

# Seashore News



November 2018

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Issue 539

## FROM THE HELM

**H**ard to believe it is already November and we are in the midst of a multi-holiday season. Here's hoping all enjoyed the fun at the Halloween Party hosted by our Recreation Committee. With Halloween behind us, **Veteran's Day** soon approaches on November 11, and we will pause to pay respects to our men and women in the military, past and present. Then the tempo picks up with all the activities and gatherings of family and friends at **Thanksgiving**. Many of us will experience relatives and friends visiting for one or more days in Niguel Shores. Needless to say, the Mariner Gate will be busy processing your guests as quickly as possible. Your assistance is needed in ensuring your guest list is up-to-date to speed along the entry to Niguel Shores and make sure no one is late for dinner!

Even though holiday decorations have been on display at retail locations since back in October, Niguel Shores maintains a strict practice: **No Holiday Lights On Until After The Thanksgiving Holiday**. This practice includes lights, inflatables, lawn ornaments and other festive holiday decorations. Also keep in mind that all the above decorations and lights must be taken down no later than January 15, 2019.

Niguel Shores will continue the tradition of the Recreation Committee's **Holiday Street Decorating Contest**. The judging will take place on December 13 and 14. I understand this contest is growing very competitive between some streets, so talk to your neighbors and bring out the decorations. Hopefully, all streets will participate in this annual contest.

During the week of October 15, the **Proposed New Rules And/Or Rule Changes** were mailed out to all owners. Please take the time to review the proposed new or updated rules and communicate with us about any questions, concerns or objections to the proposed changes. You can send an email, fill out the form enclosed with the packet or stop by the office and talk to the Staff. All feedback is due no later than November 15. The Board will review all feedback and the proposed rules will be part of the December Board Agenda.

The third quarter **Resident Roundtable** was held on October 10, with a focus on recommendations for Board goals/projects and potential new recreational amenities. Thanks to all who participated. Some of the ideas and recommendations included replacing the wood chips in the tot lot with rubber chips, a putting green, pickle ball facilities, enhanced lighting at the Bluff, indoor or outdoor equipment for working out, large BBQ near the pool area, and raising the temperature in the pool on a year-round basis. The Board will be discussing the above recommendations as planning for the future moves ahead.

**Elections** are right around the corner on **November 6**, and the Multi-Purpose Room will be open as a polling place. As this location is usually very busy, please watch for the pedestrians and vehicles in and out of our parking lot.

*Wishing all a Happy and Healthy Thanksgiving!*

—Jeannie Sticher



**GIVE Thanks!**

As we gather at our tables this Thanksgiving with family and dear ones, let's focus on the everyday wonderful things that happen around us. Let's center our hearts and minds on all our gifts and give thanks.

It's amazing to realize that as we become grateful for the little things, joy sneaks in—and the presence of joy can have such a healing effect on our lives.

Let's strive for an attitude of gratitude and show it by giving thanks. Let's be thankful for the food on our tables, for the hands that cooked and served, for the harvest that allowed our food to grow from fields to our tables. And let's not forget to hold in our hearts hope for the marginalized, homeless and those suffering. May their burdens be temporary so that someday they might think of them as blessings.

With grateful hearts, let's give thanks for our freedom, friends and families, and hope that health and safety abound. Gratitude makes everyday sacred so let's show GRATITUDE, be thankful, and notice the joyful attitude that gratitude creates. Have a grateful, joy-filled Thanksgiving! —Yollie Mancino

## Tree Trimming Continues:

The tree trimming throughout the community has begun and should be completed by the end of November. Although view complaints arise throughout the year, the fall months are the best time of year to trim our community trees. Once the trimming is completed the trees should not grow a lot during the winter months. Then you can expect them to come back during the spring and we will start over again with the same process next fall. Hopefully, we will get to your area very soon, but keep in mind that we have approximately 1,650 trees throughout the community. Your patience with this project is very much appreciated.

## Office Closed:

The Management Office will be closed Monday, November 12 in honor of Veterans Day, and November 22 and 23 for Thanksgiving. No construction is allowed on November 12 or November 22. Construction will be allowed on Friday, November 23. Thank you for your understanding and we will be happy to help you during regular business hours on your next trip to the office.

## Save Money – Sign Up for Email Documents:

In an effort to keep costs down for the Association (and, in turn, yourself) you have the option of signing up to

receive Association mailings, notices and disclosures via email rather than by US mail, thus saving copying and postage costs. You can request to receive communications via email by submitting something to the office in writing and we will take care of the rest. There will still be some items sent through the US mail and you have the ability to be taken off the list of receiving email correspondence at any time if you change your mind.

## Sea Terrace II and Villas – Service and Event Passes:

If you live in the Sea Terrace II or Villas tracts and are having work done or are hosting an event at your home, you can request temporary passes from the office in lieu of using the six (6) month guest passes. Just contact the office staff and they will make you as many one (1) day passes as you require for your project or event.

I don't want to miss an opportunity to say that I am thankful for you and those that are true gifts in my life. Thanksgiving is the perfect time to express just what it is that we are all thankful for. I want to demonstrate my "THANK YOU" by sending everyone this quick note:

- **Thank you** for treating all the NSCA staff members with the same respect and courtesy that you would expect to receive from others.
- **Thank you** for coming into the office with positive comments and compliments. These are really a way to brighten someone's day.
- **Thank you** for completing a Homeowner Request Form (HRF) and not filing a complaint.
- **Thank you** for submitting all requests in an encouraging manner.
- **Thank you** for your understanding and patience if the response you get is not necessarily the one you want, even if it is the only one we can provide to you.
- **Thank you** to **Karen Decker, Matt Northrop, Blayke Miller, Yuliya Cernavskis, George Cooley, Dave Smith, Tom Shimkus, Ray Russomanno and Manny Pantoja** for all your hard work and dedication here at Niguel Shores Community Association.
- **Thank you** all for making Niguel Shores a great place to live and work.

*Happy Veterans Day and have a Wonderful Thanksgiving from the Niguel Shores Staff!*

—Marla Miller

## WWW.NIGUEL SHORES.ORG

*Looking for information about our community?*

*Visit our Niguel Shores website at  
[www.niguelshores.org](http://www.niguelshores.org)*

- Updates from Office
- Community Events
- Board Actions and Information
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- Gate Login
- Contact Directory
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- Niguel Shores History



**CHECK US OUT!**

For October's Board of Directors Action Summary  
Please See our Website [www.niguelshores.org](http://www.niguelshores.org)

# COMMITTEE REPORTS

## MAINTENANCE

As we move into fall and winter the Maintenance Team's attention turns to community holiday preparations and planning for potential weather-related challenges. The Maintenance Committee has been addressing on-going business, urgent issues that pop up, and long-term projects for the coming year. The Board approved the Committee's recommendation to replace the furniture of the patio and Clubhouse so you can look for a major upgrade there. The damaged stone wall at the Stonehill service gate has been repaired but options are being reviewed to address the mismatched stucco. Ongoing is the maintenance of our curbs and sidewalks which includes filling gaps and grinding uneven areas.

Speaking of the Stonehill service gate, its current repair is due to being struck by a vehicle late in August. Apparently, a resident was not aware that this is only used on occasion by Maintenance as a service pass-through and is not a resident egress. A word to the wise: If a gate doesn't open, don't try to force it with your car. The responsible party has been identified and is footing the bill for the repairs.

One major project, completed with only a few minor hiccups, was replacement of the fiber optic cable connecting the main office to the Mariner gate house. This vital link was plagued by outages due to the aged line. **George Cooley** and his crew wisely convinced the contractor to leave the old cable in place until the new one could be installed, making for a smooth transition to the new line with minimal downtime.

Our Maintenance Team spotlight this month falls on newest team member **Manny Pantoja** who started in June 2018. If you're not sure who Manny is, just look for the 6'7" staff member often driving the golf cart. Manny says everyone is so friendly—"Well, this is Niguel Shores!"—and he is always greeted with a wave and a smile when he is driving the cart. Manny is a life-long resident of Capistrano Beach and attended San Clemente High School, class of 2018. At his height, the obvious question is "Did you play basketball?" He was asked to try out many times but decided instead to play football as an offensive lineman.

Manny says working at Niguel Shores is the best job he ever had and that it is "Cool to work along the beach in a beautiful community, but not much fun getting up at 3:00 a.m. to take care of the maintenance opening procedures on a Sunday morning." Hard to blame him there. He has an older brother and a younger sister and is



Manny Pantoja

currently a student at Saddleback Community College. He takes a full day of classes on Tuesday and Thursday and works out at a gym twice a week. If you see Manny around the community give him a wave and say "Hi!"

—*Geoff Dunlevie*

## EMERGENCY PREPAREDNESS

### OMG! Have you been SHOT?

If you haven't, you should. It's that time again. Flu season is already upon us and the prospects aren't good. You can be immunized with the vaccine at your family physician's office and at most pharmacies (Rite Aid even gives a free ice cream cone to ease any anxieties).

AND, be sure to inquire about the high-dose vaccine if you're over 65. Fluzone has been to be more effective, according to the Center for Disease Control. The CDC urges everyone who is at least 6 months old to get an annual flu shot, and says seniors and infants are at particular risk. Although the vaccine may provide only limited protection, health officials say it is better than nothing.

Get it the habit of washing your hands more often, clean your cell phone screen, use anti-bacterial lotions, keep your fingers out of your eyes, (and nose) and use a fist bump instead of shaking hands. Hard to stay away from germs but you can try.

Not a bad idea on your next telephone call to Mom and Dad, and the kids away at school, to remind them to get their shots, too.

ALSO, for those very special individuals over 65, make sure you are up-to-date with pneumococcal vaccines, which help prevent pneumonia, meningitis and sepsis. People with the flu are more likely to develop pneumonia.

Don't stop now if you're over 65. Ever talked to someone who's suffered from Shingles? It ain't fun as I'm sure you've been told. Now there's a new version of the vaccine, a two-part dose that's more effective than the previous version. Well worth the time to get them if you want to avoid this nasty ailment.

CONGRATULATIONS are in order for the Niguel Shores residents who were certified at our AED/CPR/First Aid class at the Clubhouse in late September. THUMBS UP and SMART MOVE.

PLEASE make it a PRIORITY to VOTE this Tuesday. It's really a privilege and it's also in our job description as citizens

Lastly—I teach a class every Thursday at Orange County Adult Care Services. Our first exercise every morning? SMILE . . . It's the best move to start your day.

—*Kent Wellbrock*

# COMMITTEE REPORTS

## TRAFFIC AND SAFETY COMMITTEE

**Next to the Gate:** 'Tis the season to be particularly mindful of securing our residences and vehicles. Thefts from cars and homes traditionally escalate as the holidays approach. Just the other day a resident near the Cabrillo gate briefly left the family home without locking it. Upon returning after a relatively short absence, it was evident that the home had been burglarized and a lot of property stolen.

In the past ten years, we have only had few residential break-ins. All of these, as I recall, have occurred near a gate or wall separating the house from the outside streets. After all, the burglars want to get away quick.

**Lessons Learned:** Residential burglaries almost always occur during daylight hours for two obvious reasons: First, people aren't home and thieves generally don't want a confrontation. Second, if caught, the nighttime burglar will receive a much harsher sentence as required by law.

Also remember to lock your cars and trucks. Thieves realize that the penalties are very lenient for those caught stealing from an unlocked vehicle, but harsher for those that force their way into a secured vehicle. Consequently, they generally don't break into locked vehicles.

Should you fall victim to a crime, call the OC Sheriff first (911 if it is an emergency). Deputies are trained and empowered to conduct thorough criminal investigations and have police powers to investigate where others can't. Calling our Securitas patrol officers first only serves to delay the arrival of the trained first responders. On criminal as well as disturbance matters, our Securitas personnel are instructed to ensure that deputies have been summoned and do what they can to get authorized responders to the scene as promptly as possible.

Our contract with Securitas limits their responsibility to parking and traffic control. For the most part, each of the Securitas employees wants to help where possible, but if they go beyond the scope of their contract they subject themselves, their company, and our Association to possible liability.

**At the Gate:** Every month we receive reports of vehicles attempting to enter via the Selva and Cabrillo gates by tailgating another vehicle. The result is that the spikes in the road pop up and the tailgater has one or more flattened tires. To preclude this from happening, we have posted conspicuous signs at each of these gates advising that they are for Residents Only. Others should enter via the Mariner Gate. We have also regularly requested that residents instruct guests or service people to enter via the Mariner Gate. For the most part this has been relatively effective and there has been a steady decrease in flattened tires.

Unfortunately, one of the political candidates who spoke to our community didn't get the word from any of our residents.

According to Casey Tolan, writing in the *San Jose Mercury News* on October 12, 2018, the politico was a passenger in a vehicle being driven by a volunteer with a reporter in the back seat. They decided to knock on a few voters' doors when they came upon a locked gate [Selva Gate] at the "exclusive Niguel Shores gated community." When another car pulled up, the driver "swerved" to tailgate in behind it. "The access bar fell down, smacking the top of their car, and spikes shot up from the entranceway, slicing through the vehicle's back tires . . . The car slid to a halt on a manicured block looking out over the Pacific — just across the street from a house with a bright blue yard sign [of the candidate] out front. Its owners, . . . were delighted to see the candidate knocking at their gate, and helped him and his team arrange a tow."

I mention this San Jose article to highlight the need to warn guests, including service people, not to follow GPS and not to tailgate through a "Residents Only" gate, but instead to enter via the Mariner Gate.

—*God Bless . . . Tim Murphy*

## RECREATION

With Thanksgiving almost here, it's time to be thankful for what we have, where we live, and the people who make this a great community. A big thank you to **Nancy Tinnes** for all her hard work on the Garage Sale. And how about all those Ghosts and Goblins at the Halloween Party? Thank you to **Chrissy Rausch** and volunteers for making our Halloween party and parade a fun one. Another thank you to all who participated in the festivities.

### Upcoming December Events:

**Holiday Tree Ornament Decorating—Thursday, November 29, 4:30 to 6:30 p.m.** Come one, come all! Let's add a little personal touch to our Niguel Shores tree and help create a special ornament in the Clubhouse lobby. We will supply the ornaments, hot chocolate and cookies. It will be fun for all ages.

**Holiday Tree Lighting—Sunday, December 2, 4:30 to 6:30 p.m.** Enjoy hot cocoa and cookies with your friends while Santa Claus reads to the children under the tree.

**Holiday Lights Contest Judging—Friday, December 14 and 15.** Start decorating November 23 to be ready for the judging. Make your street the best.

**New Year's Eve Party—Sunday, December 31, 8:30 p.m. to 12:00 midnight.** Come and join us at our annual New Year's Eve Party! Bring your own beverages and dancing shoes to enjoy great music and welcome 2019.

—*Maria Elena Banks*

# CLUBS

## WOMEN'S CLUB

You will not want to miss our next Women's Club luncheon meeting which will be held on November 8 at Noon in the Clubhouse. We will be joined by our very own Niguel Shores resident **Kent Wellbrock** who writes the *Seashore News* "Emergency Preparedness" articles every month. He will be speaking to us about what we need in an emergency and the importance of internet safety.

We will also commemorate Veteran's Day by honoring the special veterans in our lives with stories, photos and memories.

Last month's October luncheon was more like a Halloween Party than a meeting. Some of the ladies dressed in costume and everyone had fun celebrating. Thank you to **Niguel Shores Women's Club President Terry Link** for the festive decorations and for giving away the pumpkin centerpieces to anyone with an October birthday. That was a lovely gesture.



Women's Club fall craft workshop hosted by Suzanne Enis and Jeannie Sticher.

The speakers **Kerri Marchionni** and **Jessica Dentone** of **Fleet Feet Sports** in Laguna Niguel had us on our feet and barefoot to have our feet scanned. They used 3D scanning technology which measures everything that matters and their expertise to customize fit solutions for you to try, buy, and love. They generously supplied a prize and a raffle drawing and one of our members went home a winner.

I didn't win the raffle but I did go to Fleet Feet the next day to get my own pair of pillows for my feet. The owner of

the store, Kerri Marchionni, was so helpful and terrific at helping me select running shoes that worked for me. They are located in Ocean Ranch Shopping Center which is a short distance away and very much worth the trip. Thank you to **Niguel Shores Women's Club Vice President Jennifer Hochstadter** for inviting them to speak.

The Women's Club is open to Niguel Shores residents to promote friendship, fun and service in the community. For membership inquiries please contact [barbgoffman@cox.net](mailto:barbgoffman@cox.net).

—Catherine Bitran

(*Seashore News* apologizes for misspelling names of some new Women's Club members in the October issue. Correction: *New Women's Club members in September* were Barbara Barrett, Betty French, Phyllis Majdick, Cynthia Talley, Carol Van Maanen, and Meg Wilson.)



Kerri Marchionni of Fleet Feet Sports with Women's Club Vice-President Jennifer Hochstadter.

## MEN'S CLUB

**President Bob Oakley** opened both October meetings with "Dad" jokes. He complimented the cooking crews and called on Programs Chair, **C.W. Gruenig** who introduced our guest speakers.

At the meeting October 2, **OC Supervisor Lisa Bartlett** provided updates on several County projects:

- **The Harbor Revitalization Project** will be managed by the Dana Point Harbor Partners LLC, comprised of three companies: Burnham-Ward for retail/restaurants, Bellwether Financial for the marina, and R.D. Olsen for hotels. The project cost is estimated at \$330 million and will take approximately five years to complete, with the parking garage to be constructed first.
- **The Niguel Shores Revetment** awaits final approval with the Coastal Commission and is expected to appear on their November agenda.
- **Orange County Transportation** will extend HOV lanes on I-5 south to the San Diego County Line, widen ¼ mile of Ortega, improve Oso Bridge, and work on a \$697 million project to be completed in 2023 connecting I-605, I-405 and the Toll Road to significantly reduce current drive time.
- **The Homeless Population** is a priority issue, with 7,500 homeless in OC and 75,000 in LA County. The County's current annual costs range from \$150K to \$450K per individual for support services. To lower these costs, the plan is to provide free wrap-around services for housing, health and mental care at a projected annual cost of \$45K to \$50K

## CLUBS

per individual, saving the County taxpayers millions of dollars. If individuals are unwilling to accept offered support services they could be arrested. To insure the local homeless population is not imported from other cities, a web-based National Homeless Management Information System is being developed to identify homeless persons by city, county and state.

- Planned improvements at **John Wayne Airport** include longer distance non-stop flights, improved concessions, local restaurant options, and interactive screens.

Bartlett endorsed and introduced **OC District Attorney Tony Rackauckas, Incumbent Republican Candidate for OC District Attorney**. Rackauckas outlined his accomplishments over nineteen years, saying he has established task forces to combat human trafficking, review sober living homes and address the opioid crisis. His office is also suing Purdue Pharma for knowingly endangering patients by hiring doctors to convince other doctors to prescribe addictive pain management drugs. He noted that OC is the safest county in Southern California according to the 2017 FBI Crime Report.

On October 16, our guest speaker was **Scott Rhinehart, Democratic Candidate for State Assembly 73rd District**. Scott owns a small real estate brokerage firm. He is one of nine children and his father was a miner, so he was raised in a Union family. Scott's platform includes economic growth,

single payer healthcare, clean energy, moving nuclear waste from San Onofre, opposing offshore drilling and supporting rent controls. He feels our biggest problems are not listening to each other and not working together to solve difficulties. He is running to improve the 73rd District for his children and grandchildren. Scott took questions and debated with members to defend his positions.

The Men's Club meets for breakfast and interesting programs twice a month on the first and third Tuesday. All men are welcome. Our next meeting is November 20 with elections in the Community Center on November 6. For information, contact club secretary **Robert F. Saint-Aubin** at [rfsaint@me.com](mailto:rfsaint@me.com).

--Roy Dohner



***Remember to vote  
on Election Day,  
November 6.***

The polling place is right here  
in our Clubhouse.

## GARDEN CLUB

On Monday, October 15, a beautiful and clear day, a merry group of Garden Club members assembled outside the entrance to the **Casa Romantica Cultural Center and Gardens** in San Clemente. **President Nadine Allen** had arranged a private, docent-led tour of the center and gardens. We divided into two groups, with one going off to enjoy the eight varieties of gardens around the historic home, while the other toured the house and learned about its history.

The history is simple. In 1925, H.H. Cotton, a financial tycoon, purchased 5,000 acres of land from the Boca de la Playa Rancho and hired a developer, Ole Hanson, to plan a seaside city. Ole Hanson began selling residential lots in San Clemente, which he later named after nearby San Clemente Island.

Ole Hanson was a forward-thinking land developer who previously had built homes in Seattle and Los Angeles. Ole built his Spanish Colonial Revival home in 1927 as his representation of the California dream. He required that homes on the lots he sold, which he marketed as vacation homes for citizens in Los Angeles and San Diego, be



patterned after his dream home, Casa Romantica. (Sounds like the forerunner to an HOA to me.)

Ole moved into Casa Romantica with his wife and eight children. The design of the house was U-shaped, featuring a central courtyard. Along one side was the dormitory for the sons, and on the other side was one for the daughters. The back of the house, of course, faced the ocean with a large activity room, a huge fireplace, bedrooms for the parents, a

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dining room and an office for Ole. The walls around the activity room held many photographs of the early years of the city and surrounding areas, including photos of the early surfing culture that grew up there—priceless scenes of the past.

After years of many owners, an anonymous donor gave \$1 million to the city to renovate Casa Romantica as



## ACTIVITIES

### PAGE TURNERS

A change of genre for Page Turners this month as they delve into Anthony Horowitz's mystery/crime novel *Magpie Murders*, which is described on the book's inside cover as a "... fiendishly brilliant, riveting thriller [that] weaves a classic whodunit worthy of Agatha Christie into a chilling, ingeniously original modern-day mystery." Horowitz, in addition to being a bestselling English novelist specializing in mystery and suspense, is further known for his large volume of work for children and teenagers. He has also written a number of TV screen plays, including the popular PBS show *Midsomer Murders*, and was the creator and principal writer for the series *Foyle's War*. According to LitLovers.com, "The estate of Arthur Conan Doyle selected Horowitz as the writer of a new Sherlock Holmes novel, the first such effort to receive an official endorsement. The resulting book, *The House of Silk*, came out in 2011, followed by *Moriarty* in 2014."

The Monday and Thursday afternoon groups of Page Turners will meet November 26 and November 29 respectively. The meeting time for both groups is 1:00 p.m. For information on the Thursday group please contact **Steve** and **Ann Morris** at [samwrsi@cox.net](mailto:samwrsi@cox.net) and for the Monday afternoon group, **Frances Ozimec** at [fozimec@cox.net](mailto:fozimec@cox.net).

—Frances Ozimec

### REALLY SERIOUS BOOK CLUB

The Really Serious Book Club met at the home of **Norton Schwartz** to discuss *The Food Explorer*, a book about the

a cultural arts institution, for which it is used today.

Our group enjoyed a relaxing stroll through the unique gardens surrounding Casa Romantica. They are maintained by volunteers who keep up the signature look with specimens that grow and change seasonally. Following our tours, we were seated on the terrace to enjoy a delicious lunch provided by the **Sundried Tomato American Bistro**.

Our next event is a special one, so members please pay attention! The November 19 meeting is the date for our **Annual Forget-Me-Not Project** where we create holiday gift bags to share with local homebound seniors. Check your club directory for more details on this very important club project. For more information on the Garden Club, please leave your contact details in the office and we will get in touch with you.

—Karl Kuhn

globe-trotting Botanist, Daniel Stone, who early in the 19th Century brought fruits and vegetables from foreign lands that transformed what America ate. He introduced avocados, nectarines, lemons, resistant varieties of wheat and potatoes, cherry trees and more from adventurous travel in exotic places at a time when the Department of Agriculture was staffed with one person. It's an astounding story of events that changed American farming, citrus and nut productions and America's eating habits. It was a wonderful book to review.

The next meeting will be *Political Tribe Group Instinct and the Fate of Nations*, by Amy Chua. If you would like to join us for these discussions, email Norton Schwartz at [Nortlynnne@Cox.net](mailto:Nortlynnne@Cox.net).

—Norton Schwartz



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# CLUBS

## DANA POINT LIBRARY—November 2018 CHILDREN

**Bilingual Storytime** – Saturday, November 3 and 17, 9:30. *Ven a LEER conmigo!* Come READ with me! Family stories, songs, crafts in Spanish and English.

**Steamport** – Sunday, November 4, 1:30 p.m. Science, Technology, Engineering, Arts and Math for kids! Explore different topics relating to S.T.E.A.M. fields through hands-on activities. Free for grades K through 6. Seating limited to the first 15 kids.

**Walk on the Wild Side** – Saturday, November 10, 11:00 a.m. Wild animals in the library! An exciting educational program about animals from around the world. A ROARING great family program.

**Family Movie** – Thursday, November 15, 10:30 a.m. *Space Buddies*. Moving at warp speed, dodging asteroids and more, the Buddies summon their courage and ingenuity to launch plans for a moon landing and a rocketing trip back home. G rated.

### TEENS

**Tinker Tuesdays** – Tuesdays, 4:30 p.m. After school STEAM for tweens. Join us for a new project each week. No registration required.

**Teen Advisory Board (TAB) Meeting** – Saturday, November 10, 2:00 p.m. Make the library your favorite gathering place! TAB members become leaders. Share opinions and make decisions about Teen programming. A great volunteer opportunity for grades 7-12.

### TEENS AND ADULTS

**Holiday Centerpiece Workshop** – Saturday November 3, 11:00 a.m. Learn from a Master Gardener how to create your

own holiday centerpiece. Supplies provided. Registration required (949) 496-5517.

### ADULTS

**English Class** – Mondays, 1:00 p.m. and Fridays, 11:00 a.m. Learn to read, write, and speak. Register at [esl.danapt@gmail.com](mailto:esl.danapt@gmail.com). Provided free by South Coast Literacy.

**Write On Writer's Group** – First and third Tuesdays, 5:00 p.m. A critique group where writers of all levels can share their work and receive constructive reviews from peers.

**The Memory Club: Brain Boosters Class with Dr. Mahakian, Gerontologist** – First Thursday, 10:30 a.m. Learn about memory, aging, and dementia. Discussion and humor included.

**Gentle Readers Book Club** – Second Thursday, 10:30 a.m. *Falling Leaves* by Adeline Yen Mah, available at the service desk.

**Basic Computer Skills** – Tuesdays, November 6, 20 and 27, 9:00 a.m. A free three-part, hands-on class. Learn vocabulary, using a mouse, email and internet searching. Registration required (949) 496-5517 or visit the service desk.

**Foreign Film** – Fourth Sunday, 2:00 p.m. A 2016 Austrian release, *Egon Schiele: Death and the Maiden*.

**Travel Club** – Third Sunday, 2:00 p.m. Rick Steves will be our guides us through Eastern Europe via DVD.

**Seaside Book Club** – Fourth Monday, 10:30 a.m. *Being Mortal*, by Atul Gawande, available at the service desk.

*Note: For a complete list of November Dana Point Library programs, visit the Niguel Shores website: [www.niguelshores.org](http://www.niguelshores.org)*

—Karla Sanders

# SPORTS

## WOMEN'S GOLF

The Niguel Shores Ladies Golf Club did not play during October, due to the course at The Ranch being aerated. Club President **Marlene Lynch** would like to remind all members that the Christmas Luncheon will be held at The Fountains on December 10. Please contact Hospitality Secretary **Joanie Beyer** if additional information is needed. Our next golf date will be November 12 at 8:30 a.m. at The Ranch.

—Julie Patton

## MEN'S GOLF

October was a great month for our Niguel Shoes Men's Golf Group. We took on Talega, Strawberry Farms, San Juan Hills, and Arroyo Trabuco. We are very lucky to have so many public courses to play so close to home. The weather here isn't so bad either.

As we wind down 2018 we will be playing San Juan Hills on November 6, Tijeras Creek on November 13, Talega on November 20 and Oak Creek on November 27.

December 11 is the date of our annual putting contest at Talega. It is always great fun, and a little chaotic, followed by a fantastic brunch and prizes. We present the **Golfer of the Year for 2018** with the famous White Jacket!

—Bob Russell

It was a sunny Saturday morning, and Mike was beginning his pre-shot routine, visualizing his upcoming shot, when a voice came over the clubhouse loudspeaker: "Would the gentleman on the ladies' tee please back up to the men's tee, please!" Mike was still deep in his routine, seemingly impervious to the interruption. Again the announcement, "Would the man on the women's tee kindly back up to the men's tee!" Mike had enough. He shouted, "Would the jerk in the clubhouse with the loud speaker kindly shut up and let me play my second shot!"



# Veterans Day Tributes

On the following pages, we welcome former editors of the Seashore News, **Mary Crowl** and **Karl Kuhn**, who bring us stories honoring veterans of the United States Armed Forces. We also travel to Normandy, France in **Richard Ammon's** article to pay tribute at the scene of the WWII D-Day invasion. Thank you to these contributors for remembering our veterans.

## Honoring All Veterans

On November 11, 2018, our nation will again celebrate **Veterans Day**—this year for the 100th time since the first observation on November 11, 1918.

Originally, November 11 was called Armistice Day to commemorate an end to the fighting in WWI and the cessation of hostilities between the Allied Nations and Germany on the eleventh hour of the eleventh day of the eleventh month in 1918. However, in 1954, President Dwight Eisenhower proclaimed this special day as Veterans Day to honor armed forces veterans of all our military conflicts.

Today, with an all-volunteer military, it seems even more important that we show thanks for the service they offer. Yet, the question arises: How will my family and I spend Veterans Day in a way that demonstrates our heartfelt respect for those who served the country?

Let me offer some suggestions, along with a little background history:

My first suggestion is easy. You can go to the **Veterans Day Ceremony** right here at **Dana Point Veterans Memorial Park** connected to Strands Vista Park on Selva Road. On Sunday, November 11, beginning at 10:00 a.m. members of the Marine Aircraft Group No. 39 of the Miramar Marine Airbase will be in attendance with a color guard and a Marine chaplain to honor all veterans with a bugle taps and gun salute. Marine senior enlisted personnel will speak.

The original idea for this local Veterans Memorial was promoted by the Veterans of Foreign Wars (VFW) Dana Point Post 9934. According to Post Quartermaster William Manes, he and the Post members approached the owner of the Headlands, Sanford Edwards, about having a Veteran Memorial placed on the Headlands Point. Mr. Edwards enthusiastically endorsed the idea and incorporated the site in his development plans, but that site was rejected by the California Coastal Commission. Following negotiations with the County of Orange and the Coastal Commission, the current site was approved. Next came the subject of how to pay for this project. Our neighbor, Sanford Edwards, stepped to the plate again and paid for the whole

memorial. During these negotiations the City of Dana Point was always supportive of the plans.

So in 2010, the Dana Point Veterans Memorial Park was dedicated to commemorate all five branches of the armed services. At the memorial are plaques, updated every year, one listing the names of local VFW veterans and another listing local veterans who have fallen in the defense of our great nation.

As another suggestion, if you enjoy a parade, the **City of San Clemente** will hold a **Military Parade and Ceremony** honoring the return from foreign deployment of their adopted Marine Corp Unit, 1000 strong, 2nd Battalion, 4th Marines. On Friday, November 9, at 10:00 a.m. they will be marching down Avenida Del Mar with the USMC Band, followed by a ceremony at The Marine Monument, Park Semper Fi near the San Clemente Pier parking lot.

The Board of the Heritage of San Clemente Foundation launched a private fund-raising drive to erect this Marine Corps Monument because the USMC has been a valuable neighbor of San Clemente since the early 1940s. The community chose the Dress Blue life-sized bronze statue, which was dedicated November 12, 2005 in commemoration of the Marine Corps 230th Birthday.

The **City of Irvine Veterans Day Ceremony** takes place Sunday, November 11, from 11:00 a.m. to 12:30 p.m. in the Formal Garden at the Colonel Bill Barber Marine Corps Memorial Park at 4 Civic Center Plaza, Irvine.

Here is a final suggestion, but you will have to save it for the future. The **Lake Forest City Council** unanimously voted to rename Village Pond Park to **Veterans Park** and to erect a monument in honor of fallen heroes



Dana Point Veterans Memorial



Marine Monument, Semper Fi Park

of the United States Military. When completed, five monuments honoring the Coast Guard, Air Force, Army, Marines and Navy, each in etched concrete, will display a bronze seal of the branch of service represented, topped

with a mosaic folded American flag.

I hope these suggestions are helpful. Have a great Veterans Day!

—Karl Kuhn

## A Veteran's Visit to a Grateful Korea

In September I had the privilege of accompanying my older brother, Tom, to Korea as a guest of the Korean government. Tom is a veteran of the Korean War where he served as a U.S. Army Sargent, at times within hearing of the artillery but, fortunately, never in a position of extreme danger. After the war, he sailed back across the wide Pacific, thrilled at passing under the Golden Gate Bridge, returned to his home town, married a local girl and raised his family. But he often thought that someday he'd like to return to Korea to see the transformation of that once very poor country over the past decades since the War.

His wish finally came true when he learned of the Korean Government's "Revisit Korea Program." All veterans who served in Korea and their families are invited by the Korean government (at its expense, even to the extent of refunding half of the veteran's air fare) to visit again, see the results of their military contribution, and be thanked for their service.

Tom and I joined a group of veterans and their families who were treated royally by our Korean hosts, staying in a grand hotel, all meals provided, tours and visits planned and executed efficiently and pleasantly with many guides, helpers and even nurses.

Our group was privileged to place a wreath at the memorial in the National Cemetery to honor the Korean soldiers, a ceremony accorded to every visiting head of state or VIP. A period of silence and taps followed, a long sad moment as always. This ceremony was repeated on another day at the National War Memorial which contains bronze plaques with the name



Arrival in Seoul

Illinois. Military from other United Nations members that participated in the War are also memorialized.

The most memorable planned event was a visit to the DMZ—the Demilitarized Zone at Panmunjom on the 38th parallel, an hour north of Seoul by bus. My brother was astounded to see the same three small wooden buildings that were there in 1952, in which the North-South negotiations have taken place all these years. The long table at which the negotiators sit straddles the border line through the middle of this little building and, when one walks around to the other side of the table, one is in North Korea. Of course, we all dutifully tramped around and took pictures (only allowed in very specific areas).

Korean troops man the DMZ along with a few Americans and a contingent of United Nations representatives in a camp nearby. A group of North Korean tourists waved to us from their side of the line, we waved back, took photos and went on our way.

We visited museums, had a shopping tour, experienced Korean culture and food, learned about their alphabet (invented in the 1400s by an enterprising Korean), saw films about Korean development, toured a palace, and enjoyed a cruise on the wide Han River that runs through Seoul. The city is filled and surrounded by hundreds of high-rise apartment buildings to house the 10 million inhabitants. Subways, buses, trains and throughways move them to and from work, and all is modern, clean and orderly. My observation is that the Koreans are justly proud of what they have accomplished and, also, that they are truly grateful for the crucial help that our country has given them. Truly a striking contrast to their northern neighbor.

—Mary Crowl



Conference table in DMZ

of every American who gave his life for Korea, of which there are 36,914. Every visitor was given a flower to place by our state or by an individual whom we knew. We found the name of one soldier my brother had known from our home town in

## Normandy and the Ghosts of World War II

In August 2018, we visited the northern French territory of Normandy for the first time, finding it a near-religious experience to revere and pay homage to the thousands who fell in World War II defending democracy against the evil forces of Nazism.

On 6 June 1944, D-Day, the Allied Forces launched the largest amphibious invasion in history when they assaulted the beaches and turned this quiet rural scene into a blood bath in hopes of stopping the Nazi takeover of Europe. Today in Normandy, lest we forget the heroes and victims of the war, there are many memorials, museums and cemeteries dedicated to these brave men and women.

Of course, the scene at Normandy now is not the same as the historic day of the invasion and the following six months it took for the Allies to reach Berlin and finish the war. Today's Normandy is invaded by another sort of foreigner—tourists from France and dozens of other countries. The beaches are broad, clean and gradual with countless children scampering in and out of the small cold waves that lap the land. It is again a peaceful sight that attracts vacationers, many of whom may prefer not to think of the history located here.

But, for us from far off California, it was impossible not to be aware of the events of seventy-five years ago because of the huge concrete and metal souvenirs that still remain in and out of the water here. There are chunks of the gigantic landing docks built in England and floated in separate sections—yes, literally floated—across the English Channel then half-sunk in the shallow beach water to create a harbor where the Allies landed tons of armaments and thousands of troops onto the French soil occupied by the Germans.

On D-Day there were five landing beaches in Normandy: Omaha and Utah (American), Sword and Gold (British), and Juno (Canadian). As first-time visitors to these beaches,

we paid little attention to the beach-goers that sunny day and focused instead on the story of human courage behind the ugly remaining pieces of the harbor as well as the ruins of several encampments stretching along five miles of Normandy. Across miles of coast there are enormous remnant bunkers, lookouts, and barricades, some with walls four feet thick. There are also memorial monuments built after the war for contemplation and remembrance.



Normandy American Cemetery is the final resting place to over 9,000 Americans that gave their lives in WWII.

Today, twenty-seven war cemeteries hold the remains of over 110,000 dead from both sides: 77,866 German, 9,386 American, 17,769 British, 5,002 Canadian and 650 Poles—not to mention the civilian casualties that mounted to over 15,000. The quiet

green fields of today are the horrible battle fields of yesteryear where so many died; yet we recognize the reward of this carnage is today's peace and democracy. Standing on the cliffs of Normandy with a strong cool wind in our faces, it seemed the spirits of the dead sang to us, "Do not forget."

—Richard Ammon

### Have You Been to Italy?

Send a few words about your Italian travels to [seashorenews@hotmail.com](mailto:seashorenews@hotmail.com) or drop us a note in the office. **Photos encouraged!**

All contributors entered to win **Dinner for Two at Luciana's Italian Restaurant** in Dana Point. Winner announced in December issue. Grazie!

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## Wellness... How Do We Define Health?

Thanks to my left knee, I've been forced to stop running (for the most part) but I can still do a lot of walking, for which I'm grateful. Our beautiful beaches and the surrounding trails make it easy to get in a workout, burn a few calories, and finish up feeling great! I've been blessed with a level of health that has, so far, allowed me to enjoy the pleasures, and benefits, of physical activity. Combined with daily choices regarding healthy eating, healthy relationships, sleep, staying hydrated, spending time with positive people, and more, I've been able to define and create health in my life, for which I'm very grateful.

On one of those walks, I listened to a TED talk about how we, as a nation, define health. At first, I expected a critique of the never-ending healthcare debate dominating our country. Instead, the presenter, who assists healthcare practitioners find the resources their patients need to create



health, outlined the importance of those practitioners asking the right questions, which they often don't. Questions about food availability, hunger, affordable housing, exercise, child care, and many more social determinants of health that,

*To Your Health! Sharon Stewart RN, Health Coach, [Sharon@SharonStewartRN.com](mailto:Sharon@SharonStewartRN.com)*

when addressed, have a larger positive impact on people's health than conventional medicine. She stated that 20% of health outcomes are tied to medical care, while up to 70% are tied to healthy behaviors! That is a telling assessment of the state of our current healthcare system. This is where the presenter's mission comes into play, helping healthcare practitioners understand the value of asking the right questions and connecting patients with needed resources.

What does this mean for you and me? My thought was, while the nation endlessly argues about our \$3.5 trillion healthcare system, we could donate time, money or volunteer helping connect those in need with necessary resources. Some possibilities could be Family Assistance Ministries, Families Forward, United Way, or even churches that sponsor various local outreach programs. With the heightened desire to give at this time of the year, we can establish a habit of helping others by supporting the necessary resources for a healthy life. As resources come within reach for more people, those very people can live the life they've often only dreamt of, and then turn to help others themselves. What a blessing that would be for us all.



## CUISINE CORNER

### FIG@313 New American Cuisine

**313** North Camino Real in San Clemente is an original building from the 1920s, the decade when Ole Hanson laid out his idea of the first planned-unit development in south Orange County. As such, it bears an historic building designation. FIG@313 opened their doors in August after well more than a year of conforming to the city's rigid design requirements. Even something as small as light bulb wattage required slow approvals. It's good that successful restaurateurs chef-owner Gus Dahabreh and his wife persevered to bring their newest restaurant concept to fruition. The two live in Laguna Niguel, have operated an Italian restaurant in downtown Huntington Beach for more than two decades (she was raised in Italy) and wanted to develop a new American cuisine concept closer to home.

We've been there twice with another couple and have enjoyed six of their nine starter dishes. The Smoked Salmon Crostino with cucumber, crème fraiche, fried capers and dill on ciabatta is a winner. The salmon is cured and smoked in-house. The Fried Calamari is marinated overnight, light, not at all oily, served with both a wonderful Romesco sauce and garlic lemon aioli for dipping. The Tuna Tartare is freshly-caught-and-cut local

ahi, avocado, pineapple, mango, papaya, cucumber and fresh herbs served in a stack. The Grilled Cauliflower is totally unique, served in a small cast-iron pot with charred Brussel sprouts and bacon, and topped by a fried egg. The sprouts are not too sugary sweet as happens too often, and the egg is to be pierced so the soft yoke oozes onto the mixture below. The Lobster Mac & Cheese is tail meat with mornay of parmesan and gruyere cheese and a panko crust. The Flatbread has caramelized onions, white sauce, mushroom duxelle, gruyere and fresh herbs. Each of these starters is a generous portion easily shared by a party of four. Soups change daily on the chef's whim.

Their signature Fig Salad is mixed greens, port figs, shaved apples, tomatoes and golden raisins, tossed with a tarragon green goddess dressing, then topped with crumbled goat cheese, chives and toasted sunflower seeds. They also offer a typical small seasonal greens House Salad, and a hearty Bistro Filet Steak Salad. The Beet Salad is a bit dainty.

Their main courses are also wonderful if you haven't over-indulged on the starters. Their signature dish is a Seafood Melange served in a rich bisque-style seafood broth akin to a bouillabaisse, with seared bay scallops, calamari, tiger prawns,

*Continued on page 14*

mussels, Manila clams and whole langoustine. They offer a limited number of Cornish Game Hen entrees, baked whole with an amber honey glaze and nested on a cross-hatched leek hay with herbed sliced fingerling potatoes and smoked cream. (Although the hens looked fabulous on our earlier visit, I ordered this on our second visit which was later after the main dinner hours. I probably got the last one, small and by this time dryer than one would like, so be early or try another entrée.) My wife loved her Scottish Salmon, a pan-seared filet with snap peas, carrot puree and sauteed greens. On the first visit I enjoyed the Short Ribs, boneless and slowly braised in *au jus* with nicely roasted potatoes and carrots. Other entrees are pan-roasted Classical Chicken, fresh-filled Lobster Ravioli with a saffron cream sauce, Bordelaise-style Filet Mignon, Seafood Linguine, and

two burgers, both of which would attract me if and when they open for lunch.

Inside seating in the dining room is cozy. Outside seating might be preferred in clear weather for the historic ambience. They welcomed our neighbor's carried-in wine selections as he always brings wines you won't find on restaurant menus, and he offers a taste to the chef and server. The small bar at FIG is a laboratory for their uniquely original mixologist bartender trying new concoctions and maybe offering a small sample if you're lucky, and if you ask him what is his latest. My favorite cocktail is gin-and-tonic, and they feature an indigo Empress gin which produces a purple cocktail, something very new in my experience. Hopefully, you'll try FIG@313 for your own unique and new experience!

—Gary Tinnes

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# PET PARADE

## Top Poisons Affecting Dogs and Cats—Medications

(Part One of a Two-Part article which will be continued in the next issue)

The top poisons for our pets have changed over the past thirty years. Previously, we had arsenic, strychnine and snail poison to worry about. Now the most common poisonings include exposure to human medications, some common foods and even batteries. **IF YOUR PET GETS EXPOSED TO ANY OF THESE POTENTIAL POISONS, BE SURE TO CALL YOUR VETERINARIAN RIGHT AWAY!**

**Medications** are a common causes of pet poisonings, including (1) the unintended ingestion by pets of human medications; and (2) the ingestion by pets of an overdose of a medication that *has been prescribed* for the pet. Here are some of the medications that can cause pet poisonings:

**Heart medications:** The most common of the heart medications causing pet poisonings are calcium channel blockers and beta-blockers. These are very toxic and can result in heart failure, slow heart rates and low blood pressure. Another class of heart medications causing poisonings are ace-inhibitors. Although somewhat less toxic than the calcium channel and beta blockers, ace-inhibitors can cause serious health problems for your pet, especially if your pet has an underlying disease.

**Antidepressives:** These include “selective serotonin reuptake inhibitors” or SSRI’s. Common SSRI’s are Prozac, Celexa, Lexapro, Paxil and Zoloft. Other anti-depressives that can cause poisonings are “selective norepinephrine

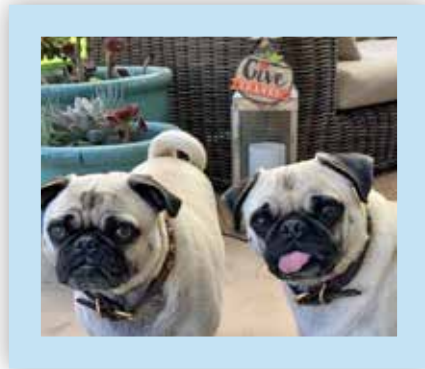
re-uptake inhibitors” or SNRI’s. These include Cymbalta, Serzone and Effexor. Some anti-depressives are prescribed for pets but can cause serious health problems where the pet ingests more than the prescribed dosage. Unprescribed doses and overdoses of prescribed anti-depressives can cause seizures, tremors, vomiting and other serious problems that require immediate medical attention.

**Amphetamines:** Amphetamines are prescribed for human conditions that include ADD and ADHD. Common amphetamines are Adderall, Ritalin and Dexedrine. Their toxicity is similar to SSRI’s and can cause other serious symptoms.

**Sleep Aids:** Sleep aids that may cause poisonings are benzodiazepines or hypnotics and include Ambien, and Lunesta. When some dogs ingest toxic doses of these drugs they can become hyperactive instead of sleepy. They can also be depressed, weak and even paralyzed.

**Non-steroidal Anti-inflammatory (NSAIDs):** Pain medications that can cause serious pet poisonings include ibuprofen (Advil) and naproxen (Aleve). Both of these drugs are toxic to pets and can cause serious medical conditions, including kidney failure and severe stomach ulceration. There are certain NSAIDs that are specially formulated for the treatment of dogs, including carprofen, deracoxib and others, but these medications still need to be used strictly in accordance with your veterinarian’s instructions. Cats and certain breeds of dogs, like German Shepherds, are more sensitive to NSAIDs. Chewable forms of these medications are especially dangerous because dogs can eat an entire bottle and cats can be poisoned if the medication is left in the dog’s bowl or is otherwise accessible to them.

**REMEMBER, IF YOUR CAT OR DOG IS EXPOSED TO ANY POISON, CALL YOUR VETERINARIAN IMMEDIATELY!** —Susan Davis, DVM



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By **CONNIE MCKIBBAN**

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