algonquin tribes. As early as 1609, records show Captain John Smith sailed up the Potomac from Jamestown to Stafford settlements, and stories say Princess Pocahontas was kidnapped there in return for ransom from her father Powhatan. In the 1700s, Stafford's fisheries, tobacco plantations, iron works and flour mills were essential suppliers to England and the colonies. In the mid-1800s, Richard Henry Dana, the inspiration for our city's name, acted as an abolitionist attorney defending Anthony Burns of Stafford in America's first major fugitive slave case. During the Civil War, Stafford became an important staging ground for Union troops engaged in battle across the Rappahannock River at Fredericksburg.

Most pertinent for this story, Stafford is also the home of the stones that built the White House (*So there's your answer to our first question!*), as well as the Capitol Building, the Treasury Building, the Patent Office, and other edifices in our national capital.

This came about because Stafford's most famous resident, George Washington, grew up there from age six to nineteen at his family's Ferry Farm. Years later, as President, Washington remembered the sandstone rock of Stafford when envisioning a capital city built of stone to project strength. Washington directed designer Pierre Charles L'Enfant to purchase Wigginton's Island (renamed Government Island), a rock outcropping and quarry on Aquia Creek in Stafford County.

More than a hundred laborers composed of slaves, freedmen, and stonemasons from the U.S. and Scotland cleared trees from the island and began chiseling out the Aquia sandstone that Washington favored. From 1791 through 1799, Stafford's stone was shipped down the Potomac for construction of what was called the President's House.

Washington selected the site for the President's House, approved architect James Hoban's design, and oversaw its



Sandstone slabs on Stafford's Government Island

construction after the cornerstone was laid in October, 1792. However, Washington never lived there. (*Your second question, answered!*) The home's first residents were President John Adams and his wife Abigail in 1800.

Today at Stafford a boardwalk takes visitors across Aquia Creek onto Government Island and the sandstone slabs that

still contain chisel marks from centuries ago when extracting the stone from walls of rock was painstaking work. Historian William Seale, in *The President's House*, explains that a green stick stripped of leaves would be driven into a crack in the stone and watered constantly until it expanded to split the stone, which could take weeks.



Entrance to Washington's Ferry Farm

Then slabs were hammered out, hauled by oxen to a barge, and sailed down the Potomac River to Washington. There, the stones passed through a system of locks, eventually to be refined, numbered, delivered to the construction site, and hoisted onto the walls of the house with a crane.

Once in place, the sandstone was whitewashed to prevent cracking, giving the residence a white facade. To cover the soot from a fire in 1814, the original stone was given several heavy coats of white paint. Hence, the President's House became the "White House." (*Aha! Third question, answered!*)

Although George Washington died before the presidential residence was completed, the stone walls of our White House have stood more than two centuries in tribute to his grand vision.

Government Island and George Washington's Ferry Farm are open to tourists March through December and would make an interesting side trip when visiting Washington, D.C.

—Sandy Homicz

FOR BOARD ACTION SUMMARY

Please See our Website

WWW.NIGUELSHORES.ORG

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CUISINE CORNER

Buena Vista Market

There are fancy places in Orange County where some diners go “to see or be seen,” but this is certainly not one of them. The Buena Vista Market is a cross between a bodega and a supermarket . . . simple, clean and efficient.

It's a place where some of the locals who work hard for a living pick up their lunch to-go, or stop in after work to sit for a simple plate of authentic Mexican fare served on paper plates with plastic forks and Dollar Tree napkins. The hot-food offerings are at a deli-style counter in the back of the store next to the butcher counter. You pay for your order up front at the store cash register, which takes Visa and MasterCard. Usually, there is no line to speak of, but between 5:00 to 6:30 p.m. it can become crowded.

If you choose to sit and eat there, the tables and chairs are simple in a friendly atmosphere, but, due to limited seating capacity, not a place to linger after a meal during dinner hour. They have indoor seating for around a dozen patrons and a couple of outdoor tables. If you choose to take your food to-go,

the store is only a mile from Niguel Shores. But don't be shy to rub elbows with the locals there. Maybe practice your Spanish.

My two favorite items are the carnitas burrito and chicken soft tacos. They are among the best I've found anywhere, bar none. We eat there or take food home a couple of times a month. We have even catered two large events by picking up dinner from the Buena Vista Market: a family reunion at our Niguel Shores beach bluff park and a simple family wedding rehearsal dinner for forty in our sister's huge San Clemente back yard. The burritos are so large we order them cut in half, with each half wrapped in butcher paper and aluminum foil. Half a burrito and a juicy *pollo* or *lingua* taco make a satisfying small meal. Add containers of their refried beans (black or pink), their Spanish-style rice, and their exceptional *salsa verde*, *rojo* or *pico de gallo*. Then fix your own guacamole and chips, bring *cerveza*, stir up some margaritas, and you have an authentic Mexican *fiesta*!

Buena Vista Market is located at 34065 La Plaza, in Dana Point Town Center, corner of PCH and Golden Lantern.

—Gary Tinnes

Wellness... Choose Wisely

The room of young mothers was pulsing with energy! The kind of energy that increased exponentially as more and more of them arrived to celebrate their weekly time together. Warm, wonderful greetings were exchanged with hugs, smiles, and plenty of laughter. Some came with a newborn, or a little one in tow, while others came solo. There were also a handful of grandmas present offering wisdom, sage advice, reassurance, and support. What a priceless gift. That day, it was my gift to be able to speak to them about nutrition and how a healthy lifestyle can positively impact their every moment and the lives of their growing families.

Being in the presence of these women reminded me not only of the role women play in their families' well-being, but also that over the generations, we pass on behaviors and habits that either direct us toward a life of health and happiness, one of unhealthy habits and little happiness, or somewhere in between. Why we choose the food we eat and what influences our food choices comes

from many sources, but family is especially powerful.

Why this is important? Well, during our lives, we spend the equivalent of four years eating! The Bureau of Labor Statistics estimated that in 2011, Americans spent the equivalent of 19

days eating and drinking. Are you 80 years old? You've just spent 4.1 years eating and drinking!

Understanding what makes us choose our food will help us all make better decisions. Flavor, texture and appearance are the most important. The food industry tries to match “healthy” with profitability through marketing that can often mislead us, so beware. Also, early influences can predict how we will eat for the rest of our lives. Imagine the child brought up on convenience food who, as an adult, has no taste for steamed vegetables. Can you blame them?

Routines and habits are very powerful when choosing what we eat, as is advertising. Hunger is our physiological need to eat controlled by internal body mechanisms, while appetite is our psychological need to eat prompted by advertising, the aroma of freshly baked cookies, or other non-biological exposures that influence us. With that in mind, when food is plentiful, appetite, not hunger, generally triggers eating.

So, while shopping, feeding young children, caring for yourself and others, regardless of their generation, be sure to keep a knowledgeable, skeptical eye as you make food choices. Be passionate, like the moms I spoke to, about selecting the most nutritious, delicious (yes, those terms go together!) food choices for you and your family. Not sure what choices to make? Send me your questions! In the meantime, choose wisely and be healthy!



Sharon Stewart RN, Health Coach, Nutritional Consultant, Sharon@TakeShapeWithSharon.com

handled properly. Jesus works closely with the office staff and attends the Traffic and Safety Committee meeting every month. He prepares monthly reports of all incidents and provides the Traffic and Safety Committee with a Gate Activity Report as well.

Jesus has observed lots of positive changes during the past ten years in regard to maintaining the security of our community. He said that having rules in place provides structure and makes it actually easier for the patrol officers to do their job for the benefit of the community.

Jesus grew up in San Juan Capistrano and attended Capistrano Valley High School. He and his wife Isabel have a 2-year-old little boy, Lincoln, and Jesus is helping to raise his 15-year-old stepson, Lissander, who is a freshman playing football at El Toro High School. Jesus enjoys his role as Post Commander. He feels he has grown to know many of the residents, who are friendly and genuinely happy to be living here, and that makes his job rewarding.

Thorsten Kuklinski, our Gate and Patrol Officer working full-time during the morning shift, has also been part of the Securitas team for ten years. Thorsten is a graduate of Trabuco Hills High School and Santiago Canyon College. He lives in Mission Viejo and, when not on duty,

he enjoys traveling, going to the movies and playing a game of poker.

Kerry Mathieson, our evening Shift Supervisor, attended Orange Coast College and has been with the team for two years. At home in Costa Mesa, Kerry takes care of his 86-year-old dad, who has lost his eye sight. He enjoys sports and spent some time coaching football, so when not on duty, he can be found keeping up with the latest sporting events.

Dakota Jackson and Aaron Tufono are Securitas' newest officers. Dakota lives in Santa Ana and graduated from Valley High School. His hobbies include working on his motorcycle and spending time with his dog. Dakota is happy to be here in Niguel Shores where he enjoys the challenge of new experiences. Aaron attended school in Hawaii and presently lives in San Clemente. He is a musician who plays Reggae music and surfs the Southern California beaches. So far he is very happy to be here in the community where the people are friendly and easy to work with.

Jesus and his team work hard to keep our very busy community safe. I hope as you drive through our gate or see a patrol officer cruising the neighborhood you will have the opportunity to thank them for all they do.

—Patti Staudenbaur

NSCA PRESIDENTS CONTINUED FROM PAGE 9

How would you encourage your successor?

- **Bob Russell:** Be fair and listen to our great staff and legal council.
- **Lydia Reese:** First, recruit a good board to work along side. Have fun, honor and respect the past work of the group yet remain open to new ideas. Don't take things personally, and always appreciate and acknowledge others.
- **Gunjan Anand:** Rely on the idea that no task is small, but a great many things can be achieved with

team work. Volunteering by community residents makes Niguel Shores a safe, healthy, socially prosperous community.

- **Larry Wilkerson:** It's rewarding to help shape what our community looks like and to contribute in a small way to the larger good.
- **Bob Oakley:** Relax and enjoy the position. It's really very easy due to the team spirit in the club. The perks come from simply being around such smart, friendly folks.

—Sandy Homicz

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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: Beautiful garden home — 3 bedroom, 2 bath. Fabulous ocean views from bedroom, living room, and back patio. Home has been remodeled and looks like new! Contact Cathryn DeYoung at (949) 933-7954.

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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Dana Point Symphony

Music of Tchaikovsky

Friday February 2:00 - 7:30 p.m.

St. Edward Catholic Church

33926 Calle La Primavera, Dana Point



Rotary/Care Car Show

Saturday February 3

7:30 a.m. to 2:00 p.m.

San Juan Capistrano Community Center Sports Park

Enjoy over 400 antique/classic cars, trucks and the new car row. Vendor booths and delicious food available. Proceeds benefit Rotary charities and Capistrano Animal Rescue.



Taste of San Juan

Thursday February 8 • 6:00 to 9:00 p.m.

San Juan Hills Golf Course

Celebrate the Fiesta de las Golondrinas at the Taste of San Juan. Many of San Juan's marvelous restaurants under one roof. For more information call 949-493-1976.

Dana Point Science Night Lectures

February 8 • 6:30 to 7:30 p.m.

Dana Point Community Center • 34052 Del Obispo

Talks cover a range of topics regarding the ecological resources of our area. All ages welcome. Call 949-248-3527 or dpnaturalresources@danapoint.org

Bulky Items Drop Off

Saturday February 10 • 7:30 a.m. to 2:30 p.m.

Dana Hills High School in the lower student parking lot
Items NOT ACCEPTED include vehicle batteries, drums, construction materials, concrete, rock, dirt, liquids, oil, chemicals, camper shells, tree stumps, car batteries, car bodies, asphalt, engine blocks, hazardous waste, paint.

St. Valentine's Day – Love Your Beach Clean Up

Saturday February 10 • 9:00 a.m. to noon

Join us for our first Adopt-A-Beach Cleanup of the year as we "love" Doheny back to good health after the runoffs from winter rains. All beach cleanup volunteers will meet at the lifeguard headquarters. Please bring working gloves.



Cookie Festival

Saturday and Sunday February 10 and 11

10:00 a.m. to 5:00 p.m.

Anaheim Convention Center

600 West Katella Avenue, Anaheim, CA

Admission \$6.00/\$20.00 for tickets: lcookiecon.com

It's batter-up at the biggest baking and pastry convention on the West Coast. This Comic Con for cookie lovers gets cooking with celebrity guests and tasty treats.



Dana Point Senior Center

Located off Del Obispo

Weekday lunch, beverage and desert for \$4.50 for those over 60. In addition, special luncheons offered this month:

Friday, February 2 - Super Bowl Party;

Tuesday, February 13 - Mardis Gras;

Wednesday, February 14 - Valentine's Day;

Friday, February 16 - Chinese New Year Luncheon;

Friday, February 23 - All February Birthdays.

Free transportation available for Dana Point Residents.

Call Vanna Murphy for more information 949-496-4252.

Family Fun at the Ocean Institute:

Introduce kids to the wonders of the sea.



Tiny Tots Parent & Me for Ages 2 to 3

Tuesdays, February 6 to March 13 • 9:30 to 10:30 a.m.

Stretch children's imagination by exploring sea shapes, colors, and textures with everyone's favorite tidepool the sea star! Sessions include exploration, an animal encounter, and a creative play activity. \$150 for all 6 classes or \$30 per drop in session for one parent and one child (\$15 for each additional child). Call 949-496-2274 or visit www.ocean-institute.org/event/tiny-tots-parent-me-program-1

Tidepool Hikes

Hike with a Naturalist into the rocky Marine Conservation Area behind the Ocean Institute. Explore and search for snails, crabs, sea stars, and other animals that make the tidepools their home. The winter months are the best time for these magical marine ecosystems! Call 949-496-2774 or visit www.ocean-institute.org/event/tidepools-hikes

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