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Issue 538

## FROM THE HELM

Finally some cooler weather is here and we can all begin to enjoy the fall season! Lots of activities are occurring in Niguel Shores in October, so be sure to check in on the clubs that are back in swing from summer and, of course, the popular Recreation Committee Halloween Party.

On October 10 at 6:00 p.m. we will offer the Quarterly Resident Round Table with the Community and Board. This session provides a chance for all to make recommendations of projects, enhancements or goals for the Board, Staff and Committees to work on for 2019 and beyond. The Board is interested in hearing your recommendations or "wish list" so that we can better plan, budget and anticipate the future wants and needs of our Community.

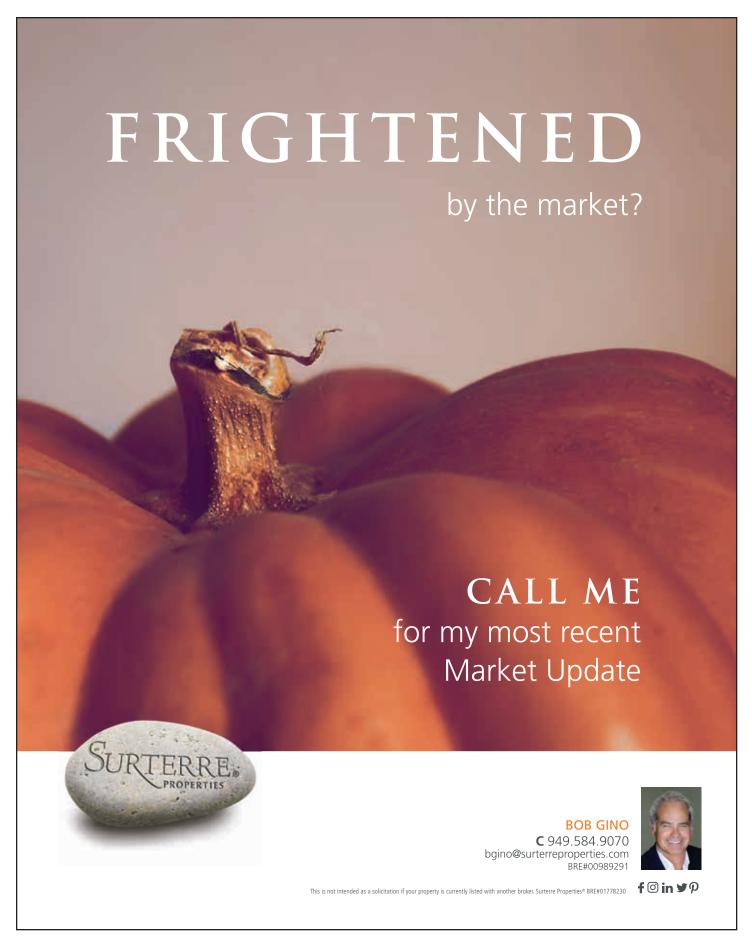
One of the examples that have been suggested is enhancing our leisure and recreation amenities in the large grassy area outside of our Multi-Purpose Room and Pool/ Spa Area. A bigger Tot Lot, Pickleball Court and Bocce Ball areas are few of the recommendations that have been voiced. Please take this opportunity to attend the Round Table and let the Board and Staff hear your ideas.

An area of concern that needs everyone's attention is the use of drones in Niguel Shores. There is a current rule prohibiting the use of drones outside of your private front or back yard, and the Board is asking for cooperation from all in the Community. There have been some recent incidents of drones flying in and out of neighbor's yards, flying near the windows, and flying overhead while small children are playing. Not a good idea! Please check the **FAA Fact Sheet** for regulations about flying small unmanned aircraft: <a href="https://www.faa.gov/news/fact\_sheets/news\_story.cfm?newsId=22615">https://www.faa.gov/news/fact\_sheets/news\_story.cfm?newsId=22615</a>

Wishing all a Happy Halloween!

—Jeannie Sticher





## **GM REPORT**

**Tinance Manager** – Yuliya Cernavskis is now T a part of the very prestigious Niguel Shores Community Association team as the new Finance Manager. Yuliya came very highly recommended to us and has been a part of the HOA world for the past 6 years.

Yuliya grew up in Saint Petersburg, Russia, where she graduated with an MA degree in public relations from Saint Petersburg State University. Prior to moving to the United States in 2000, she worked for a few years for a multinational telecommunications company crafting media releases and increasing awareness of its work and goals.

During her 18 years of accounting experience in California, she held several different positions in multiple industries. She also received her BA degree in accounting from California State University San Bernardino, where she graduated with the highest honors. She currently resides in Costa Mesa.

Yuliya is an avid traveler and has visited more than 50 cities around the globe. Living in Southern California, she also enjoys spending time outdoors, hiking, cruising on bikes around the beach, or on the water.

Yuliya has a daughter, Kseniya, who is a senior at the University of California San Diego majoring in cognitive science with specialization in human computer interaction. Yuliya also enjoys her dog, Tyson, and her cats, Snoopy and Sleepy.

Stop in and say "Hi" to Yuliya when you get a chance and welcome her to the great team and Niguel Shores community!

Tree Trimming—The tree trimming throughout the community should begin towards the end of September, run through October and be finished by the end of November. Although we have several view complaints, the fall months are the best time of year to trim our community trees, because of the cooler temperatures. Once the tree trimming is completed they should not grow a lot during the winter months and then you can expect them to come back during

## MAIN ENTRANCE TO NIGUEL SHORES

Be sure to give your guests and service persons the address of the main entrance to the community:

> **Mariner Gate** 33510 Mariner Drive, Dana Point, CA 92629

Log in your guests at DwellingLive.com or phone the gate attendant at (949) 487-4185.



Yuliya Cernavskis

the spring and we will start over again with the same process next fall. Hopefully, we will get to your area very soon and get the trees trimmed up quickly, but keep in mind that we have thousands of trees throughout the community. Thank you for your patience.

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

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

- The irrigation will be shut off in all turf areas to allow them to dry out.
- All turf will be cut at the lowest motor setting possible (This will leave exposed dirt and is unattractive).
- The lawns will then be over-seeded with a perennial rye blend and topped with steer manure.
- In approximately one month the seed will begin to germinate and there will be beautiful new grass.
- During this one-month germination period the water will be on several times a day in small increments each time.

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

🚺 appy Halloween from all the Niguel Shores Staff, We will

Nays remain cheerful when helping you, even in difficult times, and never lose

Datience and understanding. Know that you are all I respected for your kindness,

ositive comments and treating others as you wish to be treated.

**T**our staff is always here to help you with any ques-I tions you may have at anytime.

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

-Marla Miller

## EMERGENCY PREPAREDNESS

Unfortunately, I don't usually bring you good news but rather tips and methods to BE PREPARED for events such as earthquakes, fires, brown outs, etc. Many of these disasters, fortunately, don't ever seem to strike us, BUT, they do happen, so the smart ones among us are prepared—like those who took the CPR class we offered last week or participated in emergency readiness events during September's National Preparedness Month.

A topic that has drawn my attention BIG TIME recently concerns the ever-increasing schemes on the Dark Web, internet scams, fraud, identity theft, and bad guys that know how to prey on the unsuspecting. The facts are staggering: In 2017, there were 829 data breaches in the United States, exposing over 2 billion individual records (YES, that was billion, with a "B"). Identity fraud—using personal identifying information to steal money from victims—is at an all-time high, with 16.7 million Americans losing nearly \$17 billion in in 2017.

Much of this theft is not used directly by the thieves mining your personal data, but by selling it to others who then go after your information to purchase goods, empty your financial accounts, and expose your privacy in a multitude of other ways.

How do we protect ourselves? To start the process, set up text alerts for all your monetary transactions. Your smartphone can be an excellent line of defense against financial fraud. Sign up, FOR FREE, with your credit card provider and/or bank to receive text alerts any time a transaction over a certain amount takes place.

NEVER, EVER provide financial information to someone who phones you! AND, the same for false emails from phony sites pretending to be banks, department stores, or other companies asking you to update your personal or financial info. NEVER provide this, but simply call the institution asking if it's a legitimate request.

The list of frauds and scams goes on and on. DO YOUR OWN HOMEWORK. Visit AARP's Fraud Watch Network at aarp.org/fraudwatchnetwork. Every four months, go to the website annualcreditreport.com and request a credit report from one of the three major bureaus. You are entitled to a free credit report yearly from any of the reporting companies. By staggering your inquiries like that, you're essentially monitoring your financial information year-round.

This process of being VIGILANT is ongoing. Call your bank, your retirement account provider, credit card company, and ask them for their suggestions on how you can better protect your personal information and security. Various insurance providers now offer identity theft monitoring for their customers at a small cost, or free in some cases such as the Auto Club. Protect yourself.

Now that October's here, just a quick heads-up on one of my favorite holidays, HALLOWEEN. Watch your kids and check out their treat baskets for bad stuff (yes, it does happen). Even in the Shores we still have to be vigilant of drivers at night, so caution your little ones not to run out on the street when trick or treating. And drive with extra care when the kids are out and about.

—Kent Wellbrock

## TRAFFIC AND SAFETY

### **Delays at Mariner Gate**

Welcomed service people and friends entering our community via the Mariner Gate have recently been experiencing longer delays than usual but, as the cooler months approach, the number of guests we invite for a swim at the pool or afternoon at the beach will naturally decrease, as will the corresponding length of delay. Meantime, we can all take a step or two to expedite guest screening and avoid delays for folks waiting to get into our community.

Our Securitas personnel report that a significant number of prospective guests are not on the resident's guest list. Surprisingly, some guests don't know the last name or address of their host. As time permits our guards will work with prospective guests to resolve issues, but guests must cooperate and follow the guard's directions to pull out of the traffic lane and park so as not to obstruct traffic. A small number of those seeking entry feel that they can bluff their way in by threatening to "squat" and block traffic until their issue is resolved. In these matters the Sheriff's Office is immediately summoned and an alternate traffic lane is established.

Also, at 7:30 a.m. when construction folks are admitted, there are always some who are not listed and don't know where their job is. Obviously, this too delays the screening process.

By keeping our guest and service provider lists updated, ensuring that our guests know our name and address, and instructing our contractors to do the same, we will go a long way to minimize delays and expedite traffic flow at the gate.

Tailgating and Flat Fires—Apparently, our efforts to direct guests and service people to use the Mariner Gate (and not trust their errant GPS) have been relatively effective. As the word spread, no service provider had

## **COMMITTEE REPORTS**

their tires flattened last month. Unfortunately, the unforgiving spikes ate up the tires on quite a few cars belonging to residents. The video tapes reflect that, in each case, the victim vehicles were tailgating. I imagine that if you are daring, and quick enough, you might beat the system once in a while, but eventually the system will get you. Waiting your turn will only cost you a few seconds to enter safely.

Halloween—Although Costco has been promoting Halloween since the end of July, it is finally coming at the end of the month. With parties and trick-or-treating, there will be a lot of excited children outside in the dark early evening hours. Drive carefully and watch for them.

Dogs Off Leash—Several people have notified the office about dogs running around off leash. Our rules and the law are clear: Dogs in a

public area have to be tethered by a leash no longer six feet. Our guards have been alerted to this concern.

—God Bless . . . Tim Murphy



**Upcoming Events:** 

Garage Sale - Saturday, October 13, 9:00 a.m. to 12:00 noon. Sign up in the office to participate. Donation pick up will be at 1 p.m. so make sure to leave unwanted items on the curb.

Halloween Party - October 28, 4:45 to 8:00 p.m. Boo! Halloween is around the corner, here come the Goblins! Get ready for our annual Halloween bash. This is the party of the year for our children and what a treat it is! Thank you to Chrissy Rausch for taking on this awesome event. Chrissy has requested a little help from our friends. We need some creative haunted house decorators and game helpers. Let's make it fun. Contact Chrissy Rausch at chrissy@ rauschpt.net to help. Wear your best costume, participate in the parade, games and eat pizza! \$5 Entry Fee.

—Maria Elena Banks



















## WOMEN'S CLUB

The Niguel Shores Women's Club is in its 45th year and still going strong. Our purpose is to promote friendship, fun and service in the Niguel Shores Community.

Our first meeting of the season got off to a great start on September 13. We began by introducing our new slate of officers: Terry Link, President; Jennifer Hochstadter and Christy Manetta, Co-Vice Presidents; Catherine Bitran, Secretary; Cathy Tyson, Treasurer; Lydia Reese, Parliamentarian.

Terry then welcomed our new members: Barbara

Barrett, Betty French, Phyllis Majdick, Cynthia Tally, Carol Van Mananen, and Meg Wilson.

We heard from a lively and interesting speaker, Lori Barragato of the "Just like Me" Foundation about the exciting adventures they have coming up for special needs students. The non-profit foundation, begun by her daughter Lyndcee when she was a student at Dana Hills, seeks to enrich the lives of special needs teens and young adults ages 13 through 24. They organize movie nights, bowling, beach parties, dances, theme park outings, sporting events, and more. For information, Lori said to check their website at justlikemefoundation.org.

At the meeting, we acknowledged our Committee Chairs for the coming year. They would love to have you join their com-

mittee. Which one sounds like fun to you? Activities, Care & Concern, Communication, Decorations, English Tea Party, Fashion Show, Fourth of July, Historian, Holiday Party, Hospitality, Membership? If interested in helping on one of these committees, send a note to niguelshoreswomensclub@outlook.com.

We welcome new members and encourage women in the Niguel Shores community to join us. We meet at the Niguel Shores Clubhouse at 12 noon on the second Thursday of each month for a buffet lunch followed by a special program featuring speakers on various topics of interest.



New members (left to right) Phyllis Majdick, Betty French, Carol Van Mananen, Cynthia Talley and Barbara Barrett (missing Meg Wilson)



Membership Directory Marian Kennedy, Membership Chair Barb Goffman



Hospitality members (left to right) Joni Ashworth, Martha Burns, Joann Beattie, Toni Williams, Chair Carmen Murphy, and Kathy Newport

At our next meeting on Thursday, October 11, we will be joined



President Terry Link



Speaker Lori Baragato from "Just Like Me"

by Kerri Marchionni of Fleet Feet Sports in Laguna Niguel, to tell us how to take good care of our feet, make them more comfortable, and how that will affect other parts of the body and our overall health. In the spirit of Halloween, remember to wear your favorite costume! We hope to see you there!

For membership inquiries please contact Barbara Goffman at barbgoffman@cox.net.

—Catherine Bitran

## MEN'S CLUB

On September 4, Steve Morris, Al Glatt, Bob Baker and members of the Clark Team provided a great breakfast. Our program chair CDub arranged for all eight Dana Point City Council candidates to appear. At the last minute former two-term councilman Scott Schoeffel announced his unavailability, so we heard from seven candidates.

As three of the candidates vie to represent Niguel Shores voters, most member questions were directed to them.

## **District One (includes Niguel Shores):**

- Amy Foell comes to Dana Point from her day job running the Pasadena Chamber of Commerce. Amy wants performance-based budgeting and facilities for the homeless.
- Joe Jaeger, residing in Ritz Point, was a vocal member of the decommissioned Dana Point Financial Review Board and asserts that Dana Point runs ever-increasing deficits. He wants homeless, sober-living and shortterm rentals addressed.
- Incumbent Joe Muller supports rational development and the homeless task force. He understands the US constitutional limitations CC&Rs place on short-term rental/AirBnB/sober living facility "property rights." He asserts Dana Point continues to have an operating surplus.

#### District 2:

- Mark McGinn is an engineering sales person recently relocated from Philadelphia. Mark wants to eliminate homelessness. His focus is problem-solving.
- Scott Shoeffel served two terms on City Council and wants to return. He was unable to attend our meeting.
- Richard Viczorek, lawyer, incumbent, says things are going well.

#### **District 3:**

- Jamey Federico, a long-serving Marine, wants to preserve the character of our city.
- Charles Payne, policeman in San Bernardino for twenty years, put himself through law school and is a hands-on guy.



City Council Candidates Forum, September 4

At our second meeting September 18, we welcomed new member Tim Williams. Kudos to the Enger Team for breakfast, Dick Kichline for keeping the roster up to date, Jack Christiansen for continuing to oversee the cooking teams, Bob Enger for managing the football pool for the benefit of the Men's Club scholarship fund, and to Jon Cobain for parlaying a raffle of Mission San Juan Capistrano "Music Under the Stars" tickets to \$700+ for the scholarship fund.

Our speaker was financial planner Gary Edkins of Prudential Financial. Gary, a seasoned professional and member of the South Orange County Estate Planning Council, has been active in the financial services industry for 36 years supporting his clients' business, retirement and estate planning needs. He focused on life's five retirement derailers: rising health care costs; outliving savings; risk-taking with low interest rates and spending more than investments earn; market volatility; tax increases. With the societal change from traditional pensions to individual responsibility for retirement income and wellbeing, these derailers have become more pronounced. According to Gary, to accomplish your financial goals you need not only a clear vision of what you want to achieve but also the proper toolkit and an experienced guide. Know what you are facing and continue to plan for the future.

Next up: Lisa Bartlett, unopposed incumbent candidate for Orange County Board of Supervisors, October 2.

For information on the Niguel Shores Men's Club, please contact Robert F. Saint-Aubin at (949) 466-2400 or email rfsaint@me.com.

-Robert F. Saint-Aubin

## GARDEN CLUB

What can I say? If you unfortunately missed the first Garden Club meeting on Monday, September 17, you missed an extra special event with great company, delicious food, and a fascinating presentation on "Butterflies in Your Garden."

To open the meeting, our president, Nadine Allen, recognized several new members, introduced our club officers, and then thanked the Hospitality Committee, who always provide food and drink to enjoy while hearing what's in store for the coming club year. Members were given the new beautifully illustrated Garden Club Directory for bedside reading.

Nadine expressed her ideas and theme for the coming year, as shown on page 2 of the Directory: All the earth is a garden just waiting for our care.

Chris Drees and Sandi Barr, two Master Gardeners (of which there are only about 300 throughout all Orange County), gave an educational and inspiring talk on butterflies. With beautiful color photos, they described some of the 24 common butterfly species that can be seen around Niguel Shores. There are roughly 70 species that occur in all parts of our county.

Selecting several of the better known—the Monarch, Swallowtail, and Sulfur—they spoke on how to attract them to your garden. For these selected species they showed what flowers are required as their food source (nectar), ways to protect the caterpillars and chrysalis (butterfly

> pupa) from the wind, and ways to provide fluid with a dish of water. I am mention-

ing only a few of the species they shared and discussed. The whole presentation was fascinating.

Our next meeting will be a field trip to the Casa Romantica Gardens and Cultural Center in San Clemente on Monday, October 15. We will enjoy a private docent-guided tour and lunch afterwards

catered by Sun-Dried Tomato Café. Members should meet at the Clubhouse parking lot at 10:30 a.m. to arrange rides. The cost of the luncheon is \$15.00. A check made out to the Niguel Shores Garden Club can be dropped off at the club file in the office. This will reserve a space for you. No cash please.

For more information on Garden Club membership, please leave your name and phone or email address in the Garden Club file in the office. We are all looking forward to a wonderful year! -Karl Kuhn

## DANA POINT UPDATE

#### **Dana Point Youth Board:**

Niguel Shores resident Matthew Rosenthal has been chosen for a second year to serve on the city's Youth Board. Composed of seven board members and two at-large members, the Dana Point Youth Board participates in civic activities, promotes increased interest and participation among young people in community affairs, and meets bi-weekly to discuss issues affecting local teens. Matthew is currently a junior at St. Margaret's Episcopal School. He tells us that last year, as a Dana Point Youth Board member, he participated in quite a few projects including the Turkey Trot, the Holiday Home Decorating Contest, the Dana Point Grand Prix and a booth fundraiser for Adopt-A-Family at the Winter Festival. This year, he will be assuming the role of Youth Board Treasurer. Congratulations to Matthew from all of us in Niguel Shores!

#### **Dana Point Arts and Culture Commission:**

On September 12, Maria Elena Banks was sworn in as one of five Dana Point Arts and Culture Commissioners. The Commission is a decision-making body tasked with reviewing matters related to Arts and Culture in Dana Point. They act in an advisory capacity to the City Council in matters pertaining to artistic, aesthetic and cultural aspects of the city. Best wishes to Maria Elena on this distinguished appointment.

#### **Dana Point Harbor Revitalization:**

For years plans have shuffled back and forth about revitalizing our 47-year-old Dana Point Harbor. However, this past July the Orange County Board of Supervisors brought the process closer to reality by unanimously approving a master lease agreement with Dana Point Harbor Partners to finalize details and begin a \$330 million renovation. This move gives the development group a three-to-six-month option period in which to make adjustments to the project and review the 66-year lease. The Board also approved a second lease agreement in which the county will pay \$20 million toward the harbor's dry boat storage.

—summarized from https://www.ocregister.com/ 2018/07/17/newport-beach-based-developer-gets-go-aheadfor-330-million-dana-point-harbor-renovation/

## PAGE TURNERS

The Monday afternoon and Thursday afternoon groups of Page Turners will meet October 22 and 25 respectively to discuss *Quartet in Autumn* by Barbara Pym (1913-1980). Written in 1977 and short-listed for the Man Booker Prize in 1980, Quartet in Autumn follows the lonely lives of four single people in their sixties who work together in London as they approach retirement.

Pym is often compared to Jane Austen, whom she revered, and it has been said that her novels "still sparkle as jewels on the literary landscape." The Barbara Pym Society is an international literary society devoted to this author. They hold annual meetings at Oxford University, Boston, and London. Extensive information is available online regarding Pym's work.

For information regarding the Thursday Page Turners group, please contact Ann and Steve Morris at samwrsi@ cox.net and, for the Monday afternoon group, Frances at fozimec@cox.net.

—Frances Ozimec

## REALLY SERIOUS BOOK CLUB

The Really Serious Book Club met at the home of Norton Schwartz to discuss *The Truth About Animals—Stoned Sloths*. Lovelorn Hippos and other Tales of the Wild Side of Wild life by Lucy Cooke. Beavers, sloths, bats, eels, vultures and frogs were a few of the animals whose innermost secrets and hidden lives the author revealed. She sang the praises of sloths whose bodies were covered in algae and insects, defecated only once a week, yet have survived thousands of years in the competitive jungles of South America. This led us to consider how we humans, as competitive animals, compared in our success. Were our nature and habits any more strange than the other animals of the world?

The next meeting will be October 17, when we will discuss The Food Explorer: True Adventures of the Globe Trotting Botanist Who Transformed What America Eats by Daniel Stone. If you would like to join us, email Norton at *nortlynne@cox.net*.

-Norton Schwartz

## **BRIDGE CLUB**

Our Bridge Club continues to meet and play every Wednesday at 11:00 a.m. in the Niguel Shores Clubhouse. If you'd like to join us, please call Mary Ann at (949) 489-9999. Usually we have 3 or 4 tables, and we only ask that you have a basic working knowledge of the game.

#### **Our recent winners:**

8/15 (1) Jack Bernard (2) Joannie Donohue (3) Lee Farrell 8/22 (1) Frieda Baskin (2) Chet Ciochon

8/29 (1) Betty French (2) Georgia Van Dagens (3) Frieda Baskin

9/5 (1) Jane Olson (2) Trudy Buck (3) Frieda Baskin 9/12 (1) Frieda Baskin (2) Sandy Youdbulis (3) Jim Pinola -Jim Pinola

## **LIBRARY**

This is a partial list of Dana Point Library programs for October, 2018. See the full schedule at www.niguelshores.org. All events are held free in the Community Room unless otherwise noted. Walk-ins welcome.

#### **CHILDREN**

1,000 Books Before Kindergarten Year-Round Program. Read books, earn prizes, and get ready for school. Register at the library for reading log and book bag.

Toddler Storytime - Tuesdays, 10:30 a.m. Stories, activities and songs for children under 3 and their favorite adults. "Stay and Play" afterward.

Bilingual Storytime - Saturday, October 6 and 20, 9:30 a.m. Te invito a leer conmigo! Family stories, games, crafts in Spanish and English.

Preschool Storytime - Wednesdays, 10:30 a.m. Stories and activities for children ages 3-5. 11:00 a.m. "Stay and Make" project afterward.

STEAMPORT - Sunday. October 7, 1:30 p.m. Science, Technology, Engineering, Arts, and Math for kids through hands-on activities. Grades K through 6. Seating limited to the first 15 kids.

Read to a Dog - First Wednesday, 3:00 p.m. Special therapy dogs love listening to stories. Make a dog happy! Held in the children's area.

**Lego Club** – Second Wednesday, 3:00 p.m. Design, build, and create. Lego bricks provided.

Cosmos and Cuddlefish - Saturday, October 13, 10:00 a.m. Andrew Dandy of the Ocean Institute will explore the biology and behaviors that connect life from skies to seas. For kids and adults.

Diary of a Wimpy Kid Cartooning Class – Saturday, October 13. 2:00 p.m. Dave Boatman shows how to draw Jeff Kinney's characters along with fun facts about the author. For kids 8 to 13. See service desk for details on Wimpy Kid Trivia and Scavenger Hunt. Winner of a drawing takes home the new Wimpy Kid book, *The Meltdown*.

Family Morning Movie - Thursday, October 18, 10:30 a.m. MONSTERIFIC special screening of Monsters, Inc. Bring your favorite monster and a blanket to sit on. Popcorn served.

Pumpkin Decorating Open House - Thursday, October 25. Bring your own pumpkin to decorate without carving

Continued on page 10

between 1:00 and 5:00 p.m. We provide paint, sequins, feathers and other materials.

**PJ Storytime** – Monday, October 29, 5:30 p.m. NCL Laguna Sunshine Readers welcome the whole family for an evening of stories. Pajamas encouraged. Snack and water served. **TEENS** 

**Tinker Tuesdays** – Tuesdays, 4:30 p.m. STEAM for tweens. New project each week.

**Manga and Anime Club** – Thursday, October 11, 5:00 p.m. Join people who share your interests. Ages 13 and up.

**Teen Advisory Board (TAB)** – Saturday, October 13, 11:00 a.m. Make the library your favorite gathering place! Members become leaders. Share opinions and make decisions about teen programming. A great volunteer opportunity for teens grades 7 through12.

**Teen Escape Room** – Thursday, October 18, 5:30 p.m. Crack the mystery before the clues vanish! Ages 13 and up. **ADULTS** 

English Class – Mondays, 1:00 p.m. and Fridays, 11:00 a.m. Read, write and speak. Free! Register at *esl.danapt@gmail.com*. Provided by South Coast Literacy.

Write On! Writer's Group – First and third Tuesdays, 5:00 to 7:00 p.m. Writers meet to critique and support one another in their work. All levels and abilities invited.

Friends of the Dana Point Library

Annual Holiday Sale

Books, Cards, Games & Puzzles

Saturday and Sunday
October 27 and 28
10:00 a.m. to 4:30 p.m.

Dana Point Library
Community Room
33841 Niguel Road
Dana Point, CA 92629

All Merchandise Like New

**Basic Computer Skills** – Tuesdays, October 2, 9, and 16, 9:00 a.m. Free, three-part, hands-on class covering computer vocabulary, using a mouse, email, and internet searching. Registration required. Call (949) 496-5517.

**Memory Club: Brain Boosters** – First Thursday, 10:30 a.m. Gerontologist Dr. Jane Mahakian leads discussion and activities.

**Gentle Reads Book Club** – Second Thursday, 10:30 a.m. Uplifting books without graphic content. *Lost Lake* by Sarah Addison Allen available at the service desk.

**Coloring Club** – Fridays, 10:00 a.m. Materials provided. Held at the adult tables.

**Seaside Book Club** – Fourth Monday, 10:30 a.m. *The Martian* by Andy Weir available at the service desk.

California's Gold – Sunday, October 21, 2:00 p.m. *California's Gold* lead cameraman and Emmy winner **Luis Fuerte** will discuss his book and career. Visit the library to request tickets. Tickets at service desk limited to 4 per person. Books available for purchase at the event.

**Foreign Film** – Fourth Sunday, 2:00 p.m. This month's selection is the 2016 Australian release of Egon Schiele's *Death* and the Maiden.

-Karla Sanders

## A GHOST STORY

This month, just in time for Halloween, and I want to tell you a ghost story. In San Juan Capistrano there is a Ghost Train. Sometimes the barri-



cades go down and the lights flash at the Del Obispo track crossing but no train goes by. Meanwhile, traffic backs up and people wait, and wait, and wait.

In 2011, OCTA spent \$85 million to bring safety enhancements to 52 crossings in eight cities, including San Juan Capistrano, but that did not stop the Ghost Train's invisible appearance on the tracks. In 2012, the City Council and the Transportation Commission met with OCTA in a special session to tackle the dreaded Ghost Train issue. Several remedies were tried but so far nothing has worked.

The solution may be the installation of Positive Train Control, a computer-and-GPS-controlled system that can monitor signals, train speed, and even stop trains. However, it is several years away before being installed at San Juan Capistrano. Meanwhile the only "fix" has been to shorten the wait time at the barricades by 20 seconds. The Ghost Train still haunts San Juan Capistrano. *Whooooooo!* 

-Karla Sanders

## MEET YOUR NEIGHBOR

#### Kathy and Chris Zoch

ctober is the perfect month to meet your neighbors Kathy and Chris Zoch. It seems they have an affinity for "Zochtoberfest," as a way of celebrating their German heritage with family and friends throughout the month.

Kathy and Chris both grew up in Dana Point. Both attended Dana Hills High School, loved Strands Beach, and loved the San Juan Drive-In—a ritual on Friday nights. (Yes, for those of you somewhat new to the area, there was a wonder-

ful drive-in movie theatre where the Marshall's is now located!) The twist is that, although they grew up here knowing many of the same people and frequenting the same places, they did not meet until later in life.

Chris is one of seven children, and his dad, Al Zoch, still lives in Dana Point. Al was a B29

Gunner who flew in 125 combat missions before being shot down and taken captive as a POW for three months before he escaped during the Korean War. He is the recipient of numerous medals including two Purple Hearts, two Bronze Stars, Good Conduct Medal, Distinguished Flying Cross, and an Air Medal W/5 Oak Leafs.

The Zochs have four children ages 18 to 33 and a two-year-old English Staffordshire named Roxy. Their oldest daughter, Ashley, is a local artist. Alyssa is married to her soulmate, Jake, and has begun her student teach-

ing. Their son, Garrett, is happily married to Kelsey and blessed them with their first grandchild who just turned one. Their youngest, Cozette, graduated from Dana Hills this year. She was featured in the sports section of the Dana Point Times last March because of her stellar accomplishments on the softball field. She is currently playing college softball.

Kathy and Chris both grew up with entrepreneurial spirits and are fortunate to have run successful businesses. When not working in their real estate business, The Zoch Group of Coldwell Banker in Laguna Niguel, they live an active lifestyle and love to paddleboard, run, work out, and be on the go with family and friends.

They also love to travel—a passion that probably began when Chris was stationed in the Philippines, having joined

Kathy and Chris Zoch and their family



The Zoch's granddaughter Gwen helps out with the family's real estate business

the Air Force after high school. Later Chris attended Biola University, graduating with honors. Their travels have taken them to many places, but their favorites so far are snorkeling at the Great Barrier Reef in Australia; visiting the Christmas markets in Germany; and seeing France.

When asked what brought the

Zochs to Niguel Shores, they remarked that it was always a dream to live here with the proximity to the beach they so fondly remembered as kids. Their dream came true four years ago. They say they have the best neighbors on Spinnaker who care and watch out for one another. Coincidentally, Chris's preschool teacher from years ago at South Shores Church is one of their neighbors!

Both are involved in Niguel Shores activities. Chris is on the Recreation Committee and has had the opportunity to chair events which he enjoyed. He

attends the Men's Club meetings when possible. Kathy loves being part of the Women's Club. Her new position this year is on the Welcoming Committee. Together, they also distribute the Seashore News!

Most of us would agree with Kathy and Chris—living in Niguel Shores is indeed a dream come true.

-Michelle Ralph

## **WOMEN'S GOLF**

The Niguel Shores lady golfers met on September 10 at The Ranch for a 9-hole round. Vice President Irene McDonald chaired the meeting. We welcomed Linda Ross and hope to see her at future meetings as a Social member. Other Social members attending were Joanie Beyer and Chris Beaver with her daughter Linda. Lee Sweeney gave a Treasurer's report and Hospitality Secretary Joanie Beyer spoke about the upcoming Christmas Luncheon, December 10 at The Fountains.

Our September birthdays include Pam Strayer, whom we're expecting back from Maine in November, and Irene McDonald, to whom we are all grateful for making our tee times and keeping our golf group going. Happy birthday, ladies!

Only three golfers came out to play—Judy Boitano, Catriona Sigsby and Irene McDonald. Catriona won low score with 40. Judy won low putts with 17 and also had longest drive. Our other regular golfers were on vacation, with President Marlene Lynch out of town, Julie Patton in New England, and Cindy Carmichael in Morocco.

Our next game will be October 8. Please contact Irene if you wish to have your name added to the roster (949) 481-3035.

—Julie PattonWomen's Golf

## HERE IS A SMART BLONDE JOKE TO BRING A SMILE UNTIL OUR NEXT GOLF OUTING:

A blonde and a lawyer sat next to each other on a plane. To pass the time the lawyer said, "Here's a game. You ask a question and if I answer wrong, I will give you \$50.00. Then I ask a question and if you answer wrong you pay me \$5."

The blonde said, "It's a deal."

The lawyer asked, "What is the distance from the earth to the moon?"

She shook her head and handed him \$5.

Then she asked him, "What goes up a hill with four legs and comes down with five?"

He pulled out his laptop to search the answer, but found nothing. Then he texted his friends. Still no answer. He gave up and handed her \$50. "So, what is the answer?" he asked.

She shook her head and handed him \$5, saying, "I don't know, but I just made \$40 playing your game."

## MEN'S GOLF

September brought us some great weather and great golf. We played Talega, Arroyo Trabuco, San Juan Hills, and Tijeras Creek. Previously, on August 28, we had our monthly tournament at Oak Creek. The format was team completion using three best net scores. Congrats to John Torok for a gross score of 78.

**1st Place:** Mike Link, Gary Beneke, Par Zahner, and John Torok with total net score of 204

**2nd Place:** Nick Wernecke, Pat Pearson, Bill Verbrugge, and Jack Roche with a net total score of 209

**3rd Place:** Rick Palmer, Bob Hochstader, Don Baer, and Don Duffer with a total net score of 212

Closest to the pin: Dave Sheff on both #3 and #11
This month's schedule brings us to Talega on October
2, Strawberry Farms on October 9, San Juan Hills on
October 16, and Arroyo Trabuco on October 23.

—Bob Russell

A LITTLE STATISTICAL HUMOR: A recent study found the average golfer walks about 900 miles a year. Another study found golfers drink, on average, 22 gallons of alcohol per year. That means, on average, golfers get about 41 miles to the gallon.

# TRAVEL TALK— Have, You, Been, to Italy?

The *Seashore News* invites you to share something about your travels in Italy. Is there a special place, a scenic location, a delicious meal, a unique experience, an unusual tour, a memorable activity that stands out in your memory?





Send a few words about your Italian travels to seashorenews@hotmail.com or drop us a note in the office. Photos encouraged!

All contributors will be entered in a drawing to win **Dinner for Two** at **Luciana's Italian Restaurant** in Dana Point. Grazie!

## **CUISINE CORNER**

### Oktoberfest

n our first date my future wife and I somehow wound up at a German restaurant in the San Fernando Valley. We ate, drank beer, sang songs, danced, and had a great time. A side benefit was that we both developed an appreciation for German food.

Later, my wife was hired by a German sewing machine company—a very gregarious group that held lots of social activities. Their main event were company parties during Oktoberfest at Old World in Huntington Beach. The food was always good, the beer better, and the festive atmosphere was complemented with a band "direct from Germany." Always a five-star-plus experience.

When our daughter took part in an exchange program with high school students from Germany, we hosted a couple of young ladies here at different times. Through them we came to appreciate what appeals to the German palate. Then, on several visits to Germany, we enjoyed all types of German food and entertainment, including the high spirits of Oktoberfest.

History—The original Oktoberfest was held in Munich on October 12, 1810 to celebrate the wedding of Crown Prince Ludwig to Princess Therese of Saxony-Hildburghausen. It was a huge success, consolidating most of the volksfestivals held in smaller towns and villages. Soon regional breweries set up tents at this festival to market their beer. Today, one of these tents, the Schottenhamel, can hold 10,000 people and is so popular it normally fills up daily by 11:00 a.m.

Local Oktoberfests with Adjoining Restaurants—I surveyed Orange County and learned that we only have a few German restaurants left. Apparently, there is no longer as much demand for this style of food, except in the case of a special occasion or festival. However, there are two long-running establishments with organized Oktoberfest activities to supplement their regular excellent restaurant fare.

Old World in Huntington Beach celebrates Oktoberfest from September 9 through October 28. The festival hall, separate from the restaurant, offers a smaller, but tasty, food selection. The restaurant itself is reliably good, proudly stating that their bratwurst won an award as the best in California. I especially like their schnitzels and rouladen (stuffed cabbage) while my wife judges the food by the quality of their sauerbraten and gives this sauerbraten a four-thumbs up.

The festival hall is open Wednesday through Sunday during Oktoberfest with free admission on Wednesday and Thursday. Friday and Saturday admission is \$10 and \$15. A caution: Buy admission tickets online for priority in the admission lines. The festival hall fills up fast, leaving people who are not pre-paid stuck at the door waiting for entry when someone exits.

Sundays are best for the family as admission is \$3 for

children and includes the "Wiener Dog" races. After these amusing races it's off to the hall to enjoy a lively OOMPAH band allegedly "direct from Germany" with a variety of music and songs. Of course, they play the Chicken Dance.

The Phoenix Club in Anaheim has been in existence for fifty-five years and was established to promote German culture. They conduct German language, dance, and music classes, and they operate a consistently good Old Country restaurant, the Bierstube, open Thursday through Sunday.

They hold Oktoberfest in a large festival tent, similar to those you might find in Munich, from September 21 through October 28, on Fridays. Saturdays, and Sundays. Admission is \$10 over 16, and children are free. They feature two Bavarian bands "direct from Germany," playing for dancing and entertainment. There are free polka lessons, a bounce house, train rides, and pony rides for a nominal fee. For those who are competitive, on Fridays and Sundays there are beer drinking and sausage eating contests plus air rifle shooting competitions. At times, the house Schuhplatter will perform intricate Bavarian folk dances. If you haven't had enough fun after all this, you can get your face painted too.

The food here is better than good. My wife believes that the sauerbraten and red cabbage are the best she has eaten. I have ordered the mixed sausage plate with potato salad on several occasions—very good—and the goulash here is outstanding.

The atmosphere at the Phoenix Club is more authentically German—or I should say Bavarian—than similar restaurants in Los Angeles and Orange County. At this festival, I am sure you will see more than several folks dressed in their lederhosen and hunter hats.

Best German Restaurant in Orange County?—For years I recommended Café Mozart in San Juan Capistrano as the best German style restaurant around. A lot of other folks also agreed. Just two weeks ago my wife and I went there to enjoy a good dining experience and prepare for this article. Sadly, when we drove up we saw that the restaurant was dark inside and learned that Café Mozart closed their doors at the end of August. They will be missed.

Several days later we decided to try the Jagerhaus German Restaurant in Anaheim. We had stumbled across it years ago and still had good memories of the food. Located in a very old building and decorated in a quaint early 1950s style, the Jagerhaus has an extensive, reasonably priced menu. We each ordered our favorite meals, but both of us were disappointed about the quality of the meat and lack of flavor. With the Phoenix Club just about a mile away, we will go there when looking for German food in the future. Prost!

—Tim Murphy

## Wellness...

Have you ever been driving along and found yourself headed to a place that you've been before, but didn't intend to go? Or mindlessly grabbing a cookie even though you're not hungry? It's easy to do. One afternoon I was driving to the grocery store and, on the way, I noticed kids milling around the nearby school. I began reminiscing about my own children when they attended there. On I drove, not paying attention, when suddenly I found myself in the left turn lane that takes me not to the store, but to Dana Hills High School! My youngest had graduated just months before at the time, so I had no reason to go there. How did this happen?

It was habitual behavior that drove me to the halls of teen aged *angst* instead of the aisles of the grocery store! My time-honored routine of dropping the kids off at school had become a habit—*an acquired mode of behavior that has* 

become nearly or completely involuntary. In other words, our habits become so second nature that we're unaware of how they shape our daily behaviors.

Understanding how habits are formed and sustained shines a whole new light on

why we end up at the high school instead of, in my case, the grocery store. Or why we grab the candy bar instead of the apple, or settle in with the TV remote instead of putting on our walking shoes and heading out the door. There's something called a *habit loop* that is working away in our brains all the time telling us what to do.

The loop consists of a cue, a routine, and a reward. For example, the sight of a cookie is the cue or trigger, the routine is to eat it, and the reward is the sweet taste. Do this many times over and seeing a cookie will lead to a craving. For example: (cue) dinner is over, (routine) time to eat a cookie, (reward) sweet treat. If you want to make a healthier choice the loop could look like this: (cue) dinner is over, (routine) time to eat some fruit, (reward) sweet treat. The cue and the reward stay the same, but the routine changes to a healthier choice. To do this, be aware of the cookie and stop to challenge if it matches what you want (healthier lifestyle, weight loss, etc.), then choose what matches your desired outcome. *Voila!* You've created a healthy habit loop for life! And now, (cue) this article is complete, (routine) so sending it to the *SSN*, (reward) feeling satisfied and hope it's helpful!

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

## **BOARD ACTION SUMMARY**

#### SEPTEMBER 19, 2018 BOARD MEETING: (General Session) SEPTEMBER 19, 2018 BOARD MEETING: (Executive Session) APPROVED: ACCEPTED AND FILED: —Executive Session Meeting Minutes from August 8, 2018 —Financial Reports -Legal Counsel to File Judicial Foreclosure of Lien —Delinquency Report General Session Committee Minutes **HEARINGS/MEETINGS:** —One (1) hearing held for Violation of CC&Rs (Article IX, Section APPROVED: 2) and Rules - Use of Community Center, Use of Association -General Session Meeting in Villas Front Areas Facilities (Nuisance - Abusive Language and Gestures) Minutes for August 8, 2018 -Remove Melaleuca Tree on Tampico Bay -One (1) hearing held for Violation of Rules - Prohibited -Bluehill Bay Covenant -Remove Eucalyptus Trees Parking (Obstructing Sidewalk) and Beach Parking -Cassandra Bay Covenant on Leeward Drive -One (1) hearing held for Violation of CC&Rs (Article IX, Section 18) and Rules --Gas Company Easement -Patio and Lobby Furniture Proposal Pad Level Plantings and Planting Maintenance - Matter Resolved Prior to Hearing -South Coast Water District Easement -Recreation Committee Garage Sale —One (1) hearing held for Violation of Rules – Pet Owner's —Revisions to Employee Handbook --Conference Room Furniture Responsibility (Dog Off Leash, Waste bot Properly Disposed) —Fidelity Simple IRA — Replacement Pieces -One (1) hearing held for Violation of Rules - Overnight Parking, Prohibited Corporate Resolution -Street Engineer (JES) Street Parking (Obstructing Sidewalk) - Continued for Additional Review -Official Communication Appointment —One (1) hearing held for Violation of Rules – Overnight Project Management -General Notice of Posting for Association -Ratify Manta Court Barcode Parking, Prohibited Parking (Obstructing Sidewalk) -Proposed Rule Changes to Reader Replacement -One (1) hearing held for Violation of Rules - Use of Community Center, Use of be Mailed to Membership Association Facilities, Access/Egress (Trespass After Hours and Climbing Over Fence) —Remove the Irrigation Lines -One (1) hearing held for Violation of Rules - Prohibited Parking APPEAL/MEETING/PRESENTATION (Parking Opposing Traffic, Obstructing Sidewalk) -Appeal of Architectural Committee Decision --Five (5) hearings held for Violation of Rules - Overnight Parking Disapproval of Remodel - Appeal Granted -One (1) hearing held for Violation of Rules - Beach Parking -Appeal of View Preservation Committee Decision --One (1) hearing held for Violation of Rules - Prohibited Planting Maintenance - Appeal Granted Parking (Obstructing Sidewalk) and Beach Parking CONTINUED -One (1) hearing held for Violation for Rules and CC&Rs --Landscape Contract Bid Dumpster and Storage Containers and Article IX, Section 12 -Street Contractors Bid (Visible Debris) - Matter Resolved Prior to Hearing REVIEWED/DISCUSSED: -Correspondence to the Board -Board Liaison Updates REVIEWED/DISCUSSED: -Manager's Report -Legal correspondence -Delinquency reports

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

REMINDERS: THE NEXT BOARD OF DIRECTORS MEETING WILL BE HELD IN THE CLUBHOUSE ON WEDNESDAY, OCTOBER 10, 2018 BEGINNING WITH A RESIDENT ROUND-TABLE AT 6:00 P.M.



## Vaccinations— What Does My Dog Really Need?

eciding what vaccines a dog needs can be confusing and frustrating because not much appears in the news about emerging dog diseases and their prevalence in our area. Here is a brief outline of what you should know so you can make an informed decision regarding vaccines with your veterinarian.

History of Vaccinations—Years ago, when the controversy about vaccinations in people arose, veterinarians decided to rethink how often we gave vaccines to our pets. At that point, we were vaccinating dogs yearly or even every six months. After much debate and research, the recommended interval between vaccinations was lengthened for some vaccines to every three years.

Also at that time, veterinarians identified what we call CORE and NON-CORE vaccines. CORE vaccines are the ones all dogs should get, while NON-CORE are only needed for certain groups of pets.

Core Vaccines—For dogs, the core vaccines are the DISTEMPER vaccine called the DHPP (protecting against distempter, parvo, adenovirus and parainfluenza)—and the RABIES vaccine. The DHPP is given as a series every three weeks to puppies, then at one year of age, then every three years thereafter. RABIES is given initially as a oneyear vaccine and then every three years.

Non-Core Vaccines—The most common non-core vaccine protects against BORDATELLA, a very contagious respiratory disease that is found in our area and can be acquired even by dogs that do not leave their yards because it is airborne. The Bordatella vaccine is given every year because the immunity it provides does not last long. Some veterinarians give it as often as every six months.

The LEPTOSPIROSIS vaccine was combined with the DHPP vaccine many years ago, but it was removed from the DHPP because leptospirosis was not then considered to be a big threat to dogs. Also, the original leptospirosis vaccine was often avoided because the vaccine then in use sometimes caused significant reactions in dogs. We now know that leptospirosis is common in our environment and prevalent all over the country. It is transmitted in the urine of rodents in warm-standing or slow-moving water. The new leptospirosis vaccines are safe, non-reactive, and very effective in protecting dogs from the disease. This vaccine should be considered for any dogs that walk outside because leptospirosis is very serious and can cause death. It is also zoonotic (meaning you can get it from your dog). The vaccine is initially given in a two-dose series two to three weeks apart and then on a yearly basis.

LYME vaccine is important if you



Star Wars pugs are ready for Halloween with all their vaccinations up to date. Piper is the green Yoda (left) and Ruby is the orange Ewok (right).

travel to north coastal areas of California, the Sierra Nevada, or to other parts of the country like the east coast, where lyme disease is endemic. Lyme disease is caused by a bacteria that is transmitted through the bite of certain types of ticks. These have been found in Southern California, but currently the incidence of lyme disease in these ticks in our area is low. In the past, lyme disease has been difficult to prevent by vaccination, but new vaccines are more effective because they have been designed to boost immunity to the bacteria in the dog as well as to attack the bacteria in the tick itself. This vaccine is initially given as a two-dose series two to three weeks apart and then on a yearly basis.

CANINE INFLUENZA vaccine is relatively new, but is often required by boarding facilities and doggy day care facilities. There are two strains of dog flu-H3N8 and H3N2with vaccines designed to protect against one or both strains. The original strain was called H3N8. There have been no reported infections with H3N8 in Los Angeles County since 2011. In March 2017, there was an outbreak of H3N2 in Los Angeles County that affected 35 dogs. Before this outbreak, there had been only one reported case of H3N2 in 2015. H3N2 is a concern because of the importation of dogs from Asia. Public health officials recommend that all dogs that interact with other dogs be vaccinated against canine influenza, especially against H3N2. These dog influenza viruses mutated from other virus species and are potentially transmittable to humans. Canine influenza H3N2 is very contagious and causes a respiratory infection. By vaccinating, you not only protect your own pet from the virus, you also facilitate what is called "herd immunity," which protects other "at risk" populations. Vaccinated dogs can still acquire the virus but will have milder clinical signs and will more transiently shed the virus. The vaccine is very safe and is given initially in two doses two to four weeks apart and then yearly. The initial vaccination series must begin four weeks prior to entry to the kennel or day care for it to be effective.

—Dr. Susan Davis



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Ads for the Seashore News must be submitted by the 15th of the month. Include a check payable to NSCA, \$5 for a maximum of 30 words. Advertisers must fill out a form available at the Association office. Neither NSCA nor the Seashore News assumes responsibility or liability for quality of goods advertised.

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# Goodbye Summer ~ Ffello Fall

Summer rocked with sizzling events at the Bluff, thanks to our Recreation Committee's In 'n Out Night, 4th of July Celebration, Island Fever, Food Truck Night, Band by the Sea Concert, and Labor Day BBQ.



October means it's time for fall breezes, spectacular autumn sunsets—and our Annual Halloween Party!

Come to the Clubhouse on October 28 for parade, pizza and sweet treats, lots of games and prizes. One of our most popular events!



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