

Seashore News



June 2019

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Issue 546

BOARD OFFICES

President –
Dick Kichline

1st Vice President –
Jeannie Sticher

2nd Vice President –
Marc McCarthy

Chief Financial Officer –
Bob Russell

Secretary –
Lynn Bushnell

BOARD LIAISON POSITIONS

Architecture –
Marc McCarthy

Communication –
Jeannie Sticher

Finance –
Bob Russell

Human Resources –
Jeannie Sticher,
Dick Kichline

Landscape –
Lynn Bushnell

Maintenance –
Jeannie Sticher

Recreation –
Lynn Bushnell

Rules –
Bob Russell, Dick Kichline

Traffic & Safety –
Lynn Bushnell

View Preservation –
Marc McCarthy

FROM THE HELM

Your New Board of Directors 2019-2020

Congratulations to our new Niguel Shores Community Association Board of Directors! Shown here (left to right) are **Lynn Bushnell, Dick Kichline, Bob Russell, and Marc McCarthy** (Jeannie Sticher not pictured). The Board consists of five Directors who are elected for two-year terms.



In even-numbered years, three Directors are elected. In odd-numbered years, two are elected. The Association holds an Annual Meeting of the membership to elect Directors and to conduct Association business. This year, the Annual Meeting was held on May 21 at 7:00 p.m. with Lynn Bushnell and Marc McCarthy elected to two-year terms.

A special thank you to retiring Board members **Suzanne Enis** and **Art Staudenbauer** for their years of service, and to all the homeowners that were in attendance at the Annual Meeting.

The Board of Directors is composed of volunteers who work to uphold the standards of our Niguel Shores Community Association (NSCA). They generously contribute their time and knowledge to keep Niguel Shores the crown jewel of Dana Point and South Orange County. As they perform their many duties, the Board and the NSCA seek the following goals:

- Maintain and further develop Niguel Shores as a desirable and enjoyable community for residents of all ages.
- Provide reasonable amenities at reasonable dues with fiscal responsibility for the present and future.
- Create a safe environment through adherence to our by-laws, CC&Rs and rules and regulations that will provide a quality community for our residents.
- Foster open communication among residents, staff, committees, and the Board.

Please note that Board meetings for the coming year will be the second Wednesday of each month with the General Session to be held at 6:00 p.m. Resident Roundtables will be held each quarter at the beginning of the General Session. The Board and Staff welcome ideas and participation by all members of our community.

—Jeannie Sticher

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GENERAL MANAGER'S REPORT

Annual Meeting/Election

Congratulations to the new NSCA Board of Directors! Quorum was met prior to 7:00 p.m., so the Annual Meeting was held on Tuesday, May 21. There were 499 ballots cast with **Lynn Bushnell** and **Marc McCarthy** elected to a two-year term. The Inspector of Elections report is included with this issue.

Assessment Payments

Homeowner's Association assessments are due the first day of the quarter or January 1, April 1, July 1 and October 1. The assessments can be mailed to Niguel Shores Community Association, PO Box 80037, City of Industry, CA 91716. **If you make your payments directly from your bank to the NSCA banking site, you will want to update this address through your own bank.** You can also contact Blayke Miller in the office to get set up on ACH, which is an automatic system that will deduct these payments from your account quarterly.

Vacant Lots

Many know that there are two vacant lots at the corner of Niguel Shores Drive and Cabrillo Isle. What many may not know is that these lots are privately owned. Please be aware that because they are privately owned you will be considered trespassing if you go onto these lots, so even though there is no house on the lots, be respectful and mindful of your neighbors and keep off their private property.

Playground Equipment

The area under the playground equipment is covered with wood chips to allow children some safety as they are playing and using this amenity. This area is not for dogs to use as their personal restroom. It was recently brought

to our attention that there were several large piles of dog feces left in the playground area. This is very concerning to those people that have young children enjoying the play equipment. There are dog waste stations and several trash cans within a few feet of the playground. Please keep dogs off the playground for the health and safety of the children, and pick up after your pet so that children can enjoy the play area as it was intended.

Important Reminders as Summer Begins

- **Enforcing Beach Parking – Guests Parked at the Beach Lot:** Please make sure that your guests have their passes properly displayed on the vehicle dashboard and that they are parked within the designated upper parking tier, as posted, when visiting the Beach Bluff.
- **Pool Monitor:** From Memorial Day through Labor Day, a pool monitor will monitor access and enforce the rules and regulations at the Community Center. The Association does not provide Lifeguards. Persons using the pool and spa do so at their own risk. Your guests must be accompanied by a resident to be allowed to use the common area amenities, so make sure you are with them. Some of the pool and spa rules are posted, but they are also available in the office and on the website www.niguelshores.org.

*Happy Father's Day
from the Niguel Shores Staff!*

—Marla Miller



TWINS AND MORE!



**Are you a Twin or Multiple?
Parent or Grandparent of Twins or Multiples?**

If you would like to share a brief story or memory please send 50-100 words by July 15 to seashorenews@hotmail.com. Photos welcome!

INSPECTOR OF ELECTION REPORT NIGUEL SHORES COMMUNITY ASSOCIATION

MAY 21, 2019 ANNUAL MEETING

There were 2 candidates running for 2 open seats.

Number of units:	960
Not eligible to vote:	0
Quorum needed:	480
Ballots cast:	499
Abstentions:	38
Quorum Only:	2
1. Lynn Bushnell	324
2. Marc McCarthy	317
3. Pat Carpenter	2
(Nominated from the Floor)	

COMMITTEE REPORTS

TRAFFIC AND SAFETY

With the combination of warmer weather, graduations, and summer vacations we can expect an influx of guests starting this month. Along this line, I would like to pass on a brief synopsis of some of our rules that could impact the enjoyment of both host and guest unless they are understood.

First and foremost, we have to appreciate that we are ultimately responsible for the conduct of our guests. Recently this has involved matters running the gamut from guests damaging community property (hit and run traffic accidents) down to parking issues.

Guest Passes

Guests, once screened at the gate, are issued a pass and then are admitted to the community. When they park their vehicle, they must display this pass so it can be read clearly on the dash. If they fail to do so they will be cited and may be subjected to having their vehicle towed away.

Residents may authorize up to five guest passes issued per day via a call to the Mariner Gate or using our online registry (Dwelling Live). If you need more passes, then all you have to do is deliver a list of up to ten guests to the attendant at Mariner Gate. Guest lists of eleven or more, or special event/group entry requests, should be turned into the Management Office. We recommend that this be done several business days before the target date so that assistance and modifications may be made.

Pool

The pool hours are from 6:30 a.m. until 9:30 p.m. Guests must be accompanied by a resident. Issues dealing with deportment are common sense and don't have to be elaborated upon here. However, just in case your friend's wild nephew shows up and doesn't think about it, glass containers and animals are forbidden.

Beach Bluff

The Beach Bluff opens at 6:00 a.m. and closes at 10:00 p.m.

Except for the Fourth of July, there is ample parking for guests in a designated area of the lot at the Bluff. On July 4th, guest vehicles are simply not allowed access to the beach lot.

Guests at the Bluff must be accompanied by a Niguel Shores resident at all times. Tables at this location must be attended at all times. Items left unattended on the table will be cleared by either a staff member or representative of our patrol service, and the original user's right to use the table forfeited.

Wood and charcoal fires are prohibited, as well as table top barbeques.

If you would like further details, please read our Rules and Regulations pages 23 and 24. However, if you remember that such items are based on common courtesy and respect for others you should have no difficulty following these common sense rules and getting along harmoniously with everyone with a like spirit.

—*God Bless . . . Tim Murphy*

EMERGENCY PREPAREDNESS IT'S RIGHT NEXT DOOR!

Some years back, Niguel Shores had a neighborhood program that used volunteers known as Block Captains. These individuals were the unofficial, go-to folks that rallied neighbors to be vigilant regarding any suspicious activity on their "block" and communicate it accordingly.



Thanks to Jeannie Sticher's "From The Helm" article in a recent *Seashore News* touting the benefits of volunteering, I realized we already have the same program in place in the Shores today. Jeannie advocated volunteering in large and small ways throughout the community to protect your self-interests, keep up your property values, preserve the quality of life in OUR community by BECOMING INVOLVED.

This can be done through work on various committees or the Board, but also right on your own street. Be sociable, know your neighbors, exchange opinions. Become your own Block Captain.

In the event of an unexpected emergency or unusual situation (earthquake, fire, suspicious activity when neighbors are away from home, several days of newspapers on the driveway, not seeing any normal activity from familiar neighbors), call our patrol to check it out. If more serious, call 911 with your observations OR simply call your neighbor to ask if everything is OK.

Here's the overall benefit of being your own Block Captain: In the case of real emergencies, you are ready to HELP your neighbors that might need assistance. Whether it's a medical emergency, a threat to their homes and property, safety of their children, or help with earthquake supplies. So, share telephone numbers and you will have a ready list to contact in any emergency.

SEE, we already have our Block Captain badges on. Don't you feel better already? Let's COMMUNICATE and PARTICIPATE to insure a more PREPARED COMMUNITY.

—*Kent Wellbrock*

COMMITTEE REPORTS

COMMUNICATION

Our committee is made up of residents and NSCA liaisons whose goal is to bring neighborhood news to Niguel Shores through the *Seashore News* and the Niguel Shores website www.niguelshores.org. For over forty years, our volunteer residents have planned, written, published, and delivered the *Seashore News* every month to each home in the community. A long and respected tradition!

Our website at www.niguelshores.org offers community updates, color photo galleries of events, NSCA forms, CCRs, Niguel Shores history, current activities, and comments from residents about all kinds of topics. Take a look!



Members of the Communication Committee are **Mike Harrod**, **Sandy Homicz**, **Kathy Newport**, **Michelle Ralph**, **Patti Staudenbaur**, and **Meg Wilson**. NSCA liaisons are General Manager **Marla Miller**, NSCA Board Member, and Community Administrator **Matt Northrop**.

There is one seat open on the committee if you would like to be part of a team that keeps up with all the community news and enjoys publicizing what's happening here in the Shores. We meet on the first Friday of each month at 10:30 in the Boardroom. Contact Marla Miller in the office if you are interested in sharing your ideas as a committee member.

Note: You may receive advertising brochures or magazines in the mail mentioning Niguel Shores, but please remember that the *Seashore News* and the community website www.niguelshores.org are the official NSCA publications and sources of information about our community.

—Patti Staudenbaur

RECREATION COMMITTEE

What a great Cinco de Mayo party last month! Great friends, neighbors, food and music. Thank you to our Recreation team for putting this event together. Some pictures of the fun are on page 10, and check out the whole color photo gallery on our website at www.niguelshores.org.

Be sure to mark your calendars for these upcoming festivities:

In N Out Night – Saturday, June 8, 6:00 to 8:00 p.m.

Purchase your tickets at the NSCA Office for \$10 each. You get an In N Out burger, cheeseburger or grilled cheese with chips and a drink. We will also have a DJ at this event.

July 4th Celebration – All Day

Come and enjoy the activities on Independence Day. One of our most fun and best attended events of the year. Be sure to sign up in the NSCA office between June 21 – July 3 to participate in the decorating contest for Golf Carts, Bikes, Trikes and Wagons. The decorating will be judged during the parade.




NSCA 50th Anniversary Celebration – Saturday, July 20, 5:00 to 9:00 p.m.

Celebrate the 50th anniversary of Niguel Shores. Come down to the Beach Bluff for rockin' sounds from The Roaries. Water and soda drinks provided. Bring your own refreshments and food to barbeque. The grills will be hot and ready for you. More info next month.

—Maria Elena Banks

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CLUBS

WOMEN'S CLUB



June marks the end of our club year and we are looking forward to our last meeting of the season on **Thursday, June 13**—the annual **June Tea**. Are we all traveling to London? Not exactly, but Madam Chairwoman

Lisa Buchner brings us another **Traditional English Tea** with silver tea service plus a savory and sweet menu of finger sandwiches, scones and desserts. It all happens right here in the Clubhouse with a Vintage Victorian motif designed by our enormously talented decorator **Suzanne Enis**. Splendid! Indeed! Wear a pretty hat, if you like, and don't forget to bring your favorite tea cup.

There is still time to sign up to be a Board Member, Chairperson, Co-Chair or Committee Member so you can be part of the fun putting on these remarkable events. We expect another exciting year with newly elected **2019-2020 Officers: President, Terry Link; Co-Vice President, Jennifer Hochstadter; Co-Vice President, Catherine Bitran; Secretary, JoAnn Ashman; Treasurer, Cathy Tyson.**

Next month, don't miss our extraordinary 4th of July Hot Dog Lunch! In August you are free to actually go to England for an afternoon tea . . . but we will be back in September with another year of monthly luncheon meetings



New Women's Club Board (left to right) VP Catherine Bitran, Treasurer Cathy Tyson, President Terry Link, VP Jennifer Hochstadter, Secretary JoAnn Ashman.



Women's Club New Members Karen Ward (left) and Mary Kay Gutknecht (right) with President Terry Link.



May Speaker Dana Point Mayor Pro Tem Paul Wyatt with VP Jennifer Hochstadter

with interesting speakers and entertaining appearances.

The Women's Club is open to Niguel Shores residents to promote friendship, fun and service in the community. For membership inquiries, please contact **Suzanne Enis** at suzanne.enis@cox.net.

—Catherine Bitran

MEN'S CLUB

Red Roses And Round Tables—Men's Club Honors Mothers Day

In May, the Men's Club welcomed **John Yocca** as our new president, with many thanks to **CW Gruenig** for his service.

We enjoyed a Mother's Day breakfast on May 7, complete with red roses for the significant ladies in our lives. Our featured speaker, **Dana Point Mayor Joe Muller**, gave a comprehensive overview of the services and workings of our city.

He spoke on many topics of interest to our community, including increased trolley transportation and connections, fire and sheriff services, city budgeting, the Toll Roads, the County's Harbor operations, zoning requirements for new construction in the Lantern District, city revenue from



Men's Club President John Yocca with Mayor Joe Muller.

hotels, sober-living facilities, and the homeless problem. Thank you, Mayor Muller, for the update.

At our second breakfast meeting on May 21, **Dick Kichline**, on behalf of the Scholarship Committee, presented the Men's Club Scholarships to **Summer Hamilton** and **Lilly Hubbard**, two talented and articulate high school seniors about to enter college.

Summer Hamilton is a Niguel Shores resident graduating from San Juan Hills High with a 4.0 GPA. She has played volleyball and participated in the California Scholarship Federation, National Honor Society, and Fellowship of Christian Athletes. Through fashion design classes, she has learned to design and sew her own clothes. She volunteered with Acts of



Men's Club Scholarship Chair Dick Kichline and President John Yocca with scholarship winners and families. Shown here (left to right) are Dick Kichline, Debbie Hamilton, Summer Hamilton, Keith Hamilton, Lilly Hubbard, Stephanie Morris, John Yocca.

Appreciation military organization, Walking on Water surf camps and Young Life Ministry. In the fall, Summer will be attending Point Loma Nazarene University.

Lilly Hubbard currently attends Dana Hills High where she has been a part of the National Honor Society, California Scholarship Federation, Cross Country, and Track and Field. Her many volunteer activities include Special Olympics, The Lighthouse Organization assisting young adults with disabilities, Pageant of the Masters as a cast member, Top Soccer, Best Buddies and serving as Treasurer of the Coming Together for Children in Need Foundation. In the fall, Lilly will be attending Oregon State University.

Following the awards, president, **John Yocca** told us he grew up in Niguel Shores, met his wife here, went off to UCI, then to the Air Force, and then became a pilot for American Airlines. After his airline career, he joined a Southern California telecommunications firm, serving as CEO for thirteen years. Now he is back in Niguel Shores affiliated with Berkshire Hathaway Home Services.

John spoke about cyber threats and precautions we can take to prevent them. Among these precautions are checking your status with credit bureaus, correcting false information, freezing credit information until needed by sources you trust, subscribing to a credit monitoring service, using secure passwords for accounts (different for each account), avoiding shared computers or public WiFi, and regular review of account statements. He advised to use credit cards rather than checks, and to beware of phishing emails, mailers, and phone calls asking for your information. Thank you, John, for all the information.

The Men's Club meets on the first and third Tuesdays of each month at 8:00 a.m. For more information, contact rfsaint@me.com.

—Robert Saint-Aubin

GARDEN CLUB

Can gardening make your life better and happier?

If you ask a Garden Club member they would say, "You bet!" Thirty-seven club members filled up on happiness recently when they visited four of our club members' home gardens to view their horticultural endeavors. Each of these gardens was unique in their variety of plants and designs. Thanks are in order for the following members who opened their gardens for us to enjoy:

- **Diane Dale**, whose artistic garden was covered with amazing succulents.
- **Barbara Berez and Robbie Wollin**, whose garden treated the eyes to a burst of brilliant blooms.
- **Marianne and Kurt Solem**, who showcased their newly designed California garden by the sea.
- **Linda Curie**, whose garden is reminiscent of a French country patio.

You can view some of our garden tour photos on page 10 of this issue, and see the whole gallery on the Niguel Shores website www.niguelshores.org.

Following our tour of the four home gardens, we met at the Clubhouse to enjoy a delicious box lunch provided by **It's All about the Cake**.

The last club meeting before our summer break is on Monday, June 17. We will meet at the Beach Bluff for our annual BBQ and Potluck. As we enjoy the delicious food brought by members, along with hamburgers provided by the club and expertly grilled by master griller Bob Borland and Al Glatt, we will be also saying a big "THANK YOU!" to our officers for a fun filled and educational club year. Those hard-working officers include President, **Nadine Allen**; Vice President, **Francine Stout**; Secretary, **Diane Dale**; Membership, **Chris Daley**; and that other guy (I forgot his name).

If you have not paid your dues for the 2019-2020 club year, please bring a check (\$20.00-single member, \$35.00-two members, made out to the Niguel Shores Garden Club) to the Association Office no later than June 15.

Have a great summer in your gardens where you can sit, sip a refreshing mint julep or whatever you fancy, and admire your gardening efforts throughout the year.

—Karl Kuhn

ACTIVITIES

DANA POINT LIBRARY

Dana Point Library activities for June, 2019 are listed here by date. Programs are free of charge and open to the public. Registration may be required.* Contact the Service Desk at (949) 496-5517 or see <http://www.ocpl.org/libloc/dana/calendar> for more information.

DATE	TIME	ACTIVITY
1	10:00 a.m.	Hogwarts Study Hall – teens
3	1:00 p.m.	*English Learners Class – adults
4	9:00 a.m.	*Basic Computer Skills – adults
	3:30 p.m.	Help from Tech Tutors – all ages
	5:00 p.m.	Write On! Writers Group – adults
5	3:00 p.m.	Read to a Dog/BARK – beginning readers
6	10:30 a.m.	Memory Club Brain Boosters – adults
	1:00 p.m.	Crafters Sew Happy – adults
	4:30 p.m.	Thinker Thursday T-Shirt Tote – ages 10+
7	10:00 a.m.	Coloring Club – adults
	11:00 a.m.	*English Learners Class – adults
8	1:00 p.m.	Teen Volunteer Orientation – teens
	3:00 p.m.	*Summer Kick-Off Learn Ukulele – ages 14+
10	10:30 a.m.	Guys Read: <i>Last Wild Men of Borneo</i> – adults
	5:00 p.m.	Teen Volunteer Orientation – teens
11	9:00 a.m.	*Basic Computer Skills – adults
	11:00 a.m.	Laguna Storytellers Storytime – all ages
	2:00 p.m.	STEAMPORT Faux Snow – grades 1-6
12	3:00 p.m.	Lego Club – all ages
13	10:30 a.m.	Gentle Reads: <i>Etta & Otto & Russell & James</i> – adults
	4:30 p.m.	Pizza and Games – ages 12+
14	10:00 a.m.	Coloring Club – adults
16	2:00 p.m.	Travel Club: Rick Steves – adults
17	4:00 p.m.	Marvel Movies PG13 – ages 13+
18	9:00 a.m.	*Basic Computer Skills – adults
	11:00 a.m.	Dance Party/Friends of Library – kids under 7
	2:00 p.m.	STEAMPORT Seltzer Rocket – grades 1-6
	3:30 p.m.	Help from Tech Tutors – all ages
	5:00 p.m.	Write On! Writers Group – adults
19	11:00 a.m.	Wildlife Wonders/Friends of Library – all ages
	2:00 p.m.	Movie: <i>Fantastic Beasts/Grindelwald</i> PG13 – ages 13+
20	11:00 a.m.	Family Movie – all ages
	1:00 p.m.	Crafters Sew Happy – adults
	4:00 p.m.	Thinker Thursday Tie Dye – ages 10+
21	10:00 a.m.	Coloring Club – adults
22	11:00 a.m.	*Learn Chinese Calligraphy – teens/adults
23	2:00 p.m.	Foreign Film: <i>The Charmer</i> 2017 Denmark
24	10:30 a.m.	Seaside Book Club: <i>Girl with Seven Names</i> – adults
	4:00 p.m.	Marvel Movies PG13 – ages 13+
25	11:00 a.m.	Laguna Storytellers Storytime – all ages
	2:00 p.m.	STEAMPORT Polymer Slime – grades 1-6
	3:30 p.m.	Help from Tech Tutors – all ages
26	11:00 a.m.	Juggling Show/Friends of Library – all ages
	1:30 p.m.	Classic Movie: <i>List of Adrian Messenger</i> 1963
27	11:00 a.m.	Family Movie – all ages
	4:00 p.m.	Cupcake Wars – tweens/teens ages 12+
28	10:00 a.m.	Coloring Club – adults
30	2:00 p.m.	Dana Point Symphony – all ages

—Karla Sanders

PAGE TURNERS

In June and December, Page Turners hold joint meetings of the Monday and Thursday afternoon groups. We will be meeting **Thursday, June 20 at 1:00 p.m.** in the **Clubhouse**. This is always a fun-filled meeting as we get to discuss the books we have read over the past year and also discover the results of our voting for the books we will be reading in the upcoming year.

Last month, members submitted two dozen book titles

and then voted for their nine favorites for next year's discussions. Those books that did not make the nine finalists provide a list of wonderful books that we read outside the club. If anyone would like to receive the list of twenty-four books nominated, please let me know at the email below and I will be happy to provide it.

At our June 20 meeting, we will discuss this month's selection, *A Small Indiscretion* by Jan Ellison, which was named one of the Best Books of the Year by the *San Francisco Chronicle*. "With emotional complexity . . . and psychological suspense . . . O. Henry Prize winner Ellison delivers a brilliantly paced, beautifully written debut novel about one woman's reckoning with a youthful mistake."

We will also have a "blind book exchange." Members bring a gift-wrapped book and take turns selecting from among the wrapped books, often coming up with a surprise. This is a fun activity because one may have selected what seems to be just the right book, but it is subject to "stealing" before it can be considered "safe" with the person who has it at the end.

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

—Frances Ozimec

REALLY SERIOUS BOOK CLUB

The Really Serious Book Club met at the home of Lakshman Sehgal and discussed *The Case against the Supreme Court* by Erwin Chemerinsky, wherein he cited some really, really terrible decisions made by the court, but he didn't cite any of the many good decisions. Chemerinsky had recommendations to improve the court, like increasing the size, limiting the term served, and using a panel to recommend replacements.

Our next meeting will be on Wednesday, June 19, at 1:30 p.m. We will discuss *Origin Story: A Big History of Everything* by David Christian. If you wish to join us, contact **Norton Schwartz** at nortlynne@cox.net.

—Norton Schwartz

BRIDGE

Our Wednesday Niguel Shores Bridge Club has been playing four tables each week. A few new members have been added recently, and we would love to have other players join us too. We meet from 11:00 a.m. to 2:00 p.m. each Wednesday in the Clubhouse. We only ask that you have a working knowledge of the game and are reasonably proficient at playing. If interested, please call **Betty** or **Bob French** at (949) 312-2556.

Recent Results:

- 4/17 1) Helen Campbell, 2) Mark Sobolik, 3) Ceacy Johns
- 4/24 1) Sandy Youdbulis, 2) Joannie Donohue, 3) Frieda Lee
- 5/1 1) Mark Sobolik, 2) Karen Murphy, 3) Betty French
- 5/8 1) Mark Sobolik, 2) Helen Campbell, 3) Frank Lapple

—Bob French

4th of July

CALLING ALL NEIGHBORHOOD PATRIOTS!

OUR FABULOUS JULY 4TH FESTIVITIES ARE RAPIDLY APPROACHING.

It's time to ready your red, white and blue decorations for autos, golf carts, wagons, bikes, scooters, doggies, etc. for our BIG PARADE!

As always, volunteers are needed for the games at the park from 11 a.m. to Noon. Tug-of-war, sack races, basketball, tattoos, games for pre-schoolers, or bring your own games to share.

Please call Nancy Tinnes at (949) 364-5535 to sign up.
Let's make some great memories together!



Niguel Shores 50th Anniversary Celebration



It's hard to believe but Niguel Shores is turning 50!

**Join us at the Beach Bluff on Saturday, July 20—
4:00-9:00 p.m. to celebrate our amazing community.**

Rock the night away with The Roaries!

Band starts at 5:00 p.m. with music from the 50s, 60s and 70s.

Bring your own food and beverages. The barbecue will be available for grilling. Water and soda will be provided.

This is a free event.

Seating is limited so bring extra chairs and blankets.

As we anticipate this event will be quite crowded, we respectfully request that all four-legged family members remain at home.

NIGUEL SHORES APPAREL NOW AVAILABLE BY PHONE OR ONLINE

JUST IN TIME FOR OUR BIG 4TH OF JULY AND BIRTHDAY CELEBRATIONS!

Place Your Order and Show Your Niguel Shores Spirit!

<https://business.landsend.com/store/niguelshores/logo-app/apply-logo/>

You can purchase wearing apparel sporting our Niguel Shores Dolphin logo from Land's End in colors and sizes for almost any type of clothing.

• **To order by phone:** Call Land's End for friendly assistance at (800) 587-1541.

• **To order online:** Go to <https://business.landsend.com/store/niguelshores/logo-app/apply-logo/> There, you will see the Niguel Shores page with our logo on a red background.

• ▶ At this point you can create your online shopping account. Click on **My Account** at top right. Click **Create Account**. Then enter your first and last name, a password and email address. Once your account is set up, you can shop anytime by just logging in to the above website and giving user name and password.

• ▶ To shop online, in center menu click **Men's** or **Women's** to select your clothing. After entering clothing color, size, and quantity, then click **Apply Logo** and follow the instructions for logo placement and color. When completed, add to your shopping bag and proceed to checkout.

—C. W. Gruenig



COLORFUL TIMES IN THE SHORES

For more photos of these events, see the Photo Gallery on the Niguel Shores website at www.niguelshores.org.
Thanks to photo contributors: Nadine Allen, Maria Elena Banks, Sandy Homicz, Hansa Sehgal, Gary Tinnis, Meg Wilson.

TACO NIGHT May 5



Men's Club Mother's Day Breakfast May 7

Women's Club Luncheon May 9



Garden Club Home Garden Tour May 20





CONGRATULATIONS

To Our 2019 Graduates



Rylee Cook, a resident of Timor Bay, is graduating from Dana Hills High. She is headed to SAIC, the School of the Art Institute of Chicago, where she is looking forward to continuing her art education. At Dana Hills, Rylee was part of the South Orange County School of Arts program and she also co-founded the Dana Hills student chapter of Miracles for Kids. She's an avid animal lover and enjoys spending time with her friends. Best wishes for a fulfilling and successful future in the art field, Rylee!



Summer Hamilton graduates this month from San Juan Hills High. Summer was awarded a Niguel Shores Men's Club Scholarship and will be going to Point Loma Nazarene University in San Diego for college. She loves to cook and will be taking Nutrition as her major. At San Juan Hills, she was a member of CSF and National Honor Society, Fellowship for Christian Activities and volunteered with Acts of Appreciation, Walking on Water Surf Camp, and Young Life Ministry. She also likes to surf at the beach with her family and spend time making her own clothes. Summer, we wish you all the best as you move on to college and a career in the nutrition field you enjoy!

Mia McKeown is graduating with honors as a Valedictorian from Dana Hills High, where she was a member of pep squad, track and field, and National Honor Society. Mia plans to major in Food and Nutrition at Cal Poly San Luis Obispo. She loves to spend time with her friends and go to the beach. Mia, we send congratulations on your many accomplishments and good wishes for continued success in all you do!



Mason Mills, Niguel Shores resident since January 2001, is graduating from Dana Hills High. Mason played four years of soccer for Dana Hills as a forward and has played on Strikers Club Soccer team as well, acting as captain for both teams during his time with them. Mason will attend Chapman University in the fall where he will continue to play soccer and study Human Physiology. He eventually wants to go into sports medicine/physical therapy for young athletes. Wishing you great success in college and your chosen career path, Mason!

Maisie McPherson, resident of Niguel Shores since 2002, is graduating from Mater Dei High where she was co-captain of the water polo team, a yell leader, varsity water polo player, swim team member, active in ASB activities and part of campus ministry. She also volunteered in community outreach programs, including work as co-director of the Mater Dei Special Games for people with special needs, and the Boo Bash, an annual Halloween party her water polo program hosts for the Down Syndrome Association of OC. She is the co-founder of a club that collects used athletic gear to repurpose into spirit wear. In the fall, Maisie will attend Princeton University where she will play water polo and study Psychology. Compliments on all you have achieved, Maisie, and best wishes for college and a gratifying career ahead!



WOMEN'S GOLF

Even on a drizzly day, Niguel Shores lady golfers had a pleasant round of golf at the Ranch Nine Hole Golf Course in Laguna Beach. Two new players joined us for the day—we hope that they come again—**Brenda Gino** and **Melissa Hannigan**. Brenda won the prize for the longest drive of the day.

We play on the second Monday of each month. Afterward, our golf foursomes of the day, joined by former golfers and friends, gather for lunch in the Harvest Restaurant overlooking the course. We invite all interested women golfers to join our merry group. Call **Irene McDonald** at (949) 481-3035. She can give you a tee time for golf and/or sign you up for lunch. Our next golf gathering will be at the Ranch in Laguna Beach on Monday, June 10.

—Ceacy Johns

MEN'S GOLF

We had a great month of golf in May playing Talega, Tijeras Creek, Oak Creek, and Monarch Links. Coming up in June we will be teeing off at San Juan Hills on June 4, Tijeras Creek on June 11, Arroyo Trabuco on June 18, and Oak Creek on June 25.

—Bob Russell



PICKLEBALL—VOICE OF THE PICKLE

May's grey weather did not put a damper on Pickleball. After the drizzle dried up, players were on the courts improving their game and having fun. All those interested in playing are welcome to join in on Court 1, Monday, Wednesday, Friday, and Saturday mornings from 9 a.m.



to noon, and Wednesday evenings from 4:00 p.m. till closing. Come give it a try, but remember to warm up and to wear good court shoes, as we explain here:

Pickleball players gathered for play on a Friday morning are (left to right) Bev Beesley, Laurie Zeh, Jenny Wright, Lisa Jameson, Len Beebe, Mark Mancuso, Don and Linda Duffer.

Benefits of a Pickleball Warm Up Routine

Two primary benefits to warming up are enhanced performance and helping prevent injuries. Players should start their warm ups by loosening joints and muscles with dynamic stretches that involve moving body parts to increase range/

speed of movement. Examples are walking lunges, exaggerated high knee walking, skipping, and jogging in place. You might add arm swings and shoulder rolls. Side lunges and grapevine stepping are beneficial. Do balancing exercises and, if necessary, hold onto something sturdy. Also, warm-up with your game partner. Start at the net, dinking and soft shots. Gradually move back. Practice lobs and shots above your head. It is important to invest the time to warm up properly.



Wearing Good Court Shoes

“Good court shoes are the most important piece of Pickleball equipment. They have an even larger effect on play than your choice of paddle. Playing Pickleball in running shoes or street shoes is dangerous and can leave you with a twisted ankle or worse. In contrast, court shoes offer firm support in moving sideways, backwards and forwards on the court. The outsoles should stick to the court to provide more confidence while running after balls, knowing you can stop on a dime when needed.” —www.pickleballcentral.com

Pickleball Clinics

The Dana Point Community Center is offering clinics in **Introduction to Pickleball** and **Advanced Pickleball** on Saturday, July 13. The Introduction Clinic consists of instruction and drills emphasizing beginning skills. Limited paddles are available, so bring your own and wear court shoes. Registration is online at www.danapoint.org/recreation or walk-in at the Community Center, 34052 Del Obispo Street. The city of San Clemente



Pickleball Happy Hour

Recreation also offers clinics every Wednesday morning at San Gorgonio Park for beginning and intermediate players. Register at san-clemente.org/recreation.

Isn't continuous improvement what life (and Pickleball) are all about?

—JoAnne Webb

NIGUEL SHORES SPORTS AND FITNESS ACTIVITIES

Water Aerobics with Cynthia

Community Center Pool
Monday, Wednesday,
Friday
9:00 to 10:00 a.m.
\$3 per visit



Stretch and Fitness with Leslie

Community Center Clubhouse
Monday,
Wednesday,
Friday
8:30 to 9:30
\$5 per visit



Tennis

Court #1 is available for walk-ons
Courts #2, 3, 4 can be
reserved a week in advance
Reserve online at www.niguelshores.org
No Charge

Pickleball (Now in 90 Day Trial)

Monday, Wednesday, Friday,
Saturday
9:00 to Noon
Wednesday 4:00 till Closing
Sign in at the Court
No Charge

Wellness... Mental Health

We had plenty of food and were ready to serve the numbers of hungry people who had shown up at Laguna Canyon's Alternative Sleeping Location hoping for a meal and a bed for the night. As one of many charitable organizations providing dinner at the shelter, our group from Laguna Beach United Methodist Church covered every Wednesday, and had since 2009 when the program began. We saw to the needs of these homeless people for the night, but we knew that in the morning they would leave to start their cycle of searching for the necessities of survival all over again. They would be seen standing on corners asking for food or money, sleeping on bus benches, sitting in parks, and more. So many of these homeless, a demographic we see everywhere more and more, potentially suffer from mental illness with solutions being a huge challenge.

There are also those experiencing mental illness who are not so visible. The elderly neighbor rarely out any more, struggling with depression. The teenage relative dealing with the pain of anxiety while trying to attend school and meet others' expectations. The military veteran suffering the ravages of PTSD. The people we know—moms, dads, friends, coworkers—that behave in a way we might describe as just a little different, a little unpredictable. Sometimes quiet, sometimes out of control.

While there's no single cause for mental illness, many factors contribute to its development. Genetic chemical imbalances in the brain, loneliness, coping with long term diseases like cancer, and recreational drug and alcohol use, to mention a few.



In various forms, some more visible than others, mental illness is all around us. It's said that one in five Americans will experience mental illness within a

given year, and yet we are hesitant to talk openly about it. Due to our own discomfort with its existence in our society, we sometimes outright ignore it. We may tend to oversimplify a depressed person's feelings by suggesting they just stop feeling so "sad" and look on the bright side, as if it's an easy fix instead of a legitimate health crisis. That person may also carry the unnecessary burden of guilt and shame regarding their mental health, as if their feelings or symptoms are invalid, as if it's their fault.

According to the Jason Foundation, Inc. "one in ten youth suffer from mental illness serious enough to be impaired, yet fewer than 20% receive treatment." Societal and individual stigmas are unfortunate obstacles that prevent needed interventions, sometimes lifesaving, from being initiated. Suicide, which is on the rise for young people, is the second leading cause of death for ages 10 to 34, with mental illness often seen as the underlying cause. (2017 CDC WISQARS at <https://www.cdc.gov/injury/wisqars/LeadingCauses.html>)

According to the World Health Organization, mental health is a state of well being in which the individual realizes his/her own abilities, can cope with the normal stresses of life, can work productively, and can contribute to his/her community. Using this definition, consider your family and close friends. Do they need someone to reach out to them? Even consider ourselves. Do we need to seek help? Are societal and individual stigmas about mental health stopping us from offering assistance to others or seeking it for ourselves? Sometimes, all a person needs is a walk on the beach, but when his/her behavior is consistently concerning, that is, doesn't match the above definition of mental health, it's time to reach out. It's time to seek help. Don't wait.

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

GETTING TO AND FROM LAX

As a frequent traveler, I am always pleased when I can find a flight from Orange County to my desired destination. However, more times than not, airline routes and schedules force me to depart from LAX, adding another hour or two on the freeway to my travel plans.

As freeway traffic grows more congested, even taking the shuttle to LAX is becoming an issue. It's difficult to know how much time one should allow to account for traffic congestion and the possibility of an accident which can delay traffic even more.

What most people don't realize is that getting from Orange County to LAX is almost possible by rail. I say *almost*. It seems the light rail Green Line Terminal and the heavy rail Metrolink Station don't connect, even though they are both in the City of Norwalk and less than three miles apart.

Theoretically, if the terminals were connected, someone could access the northbound Metrolink train in San Juan Capistrano, transfer to the Green Line in Norwalk, then go from there directly to LAX. A bus runs from the Green Line station

near the airport to each terminal.

However, in the 1990s, the possibility of construction noise and dust prevented the City of Norwalk from taking any action to connect the Green Line and the Metrolink. One possible solution would have been an aerial tram connecting the two terminals, but some complained that might be too unsightly. A subway or dedicated bus lane were also possibilities, but eminent domain could have posed problems. So nothing was done.

Soon the new Crenshaw Line will open and bring the Green Line even closer to the airport, including a bus from the station to terminals. The new station and bus will eventually tie in with the airport's planned people mover taking passengers to each terminal directly. Even though the new Crenshaw line will help many, we in Orange County are still left without complete airport access due to the lack of



THIS MONTH IN DANA POINT

DP ART FESTIVAL

Lantern District on Del Prado
June 2—10:00 a.m.-5:00 p.m.

DP CITY COUNCIL MEETING

Dana Point City Hall
June 4 and 18—6:00-8:00 p.m.

RAMADAN ENDS WITH EID AL-FITR

Special prayers and celebrations with friends and family.
June 3-4

FAMILY MOVIES IN THE PARK

Lantern Bay Park
June 7, 14, 21, 28—8:00-10:30 p.m.

BIOLITZ CAL COAST PROJECT PHOTOGRAPH AND DOCUMENT COASTAL SPECIES

Ocean Institute
June 8-9—9:00 a.m.-12:30 p.m.

DP 5TH MARINES 10TH ANNUAL COMBAT GOLF TOURNAMENT

Arroyo Trabuco Golf Club
June 10—9:00 a.m.

VFW POST 9934 VETERAN'S ASSISTANCE SERVICES

Dana Point Community Center
June 11—1:30-3:00 p.m.

DP SCIENCE NIGHT — TOPIC TBD

Dana Point Community Center
June 11—6:30 p.m.

FLAG DAY — "FLY THE FLAG"

Adoption of the United States Flag by the Second Continental Congress
June 14

NATIONAL SCHOLASTIC SURFING ASSOCIATION INTERSCHOLASTIC CHAMPIONSHIPS

Salt Creek Beach
June 15-18

FATHER'S DAY

National Celebration in Honor of Dads
June 16

YAPPY HOUR

Ritz Carlton
June 20—5:00-8:00 p.m.

DP CIVIC ASSOCIATION COFFEE CHAT

Coffee Importers, Dana Point Harbor
June 21—8:30-10:30 a.m.

17TH ANNUAL DOHENY SURF & ART FESTIVAL

Doheny State Beach
June 22-23—9:00 a.m.-6:00 p.m.

TRAVEL TALK

connectivity in Norwalk. So, as we attempt to use LAX, the world's second busiest airport, we must continue to rely on the good old 405 Freeway, and all the delays associated with it, and the lack of reliability involved with delays.

It might be time to ask our politicians and transportation officials what they are doing to remedy this situation, especially in a rail-to-airport system that is supposed to serve both Los Angeles and Orange County. At the moment, the Southern California Association of Governments is in charge

of coordinating transportation. Many feel it could be at least another decade before any action might be taken, even if funding were available now. Perhaps we need to encourage our representatives to speed up the process and do whatever they can do to connect these two rail lines. This would minimize auto traffic, provide smoother airport access for rail commuters, save everyone time, and cause less pollution with fewer cars on the freeway.

—Mike Harrod



CUISINE CORNER

Moulin—a French bistro, patisserie, and café—is now open in San Clemente, and may be coming soon to Monarch Beach as well. French entrepreneur-owner Laurent Vrignaud quickly established himself as a premier French *bistro* restaurateur on Bristol Street, Newport Beach in 2014, offering typical breakfast, lunch and dinner like you'll find on the streets of Paris. He says his restaurants are his “ode to the culture of Paris.”

The quick success of his Newport location was followed in 2016 with a smaller patisserie and café on Forest Avenue in Laguna Beach, in the location formerly occupied by the Renaissance Bakery Café.

His third patisserie café location opened in April this year at the site of the old San Clemente North Beach Casino across from Ole Hanson Beach Club at the ocean end of Pico, replacing Ellie's Table. (Ellie's San Juan location remains.)

In addition, rumor is that Laurent will soon have his fourth patisserie café across the street from Niguel Shores!

The baguette sandwiches, French omelets, crepes, Niçoise and warm goat cheese salads, and exquisite pastries have made the Laguna location a twice-a-month destination for us. So we are pleased to hear of Moulin's latest locations.

Everything is prepared fresh daily. You may have to wait leisurely for a breakfast or lunch entrée, but the serve-yourself Illy coffee makes the wait easy to bear. If your time is limited or you're on-the-go, there are pastries and sandwiches ready-made in glass counter cases and promptly served

for eat-in or take-out. If your appetite is hearty, there are two entrées equal to the best you'll find: roasted half chicken with potatoes and salad, or seared salmon with asparagus in a white wine butter sauce. The French onion soup and pommes frites are also as authentic as you'll find.

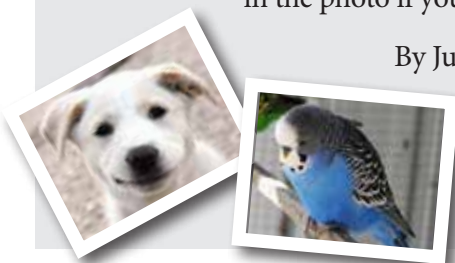
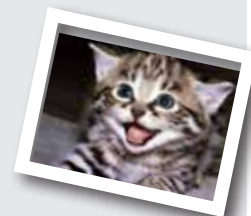
The San Clemente location is open 7:00 a.m. to 3:00 p.m. Laguna Beach hours are 7:00 a.m. to 7:00 p.m. If you're in the Newport Beach area near Fletcher Jones Mercedes, the original bistro-épicerie-café location is at 1000 Bristol Street, open 7:00 a.m. to 8:00 p.m. Laurent also plans to open an adjacent antique store in Newport Beach, in case you need further incentive to visit Moulin beyond his outstanding French cuisine. You'll find tons of photos and reviews online.

—Gary Tinnes



DAG-GONE IT, PURR-FECT PICTURES NEEDED

Here is a chance to make your pet famous! We invite you to send a photo of your treasured pet for all Niguel Shores to see! One photo per household, but you can have several pets in the photo if you like.



By July 15, please email your digital pictures to seashorenews@hotmail.com and tell us something about the little darlin' who lights up your life. We will use as many pictures as space permits over the coming months.

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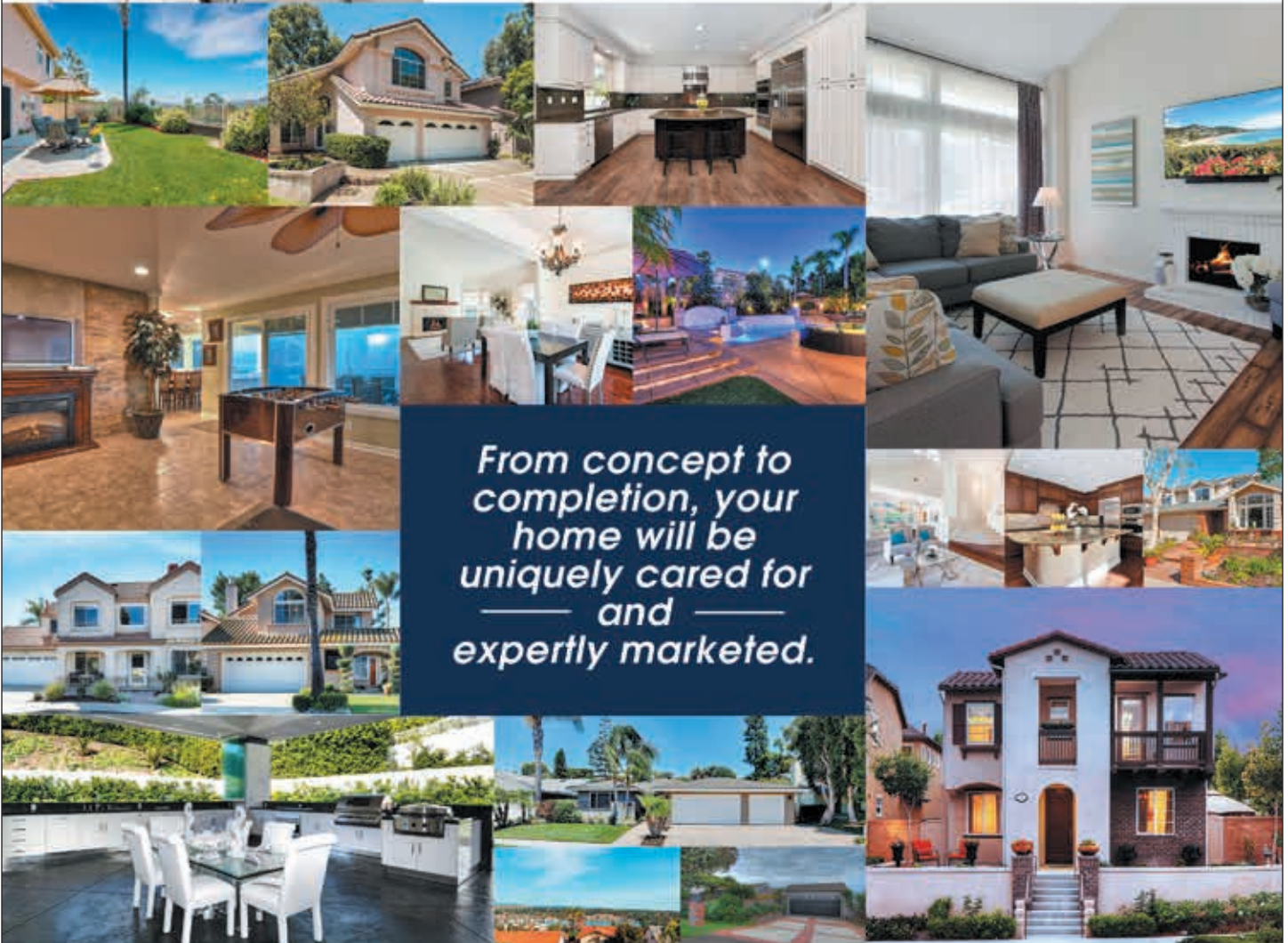
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