

Seashore News



December 2011

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Issue 457

Happy Holidays

FROM THE HELM

We are bringing a busy year in Niguel Shores to a close. By the time you read this, our new landscape firm, Harvest Landscape, will be out in the community taking care of business. We are expecting a significant improvement in efficiency of water use and a reduction in water expense because of Harvest's strategies for irrigation management. Our maintenance staff is looking forward to working with them.

The newly improved Niguel Shores website is being actively used by homeowners to make public comments on issues of community interest. You don't have to come to a Board meeting to make your thoughts known. Use this forum if you have questions or ideas for community volunteers and staff or to inform the community about items of interest.

Our Communications Committee, through Patty Staudenbauer and Ellen Dovey will be working to increase the flow of Niguel Shores related news articles on the site. Through their work we will have photo galleries, community info and Board communications posted to the site on a

timely basis. The recent announcement about the 2012 budget and assessment increases went on the site well before you got that information in the mail.

We can use more volunteers on Communications. Let us know if you have ideas for the website or want to get involved.

The Finance Committee has picked up new members in the past few months and we are looking forward to deep expertise and competence from that group in the coming year. Their 2012 budget was adopted intact by the Board of Directors. They did a great job on that budget and worked out a lower assessment increase than we thought possible. Everyone has to like that!

Our Recreation Committee is planning a New Year's Eve party at the ClubHouse. Last year's event was fun for those who attended and we look forward to having an even bigger event this year. Why not take advantage of the chance to party with all your friends and not have to drive anywhere? See you there!

—Steve Stewart

SUNSET ON 2011

Only a few more sunsets left in the year so, whatever resolutions you made last January, now is the time to survey your success in carrying them out and start making next year's list—with equal determination.

You can read on page two about all the good things that have happened in Niguel Shores during the past year. We are all invited to register our comments on the newly designed website and are encouraged to do so. On page 3 we are all mutually thanking the many volunteers who assist the staff in keeping it all going. The staff should be profusely thanked also and on this very front page: ***Thanks so much to all of you in the office and on the maintenance***



staff. You make our lives more pleasant by being here and doing such a commendable job. We'll start off the New Year with confidence that we'll have another good one. Our best wishes to you all.

—Mary Crowl

NSCA ACCOMPLISHMENTS IN 2011

This year has been a busy one for your Board of Directors. Initiatives were undertaken in a number of areas including committee functions, policy improvements, information technology investments, vendor changes and long term strategy. We think the result will be better internal decision making, increased organizational responsiveness, reduced bureaucracy for Niguel Shores' homeowners and cost savings to the Association. You can share your ideas about this on the website.

A list of those initiatives follows:

The Architectural Committee was restructured and its hearing processes for development applications brought to a more professional level. This should make owner development applications process faster and with more certainty and transparency. It will also reduce Association liability risk for permit processing.

Three slopes were re-landscaped to a new modern water and maintenance efficient design, as directed by our landscape architect, Silverwood. One of the slopes, Abalone/Niguel Shores Drive, failed prior to the start of this project and required re-grading and reinforcement before landscape work could begin. Each of the slopes in question was finished under budget.

Master Landscape Committee put together design plans and a four to five year schedule for re-landscaping most of our 39 slopes. The most problematic slopes will be addressed in the next two years. Funding for that has been arranged. They also produced concept designs for remodeling the Mariner entrance and other entrances, pending funding for those projects being arranged.

New office computers and a new server were sourced after the September power failure damaged our existing server and shut down our email services. A new IT provider was brought in to install the latest operating systems and set up archiving of servers and work stations to offsite back up points to prevent similar situations in the future.

The Human Resource Committee reviewed salary and performance data on all employees. One result of their work is that we now have a Facility Manager, responsible for all maintenance and landscape operations, reporting to the General Manager. The Niguel Shores employee handbook was revised for the first time in five years. We are in the process of creating a Safety Plan for all employees.

Our website, niguelshores.org, was redone with the graphics improved; also easier site editing features and a blog were added. A process for constantly uploading and revising content is in place. The site is intended to deliver news and information to the Community much quicker than by newsletter.

An NS committee and the Facility manager bid the landscape maintenance contract to eight different companies in September. Harvest Landscape was the unanimous choice to take over our landscape contract when the existing contract expired.

A search committee for a new General Manager was formed and found several excellent candidates to present to the Board. As a result, we expect to have a new person in place by early to mid January.

Board meeting times have been changed to make member attendance more convenient.

General session and open comment time are scheduled for 6:00 p.m. so residents can more easily attend our meetings.

—Steve Stewart

ELECTION NOTICE SEA TERRACE II HOMEOWNERS ASSOCIATION

Elections for the 2012 Sea Terrace II Board will be held Monday, February 13, 2012 at the main ClubHouse at 7:00 p.m. Ballots will be counted at that time and installation of the Board will follow.

At this time we are asking for nominations to the ballot. Please contact Joe Ross, of the Nominating Committee, at 949-248-1629. Only homeowners are eligible. Nominations are also welcome from the floor at the time of the Annual Meeting.

—Joe Ross

ART FOR SALE

Come and enjoy the new art work in our ClubHouse. Eight artists are displaying their work which is available for purchase.

Please contact either Karla Sanders: karlajoe@cox.net, Kay Wittmack: 661-8177, or Diane Hearne: Phearne4@cox.net to arrange to have your art included in the next six month exhibition.

—Diane Hearne

BOARD MEMBERS AND COMMITTEES OF 2011

THANKS to all of you for serving Niguel Shores for the past year and extra thanks to those of you who have served for many years on multiple committees. Keep up the good work!

Board of Directors:

Steve Stewart, Chair
John Dougherty
Sam Johnson
Sue Kichline
Pat O'Brien

COMMITTEES:

Architecture:

Jerry Koppang, Chair
Marilyn Moon
Joe Ross
Bob Ryan
Neal Singer

Communication:

Mary Crowl, Chair
Ellen Dovey
Laurel Livesay
Barbara Milner
Kathy Newport
Patti Staudenbaur
Carol Yocom
Distribution & Collation:
Bob Converse
Shirley Smith

Finance:

(Vacant), Chair
Barry Banducci
Jodi Bradshaw
Martin Dedrick
Jim Eckstaedt
Art Staudenbaur
Jeannie Sticher

Landscape:

Donna Rosecrans, Chair
Joan Beyer
Ellen Dovey
Sue Forrest
Kathy Jones

Linda Koppang
Karen Linger
Linda Ross
Janet Traver

Maintenance:

Jack Christiansen, Chair
Don Beaver
Suzanne Enis
Cyril Jones
Bob Russell
Art Staudenbaur
Al Thome
Janet Traver

Recreation:

Alicia Martinez, Co-Chair
Danielle Mills, Co-Chair
Maria Elena Banks
Suzanne Enis
Barbara Milner
Marilyn Moon
Judy Pasek
Nancy Tinnes
Carol Yocom

Traffic & Safety:

Michael Card, Chair
Dick Ashworth
Ron Cook
Jeff Dunlieve
Lori McNaught
Tim Murphy

View Preservation:

Kathy Jones, Chair
Bonnie Gilbertstadt
Joan Ingle
Miriam Roehl

Master Landscape Committee:

Ellen Dovey
Chris Griffiths
Cyril Jones
Kathy Jones
Jerry Koppang
Irene O'Brien
Donna Rosecrans
Jeannie Sticher

TOWNHOME ASSOCIATIONS:

Sea Terrace I:

Al Glatt, President
David Uslander
Mary Vaughan
Larry Wellikson
Margaret Werby

Sea Terrace II:

Joe Ross, President
Frieda Baskin
Joe D'Antony
Ann McCrery
Terry McLaughlin
Adrienne Ruben
Jeannie Sticher

BOARD ACTION SUMMARY

Notice regarding Board Actions:
Our Acting General Manager, Karen Decker, was absent because of a death in her family and was unable to provide the Board Actions and her GM Report for this issue. Please look for them next month.

COMMITTEE REPORTS

ARCHITECTURE

The Architecture Committee is one of the most active committees in Niguel Shores. We meet on the second and fourth Thursdays of each month. Our meetings are open to members of the community to attend general sessions beginning at 3:00 p.m. Our meetings last from 3 to 5 hours depending on the length of our agenda. The Committee is composed of five Niguel Shores residents who volunteer their time.

The Committee spends non-meeting time during the week on field work which requires members to review submitted applications for exterior home projects, projects under construction and completed projects.

Many homeowners are not aware of our rules and regulations that govern construction projects in Niguel Shores. The Association requires a submitted application for any change to the exterior of a home which includes changing windows, doors, siding, painting, landscaping, hardscaping, drainage, remodeling of the exterior, room additions, fencing and roofing to name a few. It is always better to ask rather than assume it's OK to do a project.

Currently the Committee has ten major home construction projects in various phases. We have homes in the design phase review, homes in construction, beginning or near completion. All major construction projects are monitored by committee members and our consultant architect. Major projects that receive Architecture Committee approval must also resubmit any change orders for external changes that are sent to the city. After the Committee approves a major project that requires city of Dana Point approval, the city approved plans must be resubmitted to the Architecture Committee for comparison to what we approved. All city approved plans are reviewed with our consultant architect for compliance with our rules and regulations.

It is not uncommon for the Committee to review 10–15 new applications at each meeting. For major construction projects, we like to meet with the homeowner and their architect/builder at our general sessions. The Committee's goal is to be helpful to the homeowner. To guide them through the process, we follow any renovations large or small. If a homeowner submits plans for a project, the Committee reviews the application to determine if all our rules and regulations are being followed. If we find omissions in the application, we like to discuss this with the homeowner to make corrections prior to voting on the project. We encourage interaction with the homeowner on any project to prevent any misunderstandings about our rules and regulations.

All major projects are reviewed by our consultant architect for rule compliance and design compatibility with

the specific neighborhood where they are located. After this review, we meet with the submitting homeowner or their agent to discuss the application. If major issues surface after our review that are in conflict with our rules and regulations, we offer a workshop approach with our architect and the homeowner's architect. This is an option for the homeowner that requires the homeowner to pay the cost of the consultant architect. We offer this workshop to prevent unnecessary fees to be incurred by the homeowner with a continued unacceptable design.

The Committee is always reviewing our rules and regulations to clarify rule language or a new rule that better explains a rule. We are currently working on a new rule that we think will be helpful to homeowners and architects. The format is similar to the City of Dana Point building matrix and is specific to Niguel Shores. I hope this offers some insight into the workings of the Architecture Committee.

—*Jerry Koppang*

EMERITUS/EDUCATION

Our Saddleback College class on Tuesday is listed under the heading, "Political Science, Current Issues in Government." Our teacher is William "Bill" Sinclair who is also chairman of the board and chief executive officer of Washington Federal Savings Bank, an \$18 billion institution. Bill has served in executive positions for American Federal Savings and Perpetual American Bank. He is an active member of the Federal Reserve System and an expert on mortgage and investment banking. He serves on the boards of several other banks, many of which are located in Washington, D.C. He has a real estate license and insurance license and has served as president of the Corona Del Mar Chamber of Commerce. He served as a commissioned officer in the U.S. Navy and was honorably discharged from the Reserves in 1982. Bill's instruction reflects his knowledge of banking and how the government works, especially in its relationship with finance. Although class members sometimes offer differing opinions, his lectures are very provocative. The number of attendees in the class is growing.

Next month we will offer a biography of Charles Wilbourn, the instructor of our Wednesday Class. As of this writing, the NSCA board has decided to discontinue this class. Attendees and the Emeritus Committee have petitioned the board to keep it going. This class, like other classes, is listed in the Emeritus catalog. The January edition of SSN will provide residents with an update.

—*Bunny Ross*

COMMITTEE REPORTS

LANDCAPE

A fond farewell to Wendt Landscape Services...they have served us well since 1977. The new trucks you will see are from Harvest Landscape, Inc. We trust they will have new and innovative ideas for our continuing landscape design.

The annual tree trimming will be in full force. When you have suggestions or complaints be sure and fill out a Homeowners Request Form from the office or your local landscape representative. Have a great Holiday Season.

—Joan Beyer

MAINTENANCE

If you heard a little noise and saw a little dust in the neighborhood, it was probably a sidewalk grinding machine. California Grinders Inc. spent a week here grinding down possible sidewalk trip hazards at over one hundred locations. In addition to grinding, Glenn Harker Cement Company replaced sidewalk in twelve locations with new cement. The work goes on. While some one hundred and twenty locations have been fixed, there are still a few places identified by home owner requests and Maintenance Committee members that will be repaired. It would be cost prohibitive to fix all sidewalk cracks and chips, but it is our intention to repair anything that could be considered a serious trip hazard. We want our sidewalks to be safe.

Swimmers will appreciate that Maintenance has completed the annual pool maintenance cycle. The pool was closed for a few days and about 50 percent of the old "tired" water was drained and replaced with fresh water. Some of the pool mastic was removed and replaced. One of the four pool filter pumps was replaced. Two other pumps were rebuilt with new seals to prevent leakage. Chemicals were manually added to stabilize their balance and allow the automatic feeders to maintain balance. A section of the deck was repaired with epoxy cement, the deck was washed, and the lounge chairs were cleaned of oily build up.

The pool is fresh, clean, and healthy. The sidewalks are safe. So, no excuse, get out there and start your swimming and walking exercise.

—Jack Christiansen

RECREATION

Happy Holidays to all of Niguel Shores Community. We have had a good time planning 2011 activities for you, now on to 2012. Let's end the year with special days we have for you in December.

Tree Lighting: Sunday, December 4. 4:00 to 6:00 p.m. For all ages—enjoy the tree donated by Santa's Little Forest. Treats from the Committee and Peets Coffee. Santa will be there with entertainment.



Holiday Treats Cooking Class:

December 15, 11:30 a.m. to 1:30 p.m. with Kookie and Sally. Enjoy the deserts you will learn how to prepare: French Silk Torte, Tiramisu, Biscotti, Pecan Pumpkin Pie, Cream Mango Brulee. Tickets in office for \$39.



New Year's Eve Celebration: December 31, 8:00 p.m. to midnight. Celebrate with friends as you enjoy the music of one of your favorite DJs. Champagne and snacks for this celebration to welcome 2012. Tickets are available in office for \$15.

Happy Holidays and see you in 2012 at many of the planned events. Thank you for your attendance.

—Carol Yocom

SEASHORE NEWS

We're all happy to have completed another year of the *Seashore News* which, we tell ourselves, is the best little newsletter in the best of all possible places. Thanks to all of our faceless but highly appreciated and diligent distributors, you continue to find it on your doorstep every month. Our master distributor, Bob Converse, is retiring as of December 31 after many, many years of supervising the distribution of the *Seashore News*. We thank him profusely and I'm sure he will be pleased to know that it will take four people to replace him! Those four, Suzanne Enis, Marilyn Moon, Kathy Newport and Patti Staudenbaur, have graciously volunteered and will collaborate and cooperate to get the news out to our eager readers. In addition to that good news, we have during the past year, acquired two excellent new members of our committee: Kathy Newport who is the sub-editor for the committee articles and, Ellen Dovey, who is just now joining and will be working with Matt on the website. The website with its instant communication will command more of the Committee's attention in the future so more time will of necessity be spent on it. We do hope all of you enjoy reading the newsletter and the website and would love to hear from you with suggestions and constructive criticisms as the Committee does enjoy its work and aspires to please the readers. Best wishes for a good new year.

—Mary Crowl

CLUBS

GARDEN CLUB

Garden Club members had a rather busy month in November. The Club held its annual Lobster Fest, attended by more than 50 members, spouses and guests. Lobsters were lovingly prepared by Jack Sweeney and his crew of eager volunteers. Appetites were appeased with lobster tails done to a turn, salads, fresh baked goodies and adult beverages, and no one appeared to leave hungry. A rousing cheer for all those who made this Lobster Fest a triumph!

Also in November, members gathered for another annual, seasonal ritual...the preparation of gift bags for senior shut-ins. Colorful bags were filled to their brims with toiletries,

toothbrushes, candy snacks and decorative ornaments. Bags were delivered to the Dana Point Community Center which will distribute the bags to the shut-ins.

On the Club's agenda for December is the annual Holiday Party which will be held in the ClubHouse on December 19. After lunch, members will exchange gifts.

We want to wish Linda Koppang, our club's Vice President, a speedy and complete recovery from her recent illness. We look forward to having her back with us soon.

Warning to all gardeners: A word of warning to homeowners: many plants are poisonous for humans as well as pets, and can even lead to

death. Following are some of the more common plants and shrubs to be wary of, and the symptoms that will be experienced, so be careful out there!

I have no plants in my house. They won't live for me. Some of them don't even wait to die, they commit suicide.
—Jerry Seinfeld

—Morry Meadow

MEN'S CLUB

There is probably not another group that meets on a regular basis in Dana Point with a higher percentage of military veterans. With this in mind we enjoyed two presentations by vets leading up to November 11 and Veterans Day.

Peter Hammer, a retired Marine, spoke to us about the 5th Marine Regiment Support Group. This group, consisting of vets, military families and civilians, engages in various activities to raise money for military families of wounded soldiers, provides moral support for families of the deployed, and other worthwhile endeavors, truly an honorable cause.

One of the most daring and sadly, one of the most costly air raids of WW II, was the low level bombing mission of the Romanian oil refineries at Ploesti. Major Bob Sternfels, a B24 bomber pilot, put on a riveting presentation of the reasons for the raid, preparations, and execution of this massive mission. Bob spoke to us one day after his 91st birthday. He shared with us that some 176 U.S. bombers from bases in North Africa crossed the Mediterranean Sea to literally fly through hell. This was the first and last low level mission over Ploesti. Coming in and bombing from only 150 to 200 feet above the ground, the defenders exacted a brutal toll. Over 50 planes each with an 11

Hyacinth, Narcissus, Daffodil	Nausea, vomiting, diarrhea. May be fatal.
Oleander	Extremely poisonous. Affects the heart, produces severe digestive upset and has caused death.
Lily-of-the-Valley	Irregular heart beat and pulse, usually accompanied by digestive upset and mental confusion.
Iris	Severe-but not usually serious-digestive upset.
Rhubarb	Fatal. Large amounts of raw or cooked leaves can cause convulsions, coma, followed rapidly by death.
Wisteria	Mild to severe digestive upset. Many children are poisoned by this plant.
Laurels, Rhododendrons, Azaleas	Fatal. Produces nausea and vomiting, depression, difficult breathing, prostration and coma.
Jasmine	Fatal. Digestive disturbance and nervous symptoms.
Lantana Camara (Red Sage)	Fatal. Affects lungs, kidneys, heart and nervous system. Grows in the southern U.S. And in moderate climates.

CLUBS

man crew were lost. Major Sternfels has written a book about the mission, *Burning Hitler's Black Gold*. Probably the most famous photograph of bombers in action during the entire war was a dramatic shot of Bob's plane pulling up to avoid some smokestacks at the refinery. The photo was taken from a rear mounted camera in a leading plane.

The holiday season sees the club revving up the Toys for Tots gift drive. From all of the club members, a very Happy Holiday Season to all.

Meeting the first and third Tuesday of each month, we welcome all prospective new members to visit us.

—Steve Leonard

WOMEN'S CLUB



You and a Guest are invited
to the Women's Club
Holiday Party



Thursday, December 8
5:00-8:00 p.m. at the ClubHouse

Enjoy a light Holiday Buffet with wine and non-alcoholic beverages

Bring an Appetizer (no chips, dips, candy or nuts, please)

Regrets only by December 4: Gloria Weintraub at rdabook@cox.net

Get into the holiday spirit by
trimming the ClubHouse tree,
Thursday, December 1 at 10:00 a.m.

Coffee will be provided. No RSVP
necessary!

—Mary Crowl

ACTIVITIES

WEDNESDAY BRIDGE

Where are our Niguel Shores bridge players?? We usually have three tables; however, recently we are down to just two tables. We lost Freida Baskin because she is visiting her talented daughters, and also our new New Yorker, Judy Bates, who helps care for her grandchildren. We are also missing Jeanne Bookai who is awaiting an operation. We expect all to return soon and join us for our Christmas festivities. Our little group plans on spending the 14th of December at the El Niguel Country Club for lunch, a gift exchange and a little bridge. Our bridge group meets every Wednesday at 11 a.m. and we play (and eat!!) until about 3:00 p.m. We welcome all new members who are interested in a fun game of bridge. Please just call 496-4230 and we will fit you in.

Winners are:

October 19 Doris Deal and Dorothy Horany
October 26 Dorothy, Kay Wittmack and Helen
November 2 Helen Campbell and Margaret Brugger
November 9 Shirley Heimstaedt and Pat Conway
November 16 Pouri Kowzi and Trudy Buck

—Helen Campbell

PAGE TURNERS

All three Page Turners Book Club groups will meet on Monday, December 19 for a holiday get together and book exchange. We will meet at the ClubHouse from 1:00 to 2:30 p.m.

- Bring a wrapped, new or gently used book (one you would like to read) for the exchange (optional).
- Bring a dozen cookies on a plate along with another plate to take home a variety of cookies (optional).

For more information about Page Turners please contact one of the following members:

Karla Sanders karlajoe@cox.net, 496-8413—Monday mornings. Diane Hearne: Phearne4@cox.net, 661-6267—Monday afternoons. Lisa Buchner: Lisabuchner@cox.net, 496-9546—Thursday afternoons.

—Diane Hearne

OREO BOOK CLUB

The Really Serious Oreo Cookie Book Club met on Wednesday, November 16 at the newly remodeled home of Mary Crowl to dissect and discuss the book on the life of Noah Webster and his dictionary. With the exception of one participant, we agreed that it was a badly written and boring book on a subject that is interesting and vital to our history. As usual, the topic of the book led us down divergent and interesting paths of intellectual

ACTIVITIES

exploration. The strength of the group lies in the diversity and depth of the minds of the participants. Thankfully, we are diverse. We will have no meeting in December but resume the third Wednesday of January with, we trust, a well written book on T. L. Lawrence by Michael Korda. Phyllis Tezer will host.

—Norton Schwartz

LIBRARY

Holiday Storytimes will continue for Toddler/Pre-Schoolers on Tuesdays at 10:30 a.m. December 6 & 13 then we will take a break until January.

Holiday Pajama Storytime with the Sunshine Readers will be held on December 12 at 7:00 p.m. Please note the different date due to the holidays.

Special Holiday Program “Jingles” a Puppet Show. From Hey Hey Entertainment. On Wednesday December 14 at 7:00 p.m. Program funded by the Friends of the Library, refreshments by the National Charity League.

—Carolyn Hopkins

G. Douglas Lewis

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recommending any of the advertised companies*

SOCIETY FOR CIVIL DISCOURSE

The Society for Civil Discourse met Friday November 4 at the Library to discuss “Should we Legalize Marijuana?” The consensus was the FDA should let each State decide for its self. It was the consensus that California should legalize marijuana subject to taxation and regulation for manufacture and distribution mirroring alcohol laws prohibiting use under 21 and driving under the influence. The taxation should go towards education purposes. The hopeful result would be: reduction in income to Mexican Cartels, reduction in prison population and attendant costs; and reduction in costs of police enforcement. The next meeting in two weeks will be a Critique of the Pharmaceutical Industry—with some focus on the low production and high costs of drugs deemed not profitable to produce by major companies.

—Norton Schwartz

HOLIDAY BOUTIQUE

On that Sunday, the sun came out just in time to make for a beautiful day and a wonderfully successful Holiday Boutique. Most delicious almond rocca I have ever tasted—made by Niguel Shores resident Annette Scholten and her two daughters. We have many talented residents here in the Shores and the annual boutique is the perfect opportunity for them to share their creative gifts. What a fun way to start your shopping and mingle with our neighbors and friends. Many thanks to the Recreation Committee for their efforts in organizing yet another wonderful community event.

—Patti Staudenbaur



WOMEN'S GOLF

Another beautiful and breezy day of golf was played on November 14 and the Thanksgiving theme planned by our Golf Captains, Val Mitchell and May Gramer, made it even better. It consisted of awarding a feather for every par, a feather for a chip-in and a feather for each one putt. These feathers were put back on Tom Turkey so that he could run away and not be someone's Thanksgiving feast. Team number 1 with May Gramer, Irene McDonald, Val Mitchell and Janet Silver were first with nine feathers. Low gross with a 40 was Val Mitchell. Low net with a 30 was Janet Silver. Longest drive was made by Judy Boitano, closest to the pin #6 was Gretchen Rask and, to the pin #8, was Chris Beaver.

On December 12 our annual Christmas Party will be

held at the Fountains. The price will be \$25. Please make checks payable to Gretchen Rask. Any questions? Please contact party planners Joan Beyer at 496-1428 or Ruthie Stahl at 248-5750. They are also looking for donations for the raffle and door prizes.

At the meeting, the new slate of officers was elected for 2012. They are: President – Marlene Lynch, Vice-president – Lee Sweeney, Secretary – Brenda Tuckley, Treasurer – Gretchen Rask, *Seashore News* – Chris Beaver, Hospitality/Membership – Linda Ross.

Golf Captains for December are Gretchen Rask (489-2259) and Marlene Lynch (493-6494). Call for reservations. Our starting time for December is 9:30 a.m.

—Chris Beaver



Carol's Cuisine Corner

This is the month of special celebrations with family and friends. You may want a place for a group for New Year's Eve to enjoy an early dinner then come to our planned celebration at the ClubHouse. Here are some ideas at the Harbor with interesting choices of foods for your group or dinner on New Year's Eve.

Ristorante Ferrantelli: 25002 Dana Point Harbor Dr., DP, 493 1401. Hour: Closed Christmas Day. Christmas Eve, 11:30 a.m. to 9:00 p.m. New Year's Eve, 11:30 a.m. to 9:00 p.m. All month regular hours: 11:30 a.m. to 9:00 p.m.

Mahe: 24961 Dana Point Harbor Dr., DP, 240 6243. Hours: Not open on Christmas Day or Eve. Open New Year's Eve and Day, 4:30 to 10:00 p.m. Regular Hours M-Sunday 4:30 to 10:00 p.m.

El Torito: 34211 Golden Lantern, DP, 496 6311. Hours: Christmas Eve, open 10:00 a.m. to 10:30 p.m. Christmas Day open with brunch 9:00 a.m. to 8:00 p.m. New Year's Eve, open 10:00 a.m. to 10:30 p.m. New Year's Day Brunch, open 9:00 a.m. to 8:00 p.m. Regular hours other days of the month.

Wind and Sea: 34699 Golden Lantern, DP, 496 6500. Hours: Closed Christmas Day.

Christmas Eve, open 11:00 a.m. to 7:00 p.m. New Year's Eve and New Year's Day, open 11:30 a.m. to 9:00 p.m. Regular hours rest of month.

Harpoon Henry's: 34555 Golden Lantern, DP, 493 2933. Hours: Closed Christmas Day, open Christmas Eve. New Year's Eve, 11:30 a.m. to 10:00 p.m. All month regular hours.

Harbor Grill: 34499 Golden Lantern, DP, 240 1416. Hours: Closed Christmas Day, Christmas Eve. Open for lunch and dinner and New Year's Eve, 11:30 a.m. to 10:00 p.m.

Gemmell's: 34471 Golden Lantern, DP, 234 0063. Hours: Christmas Eve 11:00 a.m. to 9:00 p.m. with evening entertainment. Closed Christmas Day. New Year's Eve, 11:00 a.m. to 1:00 p.m. with entertainment. Closed New Year's Day. Regular hours rest of month.

Merry Christmas and Happy New Year, Carol Yocom

MEET YOUR NEIGHBORS: THE HYKES FAMILY

Kristi and Kevin Hykes and their three children have been your neighbors since August of this year.

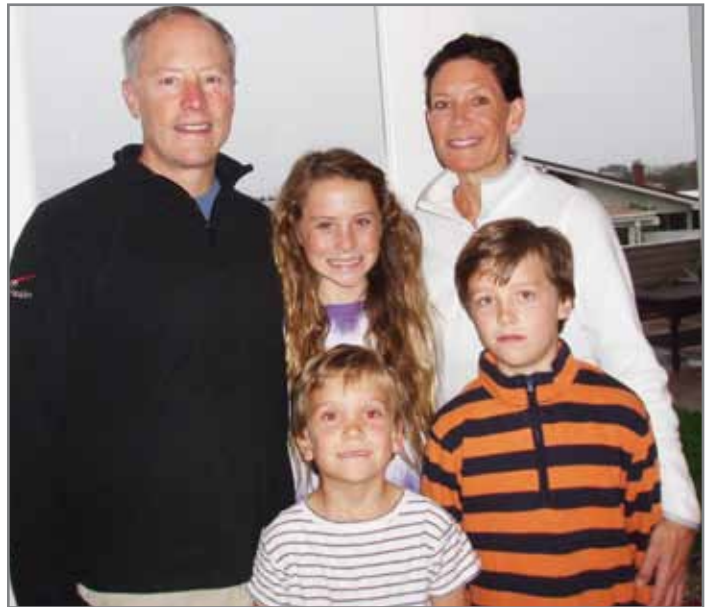
Kristi is a native Minnesotan, born and raised in St. Paul. She attended Visitation High School, an all-girls school. This was a tradition in her family. Both her mother and her grandmother graduated from that school. It is the only all-girls high school left in Minnesota. All others are now coeducational. Kristi went on to St. Mary's College in South Bend, Indiana to earn her bachelor's degree in 1987. She earned a master's degree in business and marketing from the University of Minnesota in 1992.

Kevin was born in Washington DC. He and his family moved to Edina, Minnesota when he was two years old and he later went to Edina High School. Then he attended the University of Wisconsin, graduating in 1987. He went on to Northwestern, receiving his graduate degree in computer science in 1992.

Kristi and Kevin each worked in their respective fields for four years. Then in 1994, they met on a blind date arranged by a mutual friend. This ignited an instant romance. Kristi and Kevin were married in 1996, and have been happily married ever since. Kristi says that the mutual friend who arranged their blind date is a master matchmaker, bringing three other couples together through blind dates which resulted in long-term happy

marriages for each of them.

Kevin and Kristi moved to Orange County, from Minnesota with their three children in 2008, settling first in Bear Brand in Ocean Ridge. They discovered Niguel Shores when their daughter Emily started in the junior lifeguard program. They kept passing our community as they ferried Emily back and forth to Strand Beach. They liked Niguel Shores' proximity to the beach, investi-



The Hykes family left to right: Kevin, Emily and Kristi and, in front, Ben and Sam.

gated and realized then what a lovely community it is. They bought their home in November, 2010, but remodeled it to fit their family before they moved in. (Reporter's note: It is a lovely, light-filled home even on the rainy day this reporter was there, and each of the children came over and shook my hand when we were introduced).

Their three children are Emily 12 years old, Sam is ten, and Ben, six. The children all attend St. Anne's school in Laguna Niguel, and enjoy playing soccer, lacrosse, and volleyball. Both Emily and Sam are junior lifeguards and they are also active in musical theater at Center Theater in Aliso Viejo.

Kevin worked at Medtronic for 17 years selling medical supplies. He left to become CEO of Cameron Health, a bio-medical start-up in San Clemente dealing with implantable defibrillators. The company is spreading its wings, as Kevin left on his second trip to Europe in November for the company the day after this interview.

Kristi worked for General Mills until Ben was born six years ago. Now Kristi keeps herself busy overseeing their children's activities, as well as being an active member of a running group that meets at Strand Beach to run the trails of the Headlands. She also participates in a so-called "Boot Camp" which meets in the park to do aerobic exercises.

Kristi and Kevin and their children love living in the Shores. Kevin said he is especially glad to be away from the cold snowy winters of Minnesota. We welcome this charming active family to Niguel Shores. —Laurel Livesay

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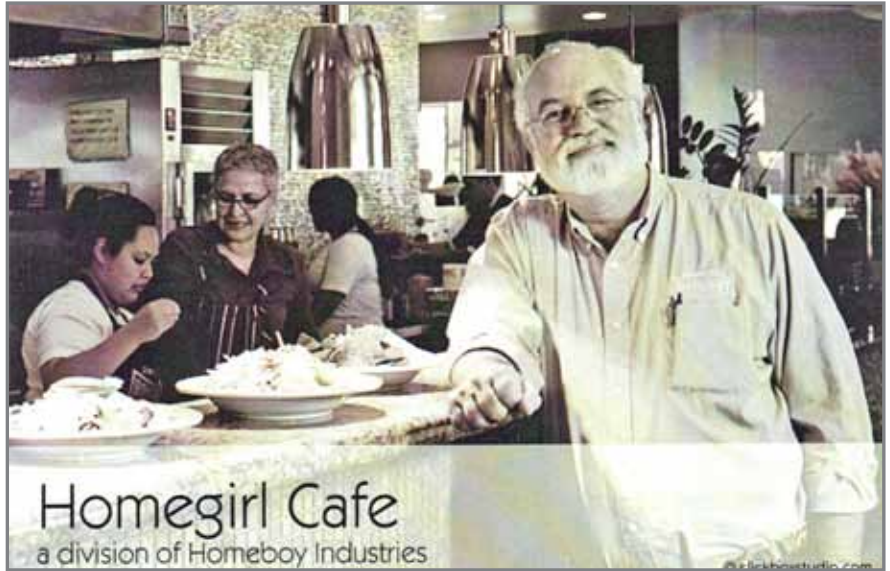
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PAGE TURNERS ISN'T JUST READING BOOKS

Recently Page Turners read and discussed “Tattoos on the Heart” by Jesuit priest, Gregory Boyle. For twenty years, Father Boyle has run Homeboy Industries, a gang-intervention program located in the Boyle Heights neighborhood of Los Angeles, the gang capital of the world. While working in the ghetto with gang members he realized that jobs were a way to change their lives. Counseling, training in various industries, and learning social skills are all part of what is done at Homeboy Industries. The laser tattoo removal program has several volunteer doctors who work in shifts, 24 hours a day, to remove the facial and other exposed skin tattoos that so many of the “homies” have.

After all, first impressions count when job interviewing.

Marcia Enger suggested that Page Turners might like to go to Homeboy Industries to tour the facility and have lunch at Homegirl Café. A group of 14 took the Metro-link train from Laguna Niguel Station to Union Station then the Dash bus through Chinatown to the café/indus-



Father Boyle in the Homegirl Café.

We were in awe when we heard their stories of drug use, parental abuse, abandonment and other atrocities which forced them to live on the streets and join gangs for friendship and protection. Each person in the program has concluded that they want to change their lives and have gone to Father Boyle and asked for help. He, and a large volunteer staff, quietly work miracles each day.

A bakery, several vegetable gardens in downtown Los Angeles, silk screening facility, training for the solar power industry, food preparation and computer training are all a part Homeboy Industries. They go to over 20 farmers markets in Southern California with the vegetables and bakery goods they have created. They also have a Homegirl Café in City Hall and will soon have a café at Los Angeles Airport. They have raised enough money to purchase a multi-story warehouse across the street from the current location so they can expand the programs and house homeless people. Their motto, “Jobs not Jails” is silk screened on the tee shirts they all wear and sell in their small store.

Many of us made purchases of tee shirts, totes and other items from the Homeboy Industries store and cookies and bread at the bakery counter. The Page Turners ladies were very moved by this experience and could not stop talking about what they saw and the people we met. We enjoyed the novelty of taking the train instead of driving the freeways. We look forward to finding other locations to visit in conjunction with the books that we read and discuss. Our sincere thanks to Marcia for making this a special day out.

—Karla Sanders, Photos by Diane Hearne



Page Turners members with a Homeboy Industries Representative

tries location. Marcia, who is a volunteer docent at Union Station, took us on a mini tour of this historical site and pointed out the various Spanish/Art Deco features of the building before we headed out to our tour and lunch.

At the Industries location we got to meet the young men and women who work there and are going through the classes and counseling sessions that are required in preparation for job placement. Many of the “homies” were recently released from prison and are on probation.

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WELLNESS – Sugar...What is it good for?

So, when you read the title, did you hear, “War...What is it good for?” Ok, well maybe not and that’s ok. This, however, is about a war of a different color...a war on sugar! And, in case you didn’t know, sugar is winning! And, with the holiday season upon us, sugar is everywhere in a big way. However, the rest of the year when we are not reveling in holiday spirit, sugar is still coaxing and calling us to come hither and enjoy ...all to the detriment to our overall health.

So, on that note, did you know that sugary beverages are at the top of the problem list when it comes to the American diet? Believe it or not, they are the number one source of calories on average! Those same sugary beverages also make the cash register ring the most often and the **loudest** at fast food restaurants, grocery stores, and mini-marts at the gas station...the list goes on.



Actually, those sugary beverages are like cigarettes...bad for you with no value at all for your health.

Cigarettes are a whole separate topic but with the same theme...avoid them...which is the same for sugary drinks! Sugary beverages have many negative side effects too, diabetes, heart disease, **weight gain**, gout, cavities, and perhaps some cancers.

What about juice you ask? Well, it is associated with a higher risk of diabetes. Juice does have nutritional value, but when it comes to calories, there is little or no difference and the metabolic effect it has on your body is just as bad...eat a whole orange instead of drinking a glass of OJ!

So what should you drink? You can’t lose with water (add a slice of lime, lemon or even orange) and there are always the basics...coffee and tea. You could also grab some mineral water and pour it over ice and leave room for an ounce of fruit juice, no more and that would be bubbly and flavorful too...and festive enough for any holiday celebration!

So the next time you think you should have a big glass of OJ or a Coke to drink, think again...and don’t do it. Your body will thank you for it...and you’ll feel better too!

If you would like to comment or make suggestions for future topics, just send me an email at takeshapewithsharon@gmail.com. To Your Health! Sharon Stewart RN, Certified Health Coach

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