

Seashore News



April 2018

Published Monthly by Niguel Shores Community Association

Issue 532

Meet Your Candidates for NSCA Board of Directors CANDIDATE STATEMENTS 2018



BOB BORLAND — I want to serve on the Board to help to continue the excellent management of the Association.

I have been a resident full time since 1993 a member of the Men's Club, was golf chairman for 14 years. I am currently the scholarship chairman. I served as the Recreation Committee for several years. I was Roy Dohner's Assistant on the first group to study the community center remodel.

I have no personal agenda for serving on the Board.



BOB RUSSELL — I grew up in New Bedford, Massachusetts, earned my undergraduate degree in Textile Engineering and Design from the University of Massachusetts at Dartmouth. Upon graduation, I was recruited by Burlington

Industries and moved to New York City to begin my career in the textile and design industry. I worked for a variety of clothing manufacturing and design firms and traveled widely in this business. I eventually left New York for Seattle and joined Britannia Jeans and several years later formed my own sportswear manufacturing and design company. In search of a warmer climate and marina for our sailboat, my wife Rebecca and I moved from Seattle to Niguel Shores in 1995. Like most residents, I feel Niguel Shores is a wonderful community. I appreciate the true sense of community and neighborhood we have found in our many years as residents of Niguel Shores.

I have served on the Maintenance Committee for 12 years and have helped organize the Men's Club 4th of July Pancake Breakfast. I first ran and was elected to the Board in 2012 and have served the community as a Board member until now.

I have decided to seek re-election on the Niguel Shores Board because I believe that, in order to maintain the quality of life we all enjoy here, residents need to step up and

become involved. I will apply common sense decision making that will be for the good of the entire community.



DICK KICHLINE — Niguel Shores is a great place to live. I would like to serve on the Board of Directors and be a part of keeping Niguel Shores fiscally responsible and a highly desirable and enjoyable place to live.

My work experience includes over 20 years in the automotive and aerospace industries where I ended up as Vice President of Human Resources for an aerospace corporation. In 1998, I decided to move into teaching where I spent the next 20 years teaching undergraduate and graduate courses in the Management/HRM department at California State University, Long Beach. I retired one year ago.

I have a BS degree in Business Administration from The Pennsylvania State University and a Master's degree in Human Resources Management, with honors, from California State University, Long Beach.

My involvement in our community includes: Human Resources Committee, Men's Club and the *Seashore News* team.

My wife, Sue, and I have lived in Niguel Shores for 24 years. We have one grown daughter who is married and who lives in San Jose with her husband and two daughters.



JEANNIE STICHER — Serving on Niguel Shores Board has been a very educational and rewarding experience; therefore, I would like to continue contributing to ensuring that Niguel Shores maintains a strong financial and aesthetic picture, adding value to everyone's home investments.

I relocated to the Niguel Shores area in late 2009, and became involved in the Sea Terrace II Townhome Association, holding the position of Secretary for several years and am currently the President of Sea Terrace II. In addition to being actively

Continued on page 3

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2018 Annual Meeting & Election — Nominations for the annual election are in and we have four (4) candidates running for three (3) open positions. The candidates running for these positions are **Bob Borland, Dick Kichline, Bob Russell** and **Jeannie Sticher**. Join me in thanking each of these candidates for volunteering to run and potentially serve on the Board. The candidate bios are included in this newsletter for your review. In addition to reading about each candidate, please plan on attending the “Meet the Candidates” forum scheduled for Tuesday, April 17 at 6:00 p.m. in the Clubhouse. This event will provide you with an opportunity to hear about and ask questions of each candidate.

The Annual Meeting Notice and Ballots will be mailed to all homeowners around April 13. Remember to submit your ballot as indicated in the material you receive. Also, the Annual Meeting is scheduled for Tuesday, May 15 at 7:00 pm.

Reclaimed Irrigation and the South Coast Water District (SCWD) — Last month my article explained that the Association uses recycled/reclaimed irrigation water and that it is crucial we monitor so that a homeowner does not connect their potable (drinking) water with the Association water. I am sure everyone is thinking that there is no way a person would do this, but as the Water District is going through the community they are finding this may actually be happening. This is very dangerous and could contaminate the entire SCWD water supply, so it is extremely important that you make sure you are not connecting your lines to the Association lines.

SCWD is currently walking the entire community and inspecting to make sure there are no lines connected to the Association irrigation. If you see a SCWD person walking around your property or on the back slope, please be aware that he is just trying to make sure there is no cross connection.

Another part to this is that we cannot have owners planting plants in the Association maintained areas. We have recently found that some owners are planting areas outside of their property, including citrus trees. You probably do not want to eat the fruit that you pick from a tree that is using water using a recycled irrigation system.

Rules vs. Suggestions — If you follow all the rules, you miss out on all the fun . . . and the violation notices, enforcement hearings, and fines. Funny, but true. Rules are a fact of life when it comes to gated communities. The rules established for your community were meant to enhance the quality of life for each member of the Association. Although you may not agree with all of the rules, you probably do appreciate that your neighbor cannot just paint their house orange or park their vehicle on their front lawn. Rules, as opposed to suggestions, require compliance. Since rule enforcement is filed against the owner of the property, owners are encouraged to make sure that their household members, tenants, and guests are aware of the rules and follow them.

Please feel free to call or email me any time with questions or contact the Association staff. We will be happy to help you.

—Marla Miller

CANDIDATES CONT. FROM PAGE 1

involved in Sea Terrace II, I am a member of the Women’s Club, the current Board liaison to the Architectural Committee and Chairperson for the Human Resource Committee. From 2010-2014, I served on the Finance Committee holding the position of Chairperson from 2012-2014. The time on the Finance Committee and as a Board member of Sea Terrace II supported my interest in the long-term planning and various operational processes within our diverse community.

The majority of my corporate career was spent with Mars, Inc., working domestically and globally within Sales, Marketing and Human Resource functions. In addition to living in many parts of the US, I spent 18 months in Warsaw, Poland. Upon my retirement from Mars, Inc., I joined the academic world, teaching undergraduate and graduate classes at DePaul University in Chicago.

Upon choosing to relocate to a warmer climate, I began teaching at the University of California-Irvine and also teach graduate classes at Concordia University within the MBA program. I am actively involved in several volunteer

organizations, delivering Meals on Wheels within Dana Point and serve as a Board member of the Sand Dollar Guild, a fundraising arm of the Ocean Institute.

I hope to continue serving on the Niguel Shores Board of Directors and look forward to representing the best interest of all within our dynamic and diverse community.

SEA TERRACE II

Sea Terrace II Townhomes Association held their annual homeowner meeting and board elections on March 14, 2018. Gary Mitchell, Adrienne Ruben, and Karla Sanders were elected for two year terms. President Jeannie Sticher discussed the ST II slope project, house and fence painting, and asked for volunteers for paint choices and house inspection committees prior to the painting in late summer of 2019. Treasurer Gary Mitchell gave the financial update and proposed budget report. 1st VP Adrienne Ruben reported which houses are for sale or rent. Kathy Samuels announced the election results. The floor was then opened to members for comments or questions. After the meeting the board held an executive session to address which positions each board member will hold. —Karla Sanders

COMMITTEE REPORTS

EMERGENCY PREPAREDNESS

'Till Death do us part . . .

No, I'm not going anywhere. But, at some point in time we all make that trip. When that does happen families often honor us by publishing an obituary in the local newspaper. Nice gesture, right? Well, yes, maybe.

Not only does this "announcement" often include a photograph but the birth date, city and state of birth, names of surviving spouse, children, grandchildren, name and title of the deceased's workplace, schools, clubs, church, and the dates/times and location of services to be held.

Wow! Talk about letting the world (including the Bad Guys) know all about us! This might open the door to calls from fake friends and institutions wanting to offer condolences, BUT also asking to verify supplied information on financial accounts, insurance policies, various payout amounts due at time of death, where they can send memorial donations, etc.

AND, what usually happens during visitations, services, and burials? NO ONE IS HOME!

The message here is simply to be vigilant in times of emotional vulnerability and stress. Don't assume everyone is out to offer legitimate condolences.

Here's an even more disturbing revelation: FRAUD IN THE FAMILY! Certainly this might be viewed as a sensitive issue (remember, I'm just the messenger) but it's backed up by FACT. Elder abuse is not only physical but more often financial. Roughly 6 out of 10 cases of elder financial abuse are committed by relatives; and, about 3 out of 10 instances can be traced to friends, neighbors or home care aides and housekeepers.

More on this later, but what should you be doing now as preventative measures?

- Stay in touch with ill or aging family. If you can't visit regularly, Skype or Facetime and check in often.
- Beware of the FOG. Signs of mental impairment or dementia would suggest getting help with finances.
- Be careful of caregivers. Check references and make unannounced visits.
- Set up automatic banking and credit card alerts, at least for large withdrawals or expenditures.

Note: This is NOT an April Fool's article.

—Kent Wellbrock

TRAFFIC AND SAFETY COMMITTEE

More Law Enforcement Presence in the Shores

As the result of complaints about serious traffic violations within the community, our deputy sheriffs have stepped up their patrols in our neighborhood. Enforcement has been relatively easy for them, since a lot of us have developed sloppy

driving habits and barely slow down for our stop signs. These citations can be expensive. Hopefully, concern about receiving a citation will cause all of us to be safer drivers.

Overnight Parking

Common space (including streets) are not to be used for overnight parking of resident vehicles between the hours of 1:00 a.m. and 6:00 a.m. However, residents may apply for a parking variance waiver if the number of vehicles owned and registered by the resident is greater than the number of parking spaces **original** to the property.

For specifics on this procedure I suggest that you read section #2, page 27, of our rules and regulations. It will only take a minute.

Unfortunately, after a garage inspection some waiver requests are denied because parking spaces original to the property have been modified in a fashion that eliminates the ability to park a vehicle there. These modifications might include work benches, cabinets, or a parking space being utilized for storage. I mention this to allow for the best possible planning when configuring your garage.

—God Bless . . . Tim Murphy

MAINTENANCE

Those using the Main Gate have undoubtedly noticed that the license plate reader post has been under repair for quite some time. A seemingly simple replacement job turned into a rather lengthy project for George Cooley and our maintenance crew. The existing post, which was no more than a PVC pipe filled with cement that had been sunk into the asphalt, was failing; so a decision was made to replace it. While a new custom post of correct specifications was being fabricated and powder coated, the failing one had to be fortified temporarily. This meant the maintenance team had to pack asphalt around the



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COMMITTEE REPORTS

base and then ultimately add sand bags to make sure it didn't fall over and cause a safety issue. Once the custom base was completed, it was installed and secured with a new recessed cement footing. The result is a very pleasant-looking post with a removable cap so the camera wiring can be accessed, which should last for years to come. An added bonus is that the repositioning of the sign instructing visitors to wait is proving to be much more effective than the old one.

In response to a resident's concern that the pathway from the pool gate access to the locker rooms was often wet and slippery our maintenance team researched several options for a suitable fix. It was determined that the best solution is a product called "No Skidding," an anti-slip treatment formulated specifically to address slippery-when-wet concrete, making the area much safer for our residents after their swim. This application will be done concurrently with the scheduled painting of Niguel Shores Community Center and offices.

April Maintenance: During the month of April the Niguel Shores Community Center is scheduled to be painted (Office Interior/Exterior, Clubhouse Exterior, Sections of the Spa and Playground Areas). The Community Center Tennis Courts, Pool and Spa will also have maintenance completed during this time. Please be cautious and aware that some areas of the Community Center will be closed during this time period and the schedule could change. Thank you for your patience during this process.

Closures are scheduled as follows:

- Friday, April 6 – NSCA Office Closed
- Monday, April 9 to Friday, April 13 – Pool/Spa and Playground Areas closed
- Monday, April 2 to Friday, April 13 – Tennis Courts will be closed for two (2) days during this time frame (exact dates t.b.d.) *More information on the tennis court closure will be posted as soon as it becomes available. Please check the tennis section of the website for updates at www.niguelshores.org.*

Thanks for your support in making Niguel Shores "An Extremely Well Maintained Community."

—*Geoff Dunlevie*

Board of Directors Action Summary for March, 2018 is posted on the Niguel Shores website at www.niguelshores.org.

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.

The next **Board of Directors Meeting** will be held in the clubhouse on **Wednesday, April 11** beginning with a **Resident Round-Table** at 6:00 p.m.

RECREATION

Happy Spring Everyone!

I don't know about you, but I love Daylight Savings Time. There's so much more sunlight to enjoy our community, beach bluff, tennis courts, pool and parks. It's so nice to see everyone walking their dogs, jogging and socializing.

Speaking of socializing . . .

What a great time we had at the St. Paddy's Day Party! Thank you to all that helped to make this a special event, including Kathy Samuel as Chair and Suzanne Enis for decorations.

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

It's spring cleaning time and with spring cleaning comes our Garage Sale. Start piling up all those treasures in a corner of your garage and get ready for the sale. Sign up now in the NSCA office. A donation truck will come by at 1:00 p.m. after the Garage Sale so make sure to leave unwanted items on the curb for pickup. Note that items for donation pick up are subject to the driver's discretion. Items must be removed by 6:00 p.m. the day of the sale.

Upcoming Events:

Cinco de Mayo – Saturday, May 5, 5:30 to 7:30 p.m.

Enjoy tacos and music down at the Beach Bluff.

Memorial Day BBQ – Sunday, May 27, 5:00 to 8:00 p.m.

Thanks to all for participating in our community. This is why we are the best!

—*Maria Elena Banks*

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CLUBS

WOMEN'S CLUB

Our annual **Fashion Show Luncheon** took place on March 8 at the Clubhouse before a packed gathering of members and guests. President Lydia Reese called the business meeting to order promptly at noon, introduced the many guests, recognized our members who have March birthdays, and then moved on to a motion for a nominating committee to get back to the membership by next month's meeting with nominations for a new Board for next year.

Then Ginny Nevitt, chairperson of the **Home Tour**, our next big event, announced that the Home Tour will take place on **Tuesday, April 24** from 9:30 a.m. to 1:00 p.m. Tickets to this very popular event can be purchased in advance at the Niguel Shores office for \$35 for members, \$40 for guests (cash or check only). No tickets will be sold on the day of the tour, so be sure to get yours early.

Lydia thanked the Hospitality Committee for their great work in getting the tables decorated with a spring motif of flowers and bunnies and for arranging the buffet for us all to enjoy.

Hansa Seghal, Fashion Show Chairperson, then introduced **Sheri Senter from Chico's Boutique** in San Juan Capistrano. Seven of our member-models dazzled us with the latest spring fashions that emphasized bright colored prints, black and white combinations, all shades of blue, and best of all, easy-care fabrics!

Our models had as much fun as the audience did, as you can see from the photo. After the festive show, two lucky members won the raffle drawing for \$50 gift certificates at Chico's. It was a fun and exciting afternoon for us all.

Our next meeting will be April 12 at noon in the Clubhouse. Until then!

—Nadine Allen



Fashion Show models (left to right): Janelle Sommer, Lydia Reese, Mary Crowl, Cora Berkery, Jeannie Sticher, Cathy Tyson, and Christy Manetta.

GARDEN CLUB

As I write this report there is a storm hitting the East Coast, and the thought arises that we are so fortunate to live in Southern California where it is always beautiful, sunny, and hardly rains. Oh wait. Whoops! I see outside my driveway is wet and rain is falling. That's great too! Our gardens do need the wet stuff.



Wagon ride through the flower fields.

Last month more than 20 Garden Club members carpooled to the **Flower Fields of Carlsbad Ranch**. Quoting from their website www.theflowerfields.com to describe our visit: "Take yourself out of the ordinary and spend a few hours in one of nature's wonders; a place where kids can run and adults can linger . . . [on] 50 acres of extraordinary color . . . in bloom on a hillside overlooking the Pacific Ocean." Our group did just that while enjoying a ride through the flower fields in an open-air wagon towed by an antique tractor. The ride included an audio commentary on the history of the flower fields for our enjoyment. Following the tour, our group went for lunch before heading home.

Now take a moment to **look at page 15** in this issue to see another of our Garden Club projects, where we have photographed and categorized for you, "The Trees of Niguel Shores."

Looking ahead, here's an important reminder: Our **Annual Plant Sale** is scheduled for **Saturday, April 28** in the Niguel Shores clubhouse. Each Garden Club member is requested to bring two plants or garden-related items to be sold during the sale. If possible, members should consider coming early to help with setting up for this very popular community event.

—Karl Kuhn

"Different Strokes for Different Folks"

Niguel Shores Women's Club 2018 Home Tour

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

Women's Club Members \$35
~ Guests \$40



- ▶ Homes from sleekly contemporary to wonderfully beachy will be on this year's tour. You will see the charming, the spectacular, the remodeled and the rebuilt as well as world class art and antiques. There is something for everyone.
- ▶ After the tour, you will enjoy a catered lunch with wine.
- ▶ Make your reservations now at the NSCA Office. Space is limited.
- ▶ Any questions, call Ginny Nevitt at (949) 488-2678.

CLUBS

MEN'S CLUB

At our March meeting, the Clark Team led by Jack Christiansen served a scrumptious sausage hash brown casserole. Jack started working on breakfast more than 24 hours before. Thank you, Jack and the Clark team.

Now if we could only remember what our featured speaker spoke about . . .

Member Kent Wellbrock, an active participant in one of the Alzheimer's aging studies, introduced our speaker, Dr. Aimee Pierce, who has been medical director of the UCI MIND Memory Assessment Clinic, and is serving as Assistant Professor and Medical Director of the Memory Assessment Research Center.



Dr. Aimee Pierce, Medical Director of the Memory Assessment Research Center.

Her interests include age-related brain disorders, including aging and dementia, Alzheimer's disease, frontotemporal dementia, Lewy Body dementia and Huntington's disease. Her talk focused on her work with Alzheimer's disease, a condition of utmost concern to our community.

The March 20 meeting featured breakfast by the Enger team followed by a presentation by Orange County Supervisor and former Dana Point Mayor Lisa Bartlett. Actively involved in and concerned about our community, Ms. Bartlett has been an activist for the Dana Point Harbor revitalization, the state of Orange County's governments and the impact of the county government on the city of Dana Point.

Our next meeting on April 3 features Dana Point City Manager Mark Denny addressing the state of the city. Mark has been city manager since July 2017, previously served as Deputy City Manager, and prior to that as COO of Orange County. On April 17,

Debra Lewis, former Mayor, now Dana Point councilwoman, looks at our police services and the continuing challenges of governing our community.

Note: As our meetings sometimes fall beyond the deadline of the Seashore News, parts of this report might be classified as historical fiction. The parts that happened are certified truthful; we were there. As my wife always says—he made up the rest as he went along.

—Robert F. Saint-Aubin

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Dermot and Karen H., Niguel Shores residents

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ACTIVITIES

PAGE TURNERS

For their April book the Monday and Thursday afternoon groups of Page Turners will discuss *News of the World* by Paulette Jiles. The story revolves around Captain Kidd, an itinerant who travels through northern Texas giving live readings of the news. Along the way, Kidd is enlisted to deliver Johanna, an orphan girl, to her long forgotten relatives. The book has been described as “. . . a brilliant work of historical fiction that explores the boundaries of family, responsibility, honor and trust.” The LitLovers website says, “Stripped down to its bare bones, *News of the World* is the tale of a hero and heroine’s journey. The bond that forms between Kidd and Johanna is visceral, no matter how many times Kidd near kicks himself for taking on responsibility for the wild child.” For information on the Thursday group contact Lisa Buchner at lisabuchner@cox.net. Monday afternoon group contact Frances at fozimec@cox.net.

—Frances Ozimec

BRIDGE CLUB

Our Bridge Club continues to play three to four tables every Wednesday at 11:00 a.m. If you’re interested in playing with us, we only ask that you have at least a working knowledge of the game. Please contact MaryAnn at (949) 489-9999.

Our latest winners:

- 2/21 1st) Helen Campbell, 2nd) Sandy Youdbulis, 3rd) Joannie Donahue
- 2/28 1st) Jim Pinola, 2nd) Hansa Sehgal, 3rd) Sandy Youdbulis
- 3/7 1st) Lanny Barnard, 2nd) Jack Bernard, 3rd) Frieda Baskin
- 3/14 1st) Lee Farrell, 2nd) Sandy Youdbulis, 3rd) Frieda Baskin

—Jim Pinola

REALLY SERIOUS BOOK CLUB

Last month the Really Serious Book Club discussed *Skunk Works* by Rich and Janos, the inside story of the Lockheed Aircraft super-secret division that developed the “Blackbird,” the U-2, Stealth aircraft other engineering and aircraft marvels. Their struggles with the CIA, Washington and Lockheed management are highlighted, as well as technical and scientific problems that had to be resolved by the motivated and driven team of brilliant engineers. Complex personalities and interactions are revealed; the success and records of the aircraft produced and documented. The meeting was hosted by Norton Schwartz with brownies and coffee served. —Norton Schwartz

Honoring Our Graduates

Does your household have a high school or college graduate this year? Send their names and any other information (schools, activities, future plans) by May 1 to seashorenews@hotmail.com. We would like to honor the graduates in our June issue.



LIBRARY

Dana Point Library presents the following programs for April. They are free and held in the Community Room with no reservation required unless otherwise noted. Call the library for more details (949) 496-5517.

TODDLER and PRESCHOOL

For children accompanied by a parent or caregiver:

Toddler Storytime - April 3, 10, 17, 24. 10:30 a.m.

Stay and Play - after storytime.

Preschool Storytime - April 4, 11, 18, 25. 11:00 a.m.

CHILDREN OF ALL AGES

School’s Out Celebration - April 4, 5, 6. 1:00 to 2:20 p.m. A different activity each day.

Lego Club - April 11. 3:00 to 4:00 p.m. Legos and Duplos provided.

Earth Day Storytime - April 19. 2:30 -3:30 p.m. Join Miss Maggie for stories, songs, and an activity.

Stories and Snack Storytime - April 22. 10:30 to 11:30 a.m. Fun stories with Ms Kasey including snack and juice.

PJ Storytime with Sunshine Readers - April 24. 5:30 to 6:30 p.m. Pajamas encouraged. Cookie and water served.

Family Gaming - April 26. 3:30-5:30 p.m. Families welcome for traditional board games and new video games.

Read to a Dog - April 4, 17. 3:00 to 4:00 p.m. Therapy dogs love listening to kids read stories.

Crazy 8’s Club - April 6, 13, 20, 27. 2:30 to 3:30 p.m. Children grades 3-5 enjoy different hands-on activities every week. Registration required by visiting or calling the library.

TWEEN, TEEN

Teen Advisory Council - April 3. 5:30 to 6:30 p.m. Teens, 12-17, tell us what you want from the library, Snacks are provided.

Teen Time - April 10, 17. 5:30 to 6:30 p.m. Teens 12-17, join us for a different activity every week.

ADULT

Adult Coloring Club - Fridays. 10:00 a.m. to 12:00 noon. Coloring materials provided. Held at the adult tables.

Computer Class - April 5, 12, 19. 9:00 to 10:00 a.m. Learn basic computer skills with a free, three-part, hands-on class. Registration required by visiting or calling the library.

Write On! Writer’s Group - Tuesday, April 3, 5:00 to 7:00 p.m. Author Steven G. Jackson presents his “One Hour Guide to Professional Writing.” Open to all. Free of charge. Refreshments served.

Travel Club - Sunday, April 15. 2:00 to 3:30 p.m. Road Scholar Ambassador Jill Swaim will lead the meeting. Walk-ins welcome!

Foreign Film - Sunday, April 22. 3:00 to 4:45 p.m. Call library for movie title.

Seaside Book Club - April 23. 10:30 to 11:30 a.m. 4th Monday every month. Call library for list of titles. Copies of current selection available at service desk.

—Karla Sanders

Wellness... Sugar, Sugar Everywhere

As I peeked out our bedroom window, the beauty of the morning was unfolding before my eyes. The sun, just coming up, spread rays of light that gently washed over the landscape, with just a few white puffy clouds accenting the deep blue morning sky. I made my way downstairs for coffee and, as I often do, dropped something whole wheat into our decades-old toaster to start the day. This morning it was a whole wheat English muffin. (If it's nice and crunchy with a little peanut or almond butter on top, I'm in breakfast heaven!) After toasting the muffin to my desired crunchiness, I carefully removed it from the heat, spread the nut butter on with just a little no-added-sugar blueberry jam, and took a bite. Delicious! Woven through all that enjoyment, though, was a sweet taste that I hadn't noticed in my usual whole wheat fare. Enough of a sweet taste for me to seek out the English muffin bag and read the label.

While the appealing aroma of toast and coffee filled the kitchen, I took a minute to inspect ingredients on the muffin wrapper, only to see that the second ingredient was sugar—6 grams per serving. That's about 1½ teaspoons of sugar in every muffin! Despite that, I enjoyed my breakfast, but was reminded of the value of reading nutrition labels. For example, have you ever read the nutrition facts on a can of tomato soup? Besides high sodium levels, I was shocked to see a whopping 4 teaspoons of sugar! WOW!



The short, sweet answer why so much sugar is added to food is simple. The food industry adds sweetener to anything it can until consumers hit that bliss point where we crave more and more. We become hard wired to want everything sweet, reducing our desire to eat fresh fruits, vegetables, and other

healthy choices while the packaged food profits go up. If you're interested, here's a great, short article about how the food industry aids in the creation of our cravings. See <http://n.pr/2mGitXb>.

Some common culprits containing added sugar are low fat yogurt, BBQ sauce, ketchup, granola, fruit juice, sports drinks, soups, spaghetti sauce, flavored coffees and teas, vitamin waters, and protein bars.

The American Heart Association recommends no more than 6 teaspoons (25 gms) of sugar a day for women, and 9 teaspoons (37 gms) for men. Think how that compares with the average American eating about 22 teaspoons daily, or about 500 extra calories with no nutritive value whatsoever.

Excess sugar in our diets leads to overweight and obesity, which lead to a greater risk of cancer, diabetes, hypertension, and cardiovascular disease. However, there is a positive side to this conversation: You have the power of choice regarding your sugar intake! Become aware of what you're eating and drinking. Take your favorite healthy snack with you, like an apple and almonds, so that you don't weaken and end up at the vending machine. In other words, plan ahead. Read labels thoroughly and choose fresh fruit instead of cookies, or crisp veggies instead of chips. Also, surround yourself with supportive, likemind folks. When you do, your life will truly become sweeter, in the healthiest of ways!



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WOMEN'S GOLF

Niguel Shores lady golfers met March 12 at The Ranch 9-hole golf course with seven golfers—Irene McDonald, Pam Strayer, Judy Boitano, Catriona Sigsby, Julie Patton, Cindy Carmichael and Karen Condino. The rain held off, prompting not only our players but also several deer to make their way around the course and enjoy the beautiful morning's mild temperatures with a bit of sunshine peeking through the clouds. Each player used the best drive of the group on each hole and then played her own ball in for an individual score. Prizes went to Catriona for low gross score of 40 and closest to the pin on #8, and to Julie for low number of putts with 14, and closest to the pin on #6.



Cindy, Julie, Catriona . . . and unidentified deer crossing the sand traps in background.

Following golf, we had a fantastic turnout for lunch and were so pleased that Barbara Brabeck and Liz Kelsch were able to join us! Also lovely to have our social members Chris Beaver, Joanie Beyer, Ceacy Johns, Ruthie Stahl with us, and of course, our President Marlene Lynch, Treasurer Lee Sweeney, and our Secretary Brenda Tuckley. The group resoundingly voted to continue our longstanding holiday luncheon tradition, so thank you to Joanie and Ruthie for taking the lead in planning our gathering at The Fountains each year—we shall certainly look forward to it!

Our next golf outing will be April 9 and all are welcome. Please contact Irene McDonald to sign up at (949) 481-3035. The more the merrier!

—Julie Patton

Sports Fans, Take Note

April brings lots of action as the Masters Golf Tournament tees off in Augusta April 5 to 8, and runners take their marks for the Boston Marathon on April 16, Massachusetts Patriot's Day. It's time for the NFL Draft, and baseball season has just begun with March 29 as the earliest Opening Day in history.

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FAMILY FUN SPORTS

Batter Up! Dana Point Youth Baseball

What's more inspiring than an evening under the lights watching a Dana Point Youth Baseball game? Nothing, absolutely nothing. Especially if one of the players is your own child or grandchild!

Despite rainy days this past month, the kids warmed hearts of everyone in the bleachers by showing up for games in full uniform (belts rescued from under the bed, socks mostly matched, uniform shirts only slightly askew). We filled with pride at their swinging, running, and catching; and we smiled at their determination not to allow any base stealing on their watch. They even kept us in touch with the higher powers as we prayed for hits, (not strikes) when they went to bat. With each game, the kids' faces registered their fun being part of a team, win or lose, as their hot-chocolate-sipping fans watched in delight.

Now here's a tip: When your favorite player asks for some Big League Chew (yep, the kind we remember from the old days), you'll find plenty at the well-stocked snack bar. And while you're there, the BBQ burgers are terrific. Why not take the family—or just go yourself—and enjoy a game! **This year marks Dana Point Youth Baseball's 50th Anniversary.** Teams play on the fields at Dana Point Community Center, 34052 Del Obispo Street.

—Sandy Homicz



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Sabroso Beer and Music Festival

April 7 • 1:00 – 9:00 p.m.
Doheny State Beach

A day filled with beer tastings of Sabroso and many other craft beers from around the world. Includes tasty gourmet tacos and music .



High 5 Carnival

April 21 • 10:00 a.m. 12:30 p.m.
Dana Hills High School

Free Admission
Enjoy a fun day with the family to support Mental Health & Wellness with a focus on children and adolescents. DJ & Live youth singers, carnival games, raffle prizes and silent auction. Drinks and snacks available for purchase. For information: www.EL.Foundation

Dana Point Farmer's Market

April 7 • 9:00 a.m. – 1:00 p.m.
La Plaza Park on Pacific Coast Highway
Local farmers bring fresh produce to sell. Craft vendors join in on the fun.



Dana Point Symphony

April 7 • 7:30 – 8:30 p.m.
St. Edward Catholic Church
33866 Calle La Primavera, Dana Point
Music of Vivaldi and Mozart will feature special guest soloists

Dana Point Grand Prix

Festival and Race
April 29 • 9:00 a.m. – 3:00 p.m.
Now in its 12th year, this is one of the best organized and attended 1-day professional and bike festival events in America. Experience the fun and exciting celebration of bikes. Kids race free for ages 4 to 12. Activities for all ages



WSA Surf Contest

April 14-15
Salt Creek Beach

Dana Point Civic Assoc. Coffee Chat

April 20 • 8:30 – 10:00 a.m.
Coffee Importers – Dana Point Harbor



California Wine Festival

April 20-21 • 11:00 a.m. – 3:00 p.m.
Lantern Bay Park
Admission prices from \$35.00 - \$159,00
Experience one of California's most popular wine festivals. Enjoy music and some of California's best wineries pouring vintage red and white wines, complemented by dozens of top chefs serving gourmet appetizers.



Newport Boat Show

April 19-22 • 12:00 p.m. – 7:00 p.m.
Lido Marina Village
Enjoy a walk around the newly renovated Lido Marina Village. This boat show offers an exciting opportunity to view the latest in watercraft vessels and shoreside products.



Discovering Deep-Sea Sharks with Kristin Walovich of the Pacific Shark Research Center.

April 19 • 6:30 p.m.
Dana Point Community Center
34052 Del Obispo Street, Dana Point

THREE WEEKS ON THE FRENCH RIVIERA

This past fall I was fortunate to accompany my daughter and son-in-law to their second home in Cannes, France. The trip had an auspicious beginning when we were upgraded at the airport from economy premium to business class on Air France for an additional charge. At check-in I simply asked if there was any chance of an upgrade, and *voilà*, it happened. The original price for business class was a mind-numbing \$8,000 per person round trip! However, this last-minute upgrade brought the price down to \$2,000 roundtrip to fly in our own compartment with lay-flat seats for sleeping and exquisite French cuisine, wines, pastries, superb service, and a pass to visit the Air France Clubs in San Francisco and Paris. Certainly worth the upgrade!

After recovering from jet lag, I lost no time in starting to see France as an insider, staying in their high rise condo, shopping daily for baguettes at the *boulangerie*, and marveling at the incredible array of fresh fruits and vegetables, butcher departments that offered freshly cut meats (including veal, venison, wild boar, sides of beef, lamb, pork, quail, rabbit), fish from all the oceans of the world, plus squid, octopus, crustaceans, *moules* (mussels), oysters, and even fresh skinned sting ray. The French even have stores that specialize in frozen foods only, and these are not offerings like our pizza, chicken pot pies, or diet dinners. How about Picard's frozen gourmet entrée of Roasted Guinea Fowl Stuffed with Duck Foie Gras and Fig Chutney, or Almond Encrusted Salmon with Risotto and a Fondue of Leeks and Mushrooms?

Early in my stay, my son-in-law, a pilot, took us by private plane and helicopter over the Riviera from Cannes east to Monaco, over the Maritime Alps, and across all of Provence to get a birds' eye view of what I would be visiting in the weeks to follow. From the air, the developed



Avignon

coastline is densely packed with high rise condos and the hilly coastal enclaves of private villas belonging to the billionaires of the world. Further from the coast the land appears as a patchwork quilt with small farms growing produce, all kinds of fruit trees, berries, and fields of flowers for the perfume industry. The hillsides and canyons are covered in miles of olive trees and vineyards and there are still many medieval villages atop steep cliffs whose massive walls and parapets surround twisted cobblestone streets and iconic churches.

We visited the Papal Palaces at Avignon and the Pont du Gard and spent an evening at the Abbaye de Sainte Croix in Salon-de-Provence. We drove the length of the Cote d'Azur to St. Tropez, stopping along the way to enjoy seaside towns and farms and vineyards further inland.

Off the coast of Cannes a ferry took us to the tiny island of St. Honorat to see the Abbey and Monastery of Lerins. We visited the Pierre Bonnard museum in Le Cannet, not far from our condo.

An hour's drive east and we were in the border town of Ventimiglia, Italy, where we shopped at the outdoor market for all things Italian (fresh squash blossoms for stuffing with ricotta and sautéing in olive oil, dry salami and sausages, cheeses, fresh ravioli and pastas of every description, and many other delicacies which my daughter (a California Culinary Academy trained chef) transformed into a virtual feast that evening.

Being in the company of my daughter and my son-in-law (*beau fils*), who is fluent in French, was a huge treat for me. I had no worries as they served up delicious meals, flew me around the country, and spared me from having to insult the locals with my Spanish-accented *Français*. And I love the French word for mother-in-law—*belle mere*. It truly was a memorable trip!

—Nadine Allen



Pont du Gard



CUISINE CORNER

Harvest Restaurant

Maybe some of you remember Ben Brown's Laguna Beach 9-Hole Golf Course and Restaurant in Aliso Canyon. In 2013 Mark Christy purchased the 50-year-old property, renamed it **The Ranch at Laguna Beach**, and took the property to a new level. Christy is a local resident and owner of Hobie Sports and other establishments in Laguna Beach.

For those who aren't familiar with this spot, it's across from Aliso Beach. Look for **The Ranch** sign at PCH and Aliso Canyon Road, turn right, and proceed into the canyon approximately ¼ mile to the resort.

Harvest Restaurant opened at the resort last year in a comfortable lodge setting with a massive stone fireplace for lounging and a great bar vibe. Casual attire is the norm, especially during the day with golfers coming in for breakfast and lunch.

Breakfast favorites include Wet Breakfast Burrito, Chilaquiles, Garden Omelet (Vegan), Avocado and Crab Toast and a Giant Applewood Smoked Bacon Cinnamon Roll with Maple Glaze (special with the golfers). Hours are 7:00 to 11:00 a.m. Price Range \$10 - \$20.

Popular Lunch entrees include French Onion Soup, Grilled Salmon Salad, Fried Chicken Sandwich, Harvest Club Sandwich and California Cobb. Hours are 11:00 a.m. to 3:00 p.m. Price Range: \$10 - \$20.



Dinner recommendations include Small Plates like Brussel Sprouts, Market Fish, and Pork Bites; and Large Plates such as Steak Frites, the 24-ounce Steak for Two, Tomato and Beer Braised Short Ribs, and Crispy Salmon. Hours are 5:30 to 10:00 p.m. Price Range: \$12 - \$35.

There's a great Happy Hour outside on the large patio overlooking the golf course. You can relax in comfortable seating with teak lounge and rocker chairs, enjoy the fire pits, and even play bocce ball if so inclined. Entertainment is provided Monday through Saturday from 4:00 to 8:00 p.m. and Sunday from 10:00 a.m. to 2:00 p.m. During Happy Hour guests receive 20% off food and beverages.

There is also a private dining room which can seat up to 40 as well as a Ballroom downstairs which can seat up to 200 for special occasions—a great venue for weddings and conferences.

Valet parking is provided at no charge. For reservations call 949-715-1376 or Open Table, or visit their website at www.theranchlb.com.

A final note: Exiting onto PCH is tricky when you are leaving. Make a right turn on PCH and get into the left lane at the next signal which is Wesley Drive, then make a U-turn to go south on PCH.

—Bill Walkup

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FOR THE RECORD

A geographical correction to our March issue: Blarney is located in the southern part of Ireland near Cork, not near Galway as was implied. *Editor's Note: Sometimes things slip by. Thanks for letting us know.*

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Within Our GATES

We have often walked on this street before . . .

We appreciate and enjoy the landscaping within our Community but how many of us can identify the beautiful trees and shrubs that we pass by daily? Thank you to the Garden Club for providing the following photographs and names of trees and florals that we pass on Niguel Shores Drive.



Bougainvillea & Olive Tree



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Eucalyptus Tree



New Zealand Flax Phomium



Mexican Bush Sage Salvia Leucantha



Sego Palm



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