

Seashore News



January 2019

Published Monthly by Niguel Shores Community Association

Issue 541

Honoring Niguel Shores Volunteer of the Year 1980 – 2018

- 1980.....Dorothy Dudley
- 1981.....Dale Baltimore
- 1982.....Phyllis Luengen
- 1983.....Rose Marie Lawson
- 1984.....Norm Pomeroy
- 1985.....Jim Guthrie
- 1986.....Ken Knight
- 1987.....Ed & Doris Adams
- 1988.....Forrest Owen
- 1989.....Lloyd Somerfield
- 1990.....Daniel Aldrich
- 1991.....Dick Beaubien
- 1992.....John & Betty Dickerhoff
- 1993.....Dick & Hope Luedeke
- 1994.....Hal & Patty Therolf
- 1995.....Hazel Lafler
- 1996.....Rick & Dottie Foth
- 1997.....Jerry & Marian Pearl
- 1998.....George Williams
- 1999.....Don Beaver
- 2000.....Don & Dee Johnston
- 2001.....Dick & Janet Mackaig
- 2002.....Jerry Milner
- 2003.....Bob & Llavonne Borland
- 2004.....Ann & Jack Christiansen
- 2005.....Marion & George Evans
- 2006.....Gerlinde Duffy
- 2007.....Ceacy & Dick Johns
- 2008.....Mary Crowl
- 2009.....Roy Dohner
- 2010.....Jerry Koppang
- 2011.....N/A
- 2012.....Sam Johnson
- 2013.....Nancy Tinnes
- 2014.....Marilyn Moon
- 2015.....Pat O'Brien
- 2016.....Sue Kichline
- 2017.....Karl Kuhn
- 2018.....Sue Kichline



FROM THE HELM

As we move into a new year, I would like to thank all the Niguel Shores staff, committees and fellow Board members for a very productive 2018. Much was accomplished and your work was certainly appreciated!

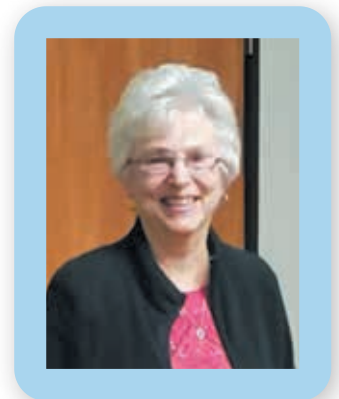
Volunteering in the community is one of the reasons that Niguel Shores remains a highly desirable and financially stable Association. Every December it is a Niguel Shores tradition to acknowledge all who volunteer their time and energy, and especially to celebrate a **Volunteer of the Year**. The NSCA committees are each asked to nominate a person of their choice, and the names are then forwarded to the Board for the final vote.

The **2018 Volunteer of the Year Award** was presented to **Sue Kichline** at the December 5 **Volunteer Appreciation Party**. Sue is currently the Chairperson of the Niguel Shores Finance Committee and has demonstrated expert leadership of the team, carefully evaluating our financial investments, operating expenses and the annual short and longer term budgeting processes. Sue's overall commitment was taken to a new level this past summer when she stepped in and acted as the Niguel Shores Finance Manager during the transition and budget time (that lasted several months!) after the retirement of Ivy Hsia and the employment of Mission Financial. We all congratulate Sue for earning the 2018 Volunteer of the Year Award and we extend many thanks for her commitment during the multi-month transition.

We have numerous projects and activities planned for 2019, including the ongoing work for the Master Landscape, replacement of some mushroom lights in the community, street work, proposals for recreational amenities, and continued development of our on-site staff.

I encourage all to attend the **Resident Roundtable** scheduled for **January 9** for additional updates and a chance to offer ideas and recommendations for our Association.

—Jeannie Sticher



*2018 Volunteer of the Year —
Sue Kichline*

Happy New Year!

2019 opens before us like a book with 365 blank pages to fill. The book's title is **Opportunity** and its first chapter begins now. For starters, consider volunteering in our community wherever your talents fit a need. There are openings on our NSCA Committees where you can make a real difference in the present and future of Niguel Shores.

Opportunity awaits!

Welcome 2019: As we enter the New Year of 2019, we may set a goal or a resolution, gather with loved ones and celebrate, enjoy a parade or some football; but, whatever we do, we should remember that the simple things in life and our connections with family, friends, and neighbors are truly what is important. In that spirit, I offer a toast of appreciation to everyone in Niguel Shores and to a successful year ahead.

In Appreciation: What a perfect way to start the year—by recognizing two important people for their work and dedication to Niguel Shores in 2018:

2018 Volunteer of the Year: Our annual **Volunteer Appreciation Night** on December 5 was a wonderful celebration with approximately 75 volunteers in attendance. At this event, the Board announced the selection of **Sue Kichline** as **2018 Volunteer of the Year**. Congratulations to Sue, and sincere thanks for your dedication to the Community.

During Volunteer Appreciation Night each volunteer received (among other items) a fortune cookie with a message written by staff. I want to share the fortunes with you:

- *Kindness is a form of generosity. Be generous to those around you. – Marla*
- *Appreciation is a cookie. Love is a chocolate cookie. – Karen*
- *Try to be a rainbow in someone else's cloud. – Blayke*
- *A day at the beach restores the soul. – Matt*
- *Life is like a box of fortune cookies. – George*

2018 Employee of the Year:

Each year at this time we recognize the Employee of the Year here at Niguel Shores and this year the award goes to Tom Shimkus as our 2018 Employee of the Year. Tom has worked at Niguel Shores for the past 7 years. He is responsible for a variety of maintenance concerns but is also the “go to” person when there is an electrical issue on the Association grounds. Tom recently helped trouble shoot an SDG&E electrical problem at the Cabrillo gate that could have been much worse but was addressed in a timely manner due to his efforts. Thank you so much, Tom. Congratulations on a job well done and an honor well deserved!



Tom Shimkus, Employee of the Year

Christmas Tree Disposal: CR&R will pick up your Christmas tree at no charge on your regular scheduled day for trash service. You may leave the tree out on the curb through January 15, 2019. The tree must be free of all ornaments, lights, not attached to a stand, not flocked,

and not placed in a bag. The tree cannot exceed 6 feet. If it does exceed this height, cut off the top and throw that in the green trash. If you have any additional questions, you may contact CR&R at (877) 728-0446.

NSCA Rule Updates: The updated rules were approved by the Board at the December meeting. You should be receiving them soon, but you will only receive the revisions. If you wish to obtain a full copy of the rules they are posted on the website at www.niguelshores.org and available in the office. We will be happy to help you if you have any questions.

Holiday Decorations: Please remember that all holiday lighting and decorations must be removed by January 15, 2019.



We all look forward to another amazing year at Niguel Shores.

**HAPPY NEW YEAR TO ALL
FROM THE NIGUEL SHORES STAFF!**

—Marla Miller

SEA TERRACE TOWNHOMES I ANNUAL ASSOCIATION MEETING

Wednesday, January 16, at 7:00 p.m.
Community Center Club House

The purpose of the Annual Meeting is to elect Board members, review the Annual Budget, discuss the Painting Process for 2019, and introduce the Candidates for the Board.

There are five vacancies on the Sea Terrace I Association Board of Directors. The Candidates are Jeff Paige, Cathy Tyson, and David Uslander for a one-year term; Ginny Gravely and Bill Walkup for a two-year term.

Candidate Information and Proxy Voting Instructions were sent to homeowners in November, 2018. One Proxyholder (Homeowner) from each lot is asked to cast one vote per candidate of choice (five candidates in total) and return the ballot sealed in the inner and outer Inspector of Election envelopes that were provided.

All ballots are due by January 16, 2019. You can either (1) mail your ballot so it is received by January 16, 2019 or (2) bring your ballot to the Association Meeting on January 16.

RESIDENT ROUND TABLE

The next NSCA Board Of Directors meeting will be held in the Clubhouse on Wednesday, January 9, 2019, beginning with a Resident Round Table at 6:00 p.m.

COMMITTEE REPORTS

TRAFFIC AND SAFETY COMMITTEE

High Traffic Volume—As of press time mid-December, the number of guests entering our community for the holidays had not yet been tabulated. However, if Thanksgiving is any indicator, our security personnel were very busy. On that day alone over 600 guest drivers entered through the Mariner gate.

Fortunately, most of us had updated our guest lists or submitted a party list to the office and traffic flowed smoothly. Sadly, in a few cases, prospective guests were omitted from some lists and, when the gate attendant attempted to contact the hosts, it turned out that their phone numbers had changed and not been updated with our staff. As a result, some disappointed people had to be turned away.

Overall, we have done a great job with guest and party lists, so delays at the gate have been minimized. Now, to ensure that we can be contacted in the case of an emergency or in a developing matter of importance, we need to have any new phone numbers listed with the office.

Warn Service People—The Cabrillo and Selva entrances are clearly posted with signs saying that they are for residents only, and they direct visitors to the Mariner gate. At these two gates, signs are also posted cautioning folks not to tailgate through. Yet, several times a week someone's car falls victim to the spikes that pop up to protect our community from trespassers. Video recordings reflect that 100% of these cars were damaged as the result of the driver's tailgating. Most of us are aware that GPS often directs folks to these two locations. Apparently, many unaware service people become flustered, don't read the signs, and try to enter by following somebody going in. Often, two tires are ruined, costing the worker several day's pay to replace.

Our suggestion is that when ordering a service provider or worker into our community, caution them to use the appropriate gate—the Mariner gate. Believe me, they will appreciate it.

Coyote Alert—A couple of large coyotes have been seen prowling the neighborhood. Too often, when hungry, they prey on cats and small dogs. When really desperate, they have even been known to go after small children. We can best discourage their presence here by being as inhospitable as possible. That means not leaving pet food outside and accompanying pets outside to do their "business" in the morning and evening. If approached by a coyote, yell, shout, and throw rocks to scare it away. Always pick up pet waste as dog feces attracts coyotes.

Leash Law—All dogs that are out in our common areas are required to be tethered on a leash no longer than six feet long.

Recently, we have received complaints about dogs running loose on some of the green belts, park areas and at the bluff. This is not only an annoyance for some people, but also poses a danger to other dogs, people and traffic. Animal Control is presently watching for violators.

—*God Bless... and have a Happy New Year! Tim Murphy*

MAINTENANCE

You may have noticed—and probably used—the benches throughout our community that have been donated by various individuals and organizations. The Maintenance Staff installs these benches after residents submit proposals and the benches are approved by the NSCA Board.

Two memorial plaques on teak benches at the beach bluff were placed in remembrance of Molly Fields and Ulrich and Dorothy Foth. A Frank Turner memorial bench was installed at the end of Capstan in honor of the man who sculpted our dolphins, and a Friends of Jerry Koppang bench rests at the top of the greenbelt at Halyard and Niguel Shores Drive to honor Jerry's years of service in the community. The Women's Club donated two teak benches at the entrance to the Community Center in 2014 that were placed in the portico for all to use.

When down at the bluff, out walking the dog, or visiting the Community Center, remember to give a thought of appreciation for those who donated the benches, for the team who installed them, and for the people named on the plaques whose memory inspired these places for us to rest, converse, and enjoy the view.

—*Compiled by Seashore News Staff*



Volunteers do some weather-proofing at Jerry Koppang's bench



Stella relaxes at the Bluff on a bench honoring the Foth family.



"Live, love, laugh."



Women's Club benches at Community Center.

COMMITTEE REPORTS

RECREATION COMMITTEE

Happy New Year from your Recreation Committee! We hope you enjoyed all the activities we provided over the past year.

As Committee Chair, I would like to thank all our members: **Rhonda Dunlevie, Chrissy Rausch, Kathy Samuel, Nancy Tinnes** and **Chris Zoch**. Without them and all their helpers, Niguel Shores would be missing the activities full of fun and friendship their hard work provides. They take time from their jobs and family to create special events for our wonderful community.

Here is a recap from 2018: St. Patrick's Party, Garage Sale, Cinco de Mayo—Taco Night, Memorial Day BBQ, In N Out Night, July 4th Celebration, Food Truck Night, Island Fever Festival, Summer Bluff Concert, Labor Day BBQ, Halloween Party, Holiday Tree Lighting, Holiday Lights Contest, and New Year's Eve Party.

I hope you all had fun participating in these activities. Thank you again to all the volunteers whose love and hard work behind the scenes made these special events possible!

—*Maria Elena Banks*



HOLIDAY LIGHTS CONTEST WINNERS

Congratulations to these winning streets for their holiday displays. They really know how to light up our lives!

- Capstan Drive
- Colima Bay
- Dasya Circle
- Gelidum Circle
- Manta Court
- Mercator Isle
- Niguel Shores Drive
- Padina Circle
- Spindle Circle
- Spinnaker Drive

WWW.NIGUEL SHORES.ORG

Happy New Year! If you are wondering where to get the most up-to-date information on our community, our Niguel Shores website is still your best resource. Visit www.niguelshores.org for:

- Updates from NSCA Office
- Community Events and Meetings
- Board Actions and Information
- Homeowner Request Forms
- Guest/Gate Login
- Contact Directory
- Photo Galleries
- Dana Point Community Events
- Dana Point Library Information
- Seashore News Issues (2005-2019)
- Voice of the People
- Niguel Shores History



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CLUBS

WOMEN'S CLUB



Tina Fornadley helps Terry Link decorate for the "Woodland Wonder" Holiday Party.

Women's Club members and their guests enjoyed an evening of festive food and music at the Women's Club Holiday Party on December 13. President **Terry Link** and Holiday Party Chair **Janelle Sommer** and their committee turned the clubhouse into a magical forest-themed "Woodland Wonder," and under the tree were toys members donated for Dana Point 5th Marine families. It was a great night celebrating with family and friends.

We are looking forward to another year of parties, fashion shows, traditional English teas, and other special events along with our monthly luncheons featuring exciting speakers. With the New Year upon us, we will begin with our first luncheon meeting on January 10 at Noon. Our speaker will be **Lauri Taylor**, author of *The Accidental Truth*. Lauri travels internationally to speak about this book regarding her mother's death. She tells a compelling story of how her mother's murder investigation taught her about life. Lauri lives right here in Niguel Shores and happens to be the neighbor and friend of our very own Women's Club Treasurer **Cathy Tyson**, who will have the pleasure of introducing her. Thanks Cathy, for bringing her to the attention of our Vice President **Jennifer Hochstadter**, who is responsible for the programs at our meetings.

And speaking of Jennifer, I would like to personally thank her for assisting me with the content of these monthly articles in the Seashore News. She has been supplying detailed information on our upcoming speakers and I

really appreciate it. Thank you, Jennifer, The Niguel Shores Women's Club is truly a team effort.

The Women's Club is open to Niguel Shores residents to promote friendship, fun and service in the community. For membership inquiries please contact **Diane Dale** at dianedale@cox.net. Happy New Year!

—Catherine Bitran

MEN'S CLUB

The December 4 holiday breakfast, prepared by the **Baker-Glatt Team** under the stewardship of **Steve Morris**, served a chili relleno souffle and fruit to a full clubhouse of members and guests of the gentler persuasion. Everyone enjoyed a program of Christmas carols sung by the **South Orange County School of Arts Choir**, more popularly known as the **Dana Hills High School Dickens Choir**. The choir's dynamic vocal music director, Ray Medina, invited our own **C Dub** to conduct *Deck the Halls*, and C Dub performed his role well! A great season, a great group, a great community, and a great breakfast.



CW conducts the Dana Hills Choir

At our December 18 year-end meeting, a delicious breakfast by the **Enger Team** was followed by recognition honoring our Niguel Shores hard-working staff members.

Then producer **Ted Bowersox** shared his award-winning documentary film *Timeless Rivals*, which chronicled the early days of professional football and the effect of a fierce high school rivalry— first played in 1894—on the game of football. *The Dana Point Times* said the teams, located seven miles apart from one another in Canton, Ohio, "produced 36 state championships, 11 national championships, 50 NFL players, five NFL head coaches, 10 College Hall of Fame inductees, two Pro Football Hall of Fame inductees and 15 Super Bowl rings."

The Men's Club meets on the first and third Tuesdays of the month for breakfast and interesting programs. Those seeking more information, please contact rfsaint@me.com.

—Robert Saint-Aubin, Secretary

CLUBS

GARDEN CLUB

Ho, Ho, Ho! That is what you heard during the **Garden Club's Christmas Party** on Monday, December 17. As members entered the beautifully decorated Clubhouse, it was my pleasure (in my Santa hat, even with my name on it) to greet everyone by the entrance. Members brought salads, appetizers, and desserts to share. They also came with garden-related gifts to exchange during the raffle after lunch.

The tables had beautiful centerpieces that set the mood for the festivities. The meeting began with members enjoying the colorful array of delicious food to fortify themselves for the exciting task ahead of choosing a gift when their raffle ticket was pulled out of the proverbial hat. Believe me,

IN MEMORIAM

Jerry Pearl

Longtime resident of Coral Bay and Cockleshell Drive
Volunteer of the Year 1997
Community Center Remodel Committee
Dolphins Statue Committee
Men's Club Pancake Breakfast and Scholarship Committee
Seashore News Distribution
"Niguel Shores #1 Optimist"

ACTIVITIES

PAGE TURNERS

The January book selection for Page Turners is *The Tea Girl of Hummingbird Lane* by Lisa See. The Monday afternoon group will meet at 1:00 p.m. January 21 (a week earlier than usual) to discuss the book and will then join the Thursday afternoon group on January 24 to participate in the scheduled interview, via Skype, with the author of the book. The Thursday group has arranged this interview and members are looking forward to the event when they will be able to ask questions regarding what they have just read.

Lisa See is a *New York Times* bestselling author of several novels that introduce readers to various Chinese ethnic minorities. She often travels to Asia to do research on the subject of her books. My personal favorite, *Snow Flower and the Secret Fan*, introduced the Yao people, and in our current reading selection we meet the Akha people, a hill tribe of Yunnan Province. The story centers on a mother and daughter "separated by circumstance, culture, and distance . . ." Lisa

there were some real treasures to be picked from unless you were one of the unfortunate last to be called. The party was a great way for the club to end 2018.

Check out the attached photo of all the beautiful gift bags that our club prepared during our **Garden Club Therapy Project** and delivered to the Senior Centers in Dana Point and San Juan Capistrano. Thank you to Ginny Gravely, Joann Beattie and Chris Daley for all your work planning, assembling and guiding all in attendance.

Lastly, I remind all club members that for our **January 21** meeting we have an excellent speaker, **Master Gardener Aneta Dorhout**, who will tell us all we need to know about succulents. Don't miss it. We will also have signup sheets for the spring committees. If you are interested in joining the Garden Club, please leave your name in our folder at the Office and we will contact you.

—Karl Kuhn



Ginny Gravely, Joann Beattie, and Chris Daley with Garden Therapy Project.

See is of Chinese-American descent and is the recipient of several national book awards. For information on the Thursday afternoon group please contact **Steve and Ann Morris** at samwrsi@cox.net and for the Monday afternoon group, **Frances Ozimec** at fozimec@cox.net.

—Frances Ozimec

REALLY SERIOUS BOOK CLUB

The Really Serious Book Club meets on the third Wednesday of the month to discuss ideas presented in books of social, cultural, philosophic and/or historic importance. In past months, selections have included *Sapiens*, *Hillbilly Elegy*, *The Gene*, *Who Lost Russia?*, *Skunkworks*, *Rigor Mortis*, *Everybody Lies*, *Evicted*, *Leonardo da Vinci*, *State of Resistance*, *The Truth about Animals*, and *Food Explorer*, among many others. For information contact **Norton Schwartz** at nortlynne@cox.net.

—Norton Schwartz

ACTIVITIES

BRIDGE

This year we had a grand Christmas Luncheon in the clubhouse and we extend full acknowledgement to **Frieda Baskin** and **Chet Ciochon** who catered the entire event. They spent hours in their kitchen, transported the food, and presented it to us hot and ready to eat. It was delicious.

We also acknowledge **Mary Ann Theisen** who coordinates membership attendance so that each week we have even multiples of four (quite necessary for bridge). With 8, 12 or 16 people each time we meet, that's no easy task.

If you're interested in joining us, please contact Mary Ann at (949) 489-9999. As always, we only ask that you have a working knowledge of the game and a basic proficiency in playing. We look forward to you coming out to join us.

Our recent winners:

- 11/21: 1st) Bob French 2nd) Karen Oerele
3rd) Sandy Youdbulis
- 11/28: 1st) Betty French 2nd) Sandy Youdbulis,
3rd) Trudy Buck
- 12/5: 1st) Sandy Youdbulis 2) Betty French
3rd) Bob French

—Jim Pinola

DANA POINT LIBRARY

Dana Point Library programs for January are held in the Community Room unless otherwise noted and are free of charge.

CHILDREN

1,000 Books before Kindergarten – Enroll year-round for a reading log and book bag.

Steamport – Sunday, January 6, 1:30 p.m. Explore STEAM fields through hands-on activities. Grades K through 6. Limited seating.

Toddler Storytime – Tuesday, January 8, 10:30 a.m. Children under 3 with an adult. Stay and play afterward.

Preschool Storytime – Wednesday, January 9, 10:30 a.m. Ages 3 to 5. Stay and make a craft afterward.

Lego Club – Wednesday, January 9, 3:30 p.m. Legos provided.

Crafts with Stories – Saturday, January 12, 2:30 p.m. Ages 3 to 7.

PJ Storytime – Monday, January 28, 5:30 p.m. All ages with an adult. Presented by National Charity League's Sunshine Readers.

Family Fun Night – Wednesday, January 30, 5:30 p.m. Activities, crafts, and a story based on favorite characters. This month: Pete the Cat.

Family Morning Movie – Thursday, January 31, 10:30 a.m. Animated Winnie the Pooh. Popcorn served.

TWEENS AND TEENS

Tinker Tuesday – Tuesdays, 4:30 p.m. STEAM for tweens. A new project each week.



Bridge Club gathers for Holiday Party

Teen Advisory Board (TAB) Meeting – Saturday, January 5, 2:00 p.m. and January 19, 11:00 a.m. Share opinions and make decisions about teen programming. Grades 7-12.

Bead Bracelets – Saturday, January 5, 11:00 a.m. to 12:30 p.m. Materials provided. Ages 12 through adult. Registration required (949) 496-5517.

Teen Escape Room – Thursday, January 24, 5:30 p.m. Rebel Revolt Escape Room. Pizza served. Ages 12 and up.

ADULTS

Basic Computer Skills – Tuesdays, January 8, 15, and 22, 9:00 a.m. Free three-part class. Learn vocabulary, using a mouse, email and internet searching. Registration required (949) 496-5517.

Write On Writer's Group – First and third Tuesdays, 5:00 to 7:00 p.m. Writers meet to share and critique their work.

English Class – Mondays, January 14 and 28, 1:00 p.m. and Fridays, January 18 and 25 at 11:00 a.m. Learn to read, write, and speak. Register at esl.danapt@gmail.com. Provided by South Coast Literacy.

What Are Your Coins Worth? – Sunday, January 13, 2:00 p.m. Dave Ekstrom of American Numismatic Association discusses coin values, gold and silver. Appraisals afterward.

Man Up, Read! – Second Monday, 10:30 a.m. *Killing Patton* by Bill O'Reilly available at service desk.

Memory Club: Brain Boosters Class – First Thursday, 10:30 a.m. with Dr. Jane Mahakian. Discussion and activities about memory, aging, and dementia.

Coloring Club – Fridays, 10:00 a.m. to noon. Materials provided.

Gentle Readers Book Club – Second Thursday, 10:30 a.m. Uplifting stories. *Small Blessings* by Martha Woodruff available at service desk.

Travel Club – Third Sunday, 2:00 p.m. Voyage to Germany with Rick Steeves via DVD.

Seaside Book Club – Fourth Monday, 10:30 a.m. *Rocket Man* by Robert Kurson available at service desk.

Foreign Film – Fourth Sunday, 2:00 p.m. *The Third Murder*, winner of six Japanese Academy Awards and Best Short Film at 2017 Cannes Film Festival.

Classic Movie Discussion – Fourth Wednesday, 1:30 to 4:00 p.m. View and discuss the classic movie *Sunset Boulevard*.

—Karla Sanders

WOMEN'S GOLF

The Niguel Shores lady golfers met on December 10 at The Ranch for a 9-hole round of golf.

Following golf, players **Irene McDonald, Catriona Sigsby, Val Mitchell, Julie Patton** and new member **Debra Carter** headed over to join the fun at the Christmas luncheon party at The Fountains. We all had a beautiful afternoon gazing out over the ocean from the dining room perched way up on the cliffs of Dana Point.



Holiday Luncheon hostesses Lee Sweeney and Joan Beyer.

President **Marlene Lynch** had a grand time introducing members from years past as well as our current golf and social members **Ruthie Stahl** and her caregiver **Michelle, Ceacy Johns, Terri Matrisch, Brenda Tuckley, Judy Boitano, India Rousch** and welcoming back **Pam Strayer** who had returned from Maine.

Special thanks to the event's hostesses **Lee Sweeney** and **Joanie Beyer**, who made sure everyone had a wonderful time!

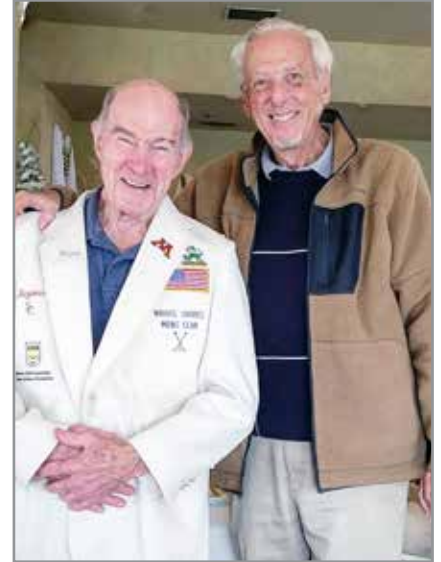
The club's next golf outing will be January 14, 2019 at The Ranch in Laguna. Please call Irene at (949) 370-4314 to sign up.

—Julie Patton

MEN'S GOLF

The Men Golf Club enjoyed its annual holiday putting contest and brunch at Talega Golf Club on December 11. This is a great event where non-golfers get a chance to show off their putting skills with some very skilled

and competitive golfers. Talega outdid itself with a very challenging layout that tested even the best putters. At the brunch that followed, prizes were awarded to everyone who competed. We also presented our **Golfer of the Year, Bob Gutknecht**, with the coveted WHITE JACKET, which goes to a member who has made a significant contribution to the club. For many years Bob has arranged tee times and groupings for everyone on the Tuesdays following the Men's Club meetings—a difficult job. We congratulate Bob on his contributions and on still being as deadly on the course as ever.



Golfer of the Year Bob Gutknecht with Bill Verbrugge, last year's winner.

We will open up 2019 on January 15 at Talega, followed by Oak Creek and Strawberry Farms.

—Bob Russell

GET BACK IN SHAPE!

Holiday season is over. New Year's resolutions ahead! Come join your neighbors at Leslie's **Stretch and Fitness Class** in the Clubhouse on Monday, Wednesday, and Friday from 8:30 to 9:30 a.m. Lots of fun and personal attention. Co-ed too! \$60 per month. Call **Joan Beyer** for more information at (949) 496-1428.

—Joan Beyer

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MEET YOUR NEIGHBOR

Niguel Shores Tennis Queen Moves On

If you have ever played tennis on our wonderful courts here in Niguel Shores, then you have probably seen this month's *Meet Your Neighbor* — **Molly Murphy**. She plays tennis here five days a week and then plays a sixth day on a neighboring court in Emerald Bay. That's right. Molly plays six days a week, every week. Once she finishes her tennis matches in the morning, she moves on to afternoons of Duplicate Bridge five days per week. And just in case we forgot to mention, Molly recently celebrated her 80th birthday.

Molly and her husband Bill purchased their home on Sidney Bay 22 years ago after Bill retired. They were looking to downsize and they'd heard great things about the Shores from a good friend. Their realtor showed them a home on Salvador Bay, but Molly was not impressed. However, with some prodding from her husband, the realtor and her daughter-in-law, she agreed to it.

Molly and Bill moved into a rental property while the home was being remodeled. Bill oversaw the project closely and, after about a year, Molly walked in from playing tennis to find the home completely finished and also fully decorated, thanks to her wonderful daughter-in-law. That was the beginning of her long love affair with Niguel Shores.

Molly and Bill met at USC. After they graduated, she went on to a career teaching kindergarten for Los Angeles Unified School District and Bill used his engineering degree in private industry. When his company wanted them to relocate out of state, Molly and Bill decided not to make the move. Bill was fortunate to find engineering positions here in local municipalities. He worked for the cities of Seal Beach, Fountain Valley, and eventually retired from his position as Director of Public Works for the City of San Juan Capistrano.

Molly and Bill were married for 48 years, raised two sons and one daughter, and have five grandchildren. Sadly, Bill passed away several years ago and one of their sons was tragically killed while riding his bicycle by a driver under the influence. Losing Bill and her son made for some very difficult times. However, the group of tennis friends she has made over the years has really acted as a support system for Molly and for each other.



Molly (center) on the court with friends.



Molly's tennis support group.

It was as a young mom, raising her children, that Molly became interested in tennis. She would pack the kids up and off they would go to the local courts. The kids enjoyed activities at the park while she played tennis. She became more and more involved in the sport, joining leagues and competing in many tournaments. When she came to Niguel Shores and found our tennis courts she was in heaven.

Currently, Molly plays with a group of about 20 ladies who range in age from 60 to 85. They have been playing together for 22 years. They all love the game and, even though they have shared many losses as a group, tennis has been a wonderful source of support and therapy for them. Even on dark and difficult days, when someone may not be up for it, they encourage one another to take to the courts and

work it out. Molly calls them her therapy group and, seeing her very active healthy life, it has certainly worked for her.

Molly travels extensively and says the only way to go is via cruise ship. She doesn't have an exact count, but her cruises number well in the hundreds. She and Bill cruised together all over the world, and now she cruises annually with her entire family at Christmas time and then sails several more times each year with her grandchildren, who thoroughly love traveling with her.

Molly and Bill both loved life in Niguel Shores. Bill became involved in Men's Club and the Men's Golf group. She enjoys the activities, 4th of July, sunset at the Bluff and, of course, tennis. However, as much as Molly loves our community, she is ready to make a change. She has purchased a retirement home in the senior community of Reata Glen and plans on moving in the spring. She gave this lots of thought and discussed it with her family and tennis friends before making her decision. Molly is looking forward to this next chapter in life, meeting new people, sharing experiences, and offering support to residents who need it. After 22 years with her tennis buddies, she has become very good at that. The new community offers lots of activities and she plans on participating enthusiastically. As you can probably tell, Molly doesn't say "No" very often. When adventures come along, she says, "I want to be on that bus!"

—Patti Staudenbaur

Look Up, Niguel Shores

As holiday gifts from Mother Nature, Niguel Shores was graced with some **spectacular sights in the sky** last month.

A rare **double rainbow** on December 5 appeared at sunrise and lasted nearly an hour. The morning sky was golden yellow and the double bows glowed in neon colors—the primary arc with red at the outside and the secondary arc with colors inverted.

This amazing sight had residents snapping pictures and waking up neighbors to take a look. But seeing a rainbow at any time can be a beautiful experience. Across the world, the rainbow symbolizes hope, luck, fortune, and good wishes. It is one of the first designs children create when drawing, no matter the culture. For the early Celts, rain-



Moonsail resident Steve Caruso captured this stunning image of two rainbows arched over Niguel Shores.



A moonbow or lunar halo.



Finnegan gazes at December's double rainbow from Gary Wilson's yard on Windjammer.

fortune—the first arc for the material world, and the second arc for the spiritual.

Rainbows form when light reflects and refracts off water particles in the air. Although they look like arcs, rainbows are actually full circles with the bottom part blocked by the horizon. The lower the sun is to the horizon, the more of the circle

we see—so at sunrise or sunset, we might see a complete semicircle of a rainbow, as we did on December 5.

The huge double rainbow wasn't Nature's only gift last month. We witnessed a **moonbow**—a halo around the Moon caused by the refraction of light through ice particles in high clouds. Then, mid-December brought the Geminid meteor shower. Adding to the glory, there were **amazing sunsets** to end the days as the sky flamed orange, pink, and red while the sun sank into the ocean behind Catalina.

Perhaps there is a message here as we begin a new year: Let's keep looking up, both with eyes and with hearts, and be grateful for the gifts of beauty around us.

—Sandy Homicz



Niguel Shores sunset photo by Meg Wilson.

bows meant new life, and in the Bible the rainbow represents God's promise of peace to Noah after the flood: "I have set my (rain)bow in the clouds, and it shall be a sign of the covenant between me and the earth." (*Genesis, 9:13*) A **double rainbow** in Eastern cultures signifies transformation and good



CUISINE CORNER

Ocean at Main

Start your New Year off with a visit to Laguna's newest restaurant, **Ocean at Main**. The site used to be occupied by Taverna which closed earlier last year. Owner/Chef Craig Strong is very familiar with Laguna after nine years at The Studio at Montage. He wanted to open his own restaurant, which he did two months ago, featuring a "California Coastal" menu.

The building was originally occupied by Laguna Federal Savings and Loan in the 1940s. Strong hired Laurie Alter of Tuvalu Home to design the interiors featuring a coastal motif. The main dining room with its high natural wood-beamed ceiling and soft lighting adjoined by a well-designed patio resulted in a fresh and beautifully appealing indoor-outdoor feel. I'm told that the Spanish tile fountain, a feature in the patio, was discovered accidentally hidden in a wall fully intact with its original tile.

Favorite menu items include Hawaiian Prawn Potato Soup and Peeled Heirloom Cherry Tomato Salad for starters; Lobster Fettuccine; Oxtail Kale Risotto (my favorite); Roasted Beef Tenderloin with Bordelaise (dinner only); Grilled Pacific Swordfish; and for dessert, Tamori Chocolate Torte with Bourbon Ice Cream and house made Warm Apple Crisp. There is a bar menu and \$10 kids' entrees for families.

Corkage fee is \$25 for the first two bottles. If you are into your own wine, I recommend you pay this fee as their wine prices are high. No valet, so parking can be a challenge. Hours are 11:00 a.m. for lunch and 5:00 p.m. to 10:00 p.m. for dinner. Reservations recommended.

Ocean at Main

222 Ocean Avenue, Laguna Beach

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—Bill Walkup

Wellness... Positively Healthy

The time-honored tradition of creating and writing down New Year's Resolutions is here! Quietly, gently, this annual ritual sneaks up on us with the tiny nudge of a little voice telling us about all the things we need to change in our lives. It could be that some of the choices we've made over the preceding year have actually kept us from doing, or feeling, our best and we know that change is in order. As the New Year makes its arrival, though, that gentle little voice begins to crescendo into a loud chorus of demands that could go something like, "Lose weight, don't be so impatient, spend less money, and please, could you be on time for once?"

Instead of feeling inspired, the negativity in those demands will more than likely kill any incentive to actually create change. Negativity speaks louder than positivity so it has an easier time of dominating the news, our politics, our conversations, and even our resolutions. In fact, in a landscape where what we see, hear, and experience may be negative, does all this resolution-writing really have a chance to create positive change?

Resolutions, or goals we set to create positive change, are a good mechanism for analyzing our current behaviors. A helpful addition to this annual ritual of self-analysis, would be to add an attitude of positivity to combat the negative, thus shifting our mindset and our emotions regarding how we view various situations that arise.



Studies have shown that all emotions, whether positive or negative, are associated with changes in the biochemistry of our bodies, affecting our health as well over time. An attitude of positivity that is characterized by being open to possibilities, showing respect toward others, showing that you care, keeping your word, and being responsible for your own actions, to list a few, is associated with good health outcomes.

Positivity, especially when we are connecting with others, can also affect long term changes in our physiological system, reducing the stress response (which is damaging to our organ systems) and even our heart rate. In fact, heart rate variability and quality improve in response to our recent positive emotions. If positivity can do that to your heart rate, think about what it can do for your whole body!

As you write out those resolutions, couch them in a new attitude of positivity. By doing this, you will create an open and expansive way of thinking, giving more momentum to the changes that you would like to make in the New Year. Pay more attention to the way you relate with others and build up the behaviors that make you feel good. You'll see that when you have and practice a positive attitude you will become so much better at whatever you do. So, be sure to add "Keep a positive attitude daily" to your list of resolutions for 2019 and live a happier, healthier, and more fulfilling life!

—Sharon Stewart

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

PET PARADE

Dangerous Foods for Dogs and Cats

Certain foods can be dangerous for your dogs and cats. Many of these you may already know, but some may be a surprise. Call your veterinarian right away if you suspect a problem with any of these foods and your pet. If you are unsure about something being poisonous, check the ASPCA website or call its Animal Poison Control hotline (888) 426-4435, which is staffed 24 hours a day, 365 days a year. **Note: This does not substitute for contacting your veterinarian.**

- **Chocolate and caffeine:** The active ingredient in chocolate acts like caffeine in pets, with reactions within 30 to 60 minutes of ingestion and toxicity more common in dogs than cats. The animals can get restless, hyperactive, vomit, have high fevers and high blood pressure, abnormal heartbeats and even seizures. Dark chocolate, cocoa powder and cacao beans are more toxic than milk chocolate. Remember that over-the-counter caffeine tablets can also cause serious toxic reactions if ingested by your pet.
- **Xylitol:** This sugar substitute in chewing gum, candies, nicotine gums, toothpaste, baked goods and peanut butter causes toxicity in dogs. If your dog ingests xylitol, you might see vomiting. Then within 10 to 60 minutes xylitol stimulates insulin secretion causing very low blood sugars. This looks like weakness, depression, collapse, tremors and seizures. Over the next 9 to 12 hours there can be serious liver damage which may be delayed up to 72 hours. We are unsure how xylitol causes liver problems, but it poses serious danger to your dogs.
- **Grapes/Raisins:** These are uniquely problematic to dogs. Any food containing grapes, raisins or their byproducts



can be toxic, including granola, trail mix, grape juice, fruitcake, breakfast cereal and raisin bread. Reports say currants can also be toxic. We are unsure what the toxic mechanism is. You will see vomiting within 24 hours followed by lethargy, diarrhea and anorexia. 24 hours after ingestion the dog can experience kidney failure. Grape-related toxins can stay in the body for 72 hours.

- **Onions and Garlic:** Certain breeds of dogs are more susceptible to this toxicity, including Akitas and Shibas. Cats are more affected than dogs. Chives, leeks and onion powder are also potentially toxic. Cooking these items does not reverse the toxicity. They can cause gastrointestinal irritation and changes to the red blood cells that result in severe anemia. It can take several days to see signs such as vomiting, lethargy, diarrhea and increased heart rate, all of which can take 2 to 3 weeks to normalize. So, if you are cooking for your pet, leave these out!
- **Macadamia Nuts:** Mac nuts are toxic to dogs. The mechanism of toxicity is unknown, but signs can appear within 12 hours of eating. You might see severe weakness (especially of the hind legs), vomiting, wobbly walking, depressed nervous system, and lameness which can last 24 to 48 hours.

CALL YOUR VETERINARIAN IF YOUR PET HAS EATEN ANY OF THESE FOODS.

—Susan Davis, DVM

Seashore News

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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 **IN FULL COLOR** at www.niguelshores.org.

BOARD ACTION SUMMARY

DECEMBER 12, 2018 BOARD MEETING: (General Session)

ACCEPTED AND FILED:

- Unaudited October 2018 Financial Reports
- General Session Committee Minutes

APPROVED:

- General Session Meeting Minutes for November 14, 2018
 - 2019 Staff Holiday Schedule
 - 2019 Board Meeting Calendar
- Water Aerobics Instructor Agreement Renewal
 - Fitness Instructor Agreement Renewal
 - Beach Bluff Memorial Service
- Pre-Lien Filing to be Turned Over to Legal for Collection: APN 672-041-33; APN 672-214-51; APN 672-051-56; and APN 672-131-18 (One account paid prior to meeting)
 - Rules Updates
 - Board Policies Updates
 - AVS Proposal for Election Services and Serve as Inspector of Election
- Nominating Committee for Board Election
- Request for Reimbursement for Damage

REVIEWED/DISCUSSED

- Delinquency Report
 - Audit Timeline
- Tree Trimming/Removal Along Stonehill
 - Manager's Report
 - Board Liaison Updates

TABLED

- Janitorial Contract

DECEMBER 12, 2018 BOARD MEETING: (Executive Session)

ACCEPTED AND FILED:

- Executive Session Committee Minutes

APPROVED:

- Executive Session Meeting Minutes from November 14, 2018
 - Legal Counsel to File Judicial Foreclosure of Lien: APN 672-012-03

HEARINGS/MEETINGS:

- One (1) hearing held for Violation of Rules – Beach and Prohibited Parking (Obstructing Sidewalk)
- Two (2) hearings held for Violation of Rules – Overnight and Prohibited Parking (Obstructing Sidewalk)
- One (1) hearing held for Violation of Rules – Prohibited Parking (Obstructing Sidewalk and Opposing Traffic)
 - One (1) hearing held for Violation of Rules – Prohibited Parking (Obstructing Sidewalk)


REVIEWED/DISCUSSED:

- Legal correspondence
- Payment Plan/Settlement Offer Request
 - Pre-Lien Filings
 - Delinquency reports
 - Personnel matters

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 IN THE CLUBHOUSE ON WEDNESDAY, JANUARY 9, 2019, BEGINNING WITH A RESIDENT ROUND TABLE AT 6:00 P.M.

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WITHIN OUR GATES

2018 Holidays Shores Celebrating Together



Happy New Year 2019

Make New Friends

Play

Meditate

Sing

Appreciate

*All journeys have secret destinations
of which the traveler is unaware.*

- Martin Buber

Enjoy the Journey

Dance

Reconnect

Volunteer

Learn
Something
New

Laugh

HAPPY NEW YEAR!

And sending heart felt thanks... - Connie

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