

Seashore News



November 2011

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Issue 456

FROM THE HELM

I hope you will carve out some time to visit the newly revised Niguel Shores website, niguelshores.org. Matt Northrup and our consultant, Bill Fletcher, have just finished creating something that is fresh looking and more functional than the prior version. Your eyes will enjoy the visit.

While visiting the site, you can make a comment about an aspect of Niguel Shores or open a discussion about something you think the community should be considering. This new feature is intended to open up participation and dissemination of ideas in our Community. The website can be a forum as well as a community bulletin board and newsletter. It is also your access point for gate passes and home owner requests.

We are looking forward to having our budget finalized in the next two weeks. A lot of volunteer time has been put into this year's budget, particularly by our CFO and Board member Sue Kichline in concert with the Finance Committee. Their very professional efforts are going to yield a budget that spends wisely and buys the services our Community needs at the least feasible cost. That is different then spending the least amount possible. We are stressing value and performance and taking a long term view of how our Community will look and feel.

Again, if you have ideas or comments, share them on the website. The Board of Directors and staff value input from the community and takes those ideas into account when making decisions.

—Steve Stewart

NOVEMBER

CELEBRATE THANKSGIVING, HONOR VETERANS

When Mary Crowl, the editor of this respected, award-winning community newsletter, asked me to write an article honoring all veterans, specially those living in Niguel Shores, for the November issue of this newsletter, when our nation celebrates Veterans Day, I

enthusiastically accepted. I have always felt an honor in the past to write about our N.S. veterans. As I thought about what or who to write about, I reflected on the veterans I have written about in past issues and all of them were WWII veterans who served in combat action. However, there are many WWII veterans and average citizens who remained in the U.S. and contributed valuable service that their country asked them to perform that also helped in the war effort. So I am going to tell you about three people from Niguel Shores who we should also honor on this Veterans Day, along with every veteran.

First meet Carl Printz who lives on Binnacle Drive. At the beginning of WWII Carl was working in the Design Engineering Department of Douglas Aircraft Company in Santa Monica, CA. In early 1942 President Roosevelt asked aircraft manufacturers to produce 50,000 aircraft a year. As Douglas ramped up and expanded to meet this demand and, in particular the two engine C54

continued on bottom of page 2



Planting has begun on the Niguel Shores Drive slope.

FROM THE GM

NSCA Website: The Association website has undergone some changes recently. The combined efforts of the Communication Committee, the Board of Directors and Matt Northrop resulted in a new look and feel to our community website. Check out the new style at www.niguelshores.org!

CC&R Amendments: The ballots for the CC&R amendments will be counted in the open general session forum on November 2, 2011 at 6:00 p.m. in the Community Center ClubHouse. Results will be announced during the meeting and will be posted on both the website and in the Community Center the following day.

Electronic Accounting Statements: Through a recent upgrade to our accounting software, we are now able to email quarterly statements. Owners who register their email address through the e-sign portal on the website (www.niguelshores.org) are eligible to receive their statements electronically.

Guest and Party/Event Lists: Since the holidays are right around the corner, here are a few reminders to prevent any unwanted issues for your guests when entering the community:

- Each guest entering the community must be on your party or event list, not just the vehicle driver. Guests not on the list will not be admitted.
- Lists of ten (10) individual guests or more must be submitted through the NSCA Management Office no less than 48 business hours before your party or event. Lists exceeding ten individuals will not be accepted at the Mariner Gate.
- All guest passes must be displayed on the vehicle dashboard so that the pass can be easily identified by the patrol officer in order to prevent unnecessary citations or vehicle tows.

—Karen Decker, Acting General Manager

Veterans continued from page 1

(the military version of the Douglas DC4), Carl was assigned to the second shift as the structures group liaison engineer to make critical design decisions to keep the assembly lines continuously moving.

As production problems decreased Carl was assigned to an urgent secret program to build a new light bomber with a speed equal to or better than the German Messerschmitt fighters that were raising havoc with the U.S. bombers flying over Germany. Carl was working on a new wing structure for this new bomber that would include remotely controlled rear firing machine guns. While that project was important Carl worked on another secret project to protect the President. Because President Roosevelt was confined to a wheelchair and, if he had to use a standard airplane, it would require a long ramp to get him into the plane. This scenario would obviously allow spies at potential landing sites to realize he was arriving. Therefore, a design team that included Carl built an elevator system in the fuselage belly of a standard C-54 through special bomb bay-like doors for ingress and egress, and a special office/stateroom that would accommodate the wheelchair. This plane called the Sacred Cow by the Army Air Force carried the President to many important meetings and is now on display at the Wright-Patterson Air Force Museum in Dayton, Ohio. Eventually, Uncle Sam decided that he needed Carl more than Douglas and he entered the Army. After basic training he was assigned to the Air Force Research Center at Wright Field where he again worked on aircraft designs.



Douglas C54 "Sacred Cow"

While Carl was working on the secret projects at Douglas, he saw a picture in the monthly Douglas magazine of a pretty young lady that also contributed to the war effort. No barrier was going to keep Carl from meeting this lady and obviously none appeared. That lady was Marguerite Printz, now his wife. Back then Marguerite was employed at Douglas as a draft person. She was chosen because of her command of the Spanish language (her parent came by Spain) by the Committee of Inter American Affairs to appear on a radio program to tell Latin American women the part that American women in general, and Douglas women in particular, are playing in the war effort. Because of the need to expand the work force to build aircraft, Douglas was hiring thousands of women to work in the factories. Women became an indispensable part of the war effort and women aircraft workers became famous as "Rosie the Riveter." So, through those radio announcements in Spanish to recruit more

continued on page 9

BOARD ACTION SUMMARY

OCTOBER 5, 2011 BOARD MEETING (General Session)

APPROVED:

- Approved the General Session Meeting Minutes of September 21, 2011
 - Approved request for reimbursement for tire damage
 - Approved Securitas contract renewal
- Adopted and filed the Litigation Disclosure Statement dated October 2011
 - Accepted and filed financial reports
 - Accepted and filed the resignation of Jim O’Neill from the View Preservation Committee
- Accepted and filed General Session committee minutes

DISCUSSED:

- Abalone slope project
- Shackleton slope project
- Master Landscape project
- Server installation and email service change over
- Emeritus Program proposed fall schedule

REVIEWED:

- Proposed architectural rule changes

TABLED: None

HEARINGS / MEETINGS / PRESENTATIONS: None

OCTOBER 19, 2011 BOARD MEETING (General Session)

APPROVED:

- Approval of lien filings for two delinquent properties
- Approval of purchase of computer workstations/ programs for workstations
 - Approval of contract with West Coast Paving to replace entrance aprons in Garden Homes
- Accept and file resignation of Keith Carlson from the Finance Committee
- Accept and file resignation of Anita Geyer from the Recreation Committee
 - Accept and file resignation of Mary Williams from the Recreation Committee
- Accept and file General Session committee minutes

DISCUSSED:

- Abalone slope project
- Shackleton slope project
- Master Landscape project
- Association insurance policy renewals

REVIEWED:

- Recommendation for recycle bins at the beach bluff and community center

TABLED:

- Approval of October 5, 2011 General Session Minutes for amendments
- Review of rule changes proposed by Architectural Committee

HEARINGS / MEETINGS / PRESENTATIONS:

- Hearing of appeal for architectural disapproval

OCTOBER 5, 2011 BOARD MEETING (Executive Session)

APPROVED:

- Approved the Executive Session Meeting Minutes of September 21, 2011
- Accepted and filed Executive Session committee minutes

DISCUSSED:

- Legal status report
- Update from Search Committee for General Manager
 - Landscape maintenance contract
- Non-sponsored group activities instructor contracts

REVIEWED:

- Delinquency status report

TABLED: None

HEARINGS / MEETINGS:

- Hearing for violation of Rules 4112 and 4121
- Hearing for violation of CC&R Article IX, Section 22 and Rules 2705.1,2,4
- Meeting to discuss existing complaint regarding neighbor violations

OCTOBER 19, 2011 BOARD MEETING: (Executive Session)

APPROVED:

- Approval of additional hours for GM recruiter
- Approval of increase to instructor contract

DISCUSSED:

- Legal issues
- Update from Search Committee for General Manager position
 - Landscape maintenance contract
 - Association insurance policy renewals
- Bids to replace entrance aprons in Garden Homes

REVIEWED: None

TABLED:

- Approval of October 5, 2011 Executive Session Minutes for amendments
- Geotechnical firms for slope studies

HEARINGS / MEETINGS:

- Hearing for violation of Rule 4112
- Hearing for violation of CC&R Article IX, Section 12 and Rules 9203 and 9204

NOTE: The last approved General Session Minutes are posted on the Bulletin Board across from the NSCA Office entrance. In addition, the General Session Agenda for the next Board Meeting will also be posted at noon on the Friday Prior to the next meeting.

REMINDER: HOMEOWNER FORUM and BALLOT COUNT FOR CC&R AMENDMENTS—November 2, 2011 at 6:00 p.m. in Community Center.

COMMITTEE REPORTS

EMERITUS/EDUCATION

Susan Hecht Profile: Susan Hecht, Saddleback College's Emeritus Instructor for *Film as Literature*, is an accomplished woman. With an MA from UCLA she teaches creative writing and has over 100 poetry (*Beware of Islands*), short stories, and non-fiction publications in literary magazines here and abroad. In New Guinea she wrote *Murakand the Cross*, research which helped implement new school testing procedures.

She has a successful private practice related to a human being's power to heal and has self-published a CD *Guided Meditations* which fosters self-understanding. Susan is involved with community, has written and delivered poetry readings and keynote speeches to over 80 organizations in the U.S. The proceeds from a co-written play, *What If I Live*, go to help abused children in Orange County. Susan Hecht is truly a talented person who makes our Monday afternoons a special time.

—Bunny Ross

MAINTENANCE

Firefighting is not part of the maintenance man's job description. However, on the Morning of October 14 both Dennis Cannon and Dave Smith experienced an adrenaline filled seven minutes as they became Niguel Shores Firemen.

At 7:18 a.m. on Friday morning Dennis went into the Men's Locker Room and smelled smoke. He did not see fire but he called Dave. They inspected the room and saw flames in the sauna. Dave attacked the flames with a fire extinguisher and Dennis called 911. The Fire Department arrived at 7:25 a.m. Dave had extinguished the fire and contained the damage to the sauna. The fire department opened the walls, hosed down and removed the smoldering wood. The electrical connections to the women's sauna and the ClubHouse water heater were damaged. Both saunas have been closed. A temporary fix has restored hot water.

At this writing, our Insurance Company has been notified. When the insurance inspection is complete clean up and repairs will begin. The incident did test our building fire protection system. There are many overhead water sprinkler valves throughout the building. When one of them senses a heat rise it opens the water valve and sends a signal to the security company to notify the Fire Department. In this case, the valve in the sauna did open at about the same time Dave was extinguishing the flames and Dennis had already called the Fire Department.



Fire damage in the men's sauna

There is a mess to clean up and there will be some inconvenience until repairs are completed but we did confirm some positive things about our community. The fire protection works. It opened the valve where the problem existed and did not turn on the entire system which would have caused extensive water damage to the entire complex. We have an effective and fast responding Fire Department. There is an advantage to being near the Fire Station. We have Maintenance employees who are alert and capable of responding to an emergency.

—Jack Christiansen

OCTOBER POTLUCK

Where: Niguel Shores ClubHouse

When: Sunday, November 20

Time: Social Hour at 6:00 p.m. followed by dinner at 6:30

Please plan to join us for an evening with your Niguel Shores neighbors! We ask that you bring your beverage of choice, table service and either a Main Dish, Salad, or Dessert.

Irene McDonald 481-3035 or Gretchen Rask 489-2259 will be happy to answer any questions you might have.

Former attendees are asked to respond to an **email invitation by Wednesday, November 16.**

—Ann Christiansen

RECREATION

Can you believe the Holidays are here?? The Recreation Committee is here to help you with shopping and

COMMITTEE REPORTS

entertainment for you and the family will also want to buy. Come and bring friends.

November 13, Holiday Boutique: Sunday, 2:00 to 5:00 p.m. A wide variety of gifts plus some items you will also want to buy. Come and bring friends.

November 20, Pot Luck: Sunday, 6:00 p.m. Come enjoy an evening with your Niguel Shores friends. See the separate article for details. A \$1 fee to be paid at door.

December 4, Niguel Shores Tree Lighting: Sunday, 4:00 to 6:00 p.m. Our own Tree Lighting for you and the children. Santa will be there to add to the festive time.

December 31, New Year's Eve, Saturday, 8:00 p.m. to midnight. Come to this special night and dance to the music from the DJ you enjoyed last year. Champagne and snacks to celebrate and welcome 2012. Tickets are available in office for \$15.

Thanks to **Santa's Little Forest** for the donation of our tree for all residents to enjoy. They will give 10% off to Niguel Shores residents with their ad when you purchase your tree.

Watch December *Seashore News* for planned events in 2012.

—Carol Yocom

VIEW PRESERVATION COMMITTEE

Volunteers Needed: The View Preservation Committee is seeking new members. We meet once a month on Mondays. Our primary function is to access view issues submitted by residents. If you are interested, please call Matt at the Niguel Shores office.

—Kathy Jones

WEBSITE

I hope everyone has had a chance to check out the new niguelshores.org website. The new website officially went live on October 17. A big thanks to Bill Fletcher and the Communication Committee for all the work they have done with the change-over. The upgrade is a major improvement and we welcome any comments/suggestions.

The new site has comment sections on almost every page where you can share your thoughts and opinions with your Niguel Shores neighbors. Look for new features this month, including links to Dana Point weather, tides, and surfing conditions.

If you have any questions, feel free to use the website to communicate them!

—Matt Northrop

HOLIDAY BOUTIQUE

Sunday, November 13
2:00-5:00 p.m. in the ClubHouse

Over 20 vendors will have
exciting things to offer:

FASHIONABLE DOG LEASHES

DISCOUNTED DESIGNER CHILDREN
& WOMEN'S CLOTHING

FUN PURSES, CLUTCHES AND
ACCESSORIES

FUN JEWELRY

JEWELRY WITH PRECIOUS STONES,
SILVER AND GLASS

ROCA CANDIES

CUSTOM WINE BOTTLE CANDLES

ONE-OF-A-KIND TRINKETS GALORE

These are just a few!
Come on down and shop while
enjoying complimentary wine.

There is a **RAFFLE** too.
For just \$1 per ticket you might win
one of the exciting items that each of
the vendors donate.

CLUBS

GARDEN CLUB

The Garden Club Takes a Field Trip: In lieu of the usual monthly meeting, Garden Club members convoyed to Long Beach to tour the gardens and house at Rancho Los Alamitos in Bixby Hills. Native Americans inhabited the land as far back as the 1500's. The rancho, which stretched from Whittier to Costa Mesa, was originally given to a Corporal in the Spanish Army for his retirement, and was the centerpiece of a large cattle ranch. Now owned and operated by the City of Long Beach, it was previously owned by Fred Bixby, the patriarch of the Bixby family, one of Southern California's major developers. The gardens, designed by some of this country's leading designers were the product of Florence Bixby's imagination and love of botanica from around the world.

Coming up next: The Garden Club's November meeting will be held in the ClubHouse on the 12th, and the members will assemble gift bags for shut-in seniors in our Annual Forget-Me-Not Project. Members will also be signing up for the Holiday Party which will be held in the ClubHouse on December 19.

The Hapless Gardener's

Glossary of Terms:

Backyard Habitat: a dandy excuse to sip a daiquiri instead of trimming the hedges.

Bird Feeder: a quaint, often elaborate structure designed to add fiber to the diet of squirrels.

Bog Garden: the result of going on vacation without turning off the sprinkler.

Wildflowers: Invasive weeds with sexy names.

Hoe: A garden tool calibrated so precisely that when stepped upon, its handle rises swiftly up to mouth level, causing the gardener to say "Hoeeee!"

We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses.

—Abraham Lincoln

—Morry Meadow

MEN'S CLUB

Our State legislator, Diane Harky, paid us another informative and entertaining visit. It seems rather depressing how the gridlock in Sacramento keeps ignoring the serious financial problems and appeasing special interest groups.

One of our newer members, Mike Pla, who was a design engineer with SoCal Edison showed a training film about how the electricity is delivered from the generating stations, through sub stations to our homes. I still don't understand that stuff. I'm

really glad the club never has tests. We're here just to have fun, and that we do.

So, if you live in the Shores and want to be informed and educated with no tests, please join us. The first and third Tuesdays at the ClubHouse. Hot breakfasts start the 8:00 a.m. meetings.

—Steve Leonard

WOMEN'S CLUB

November luncheon: Thursday, November 10 at noon in the ClubHouse where we will *Learn How to Create Health in Your Everyday Life*

by Sharon Stewart, R.N. and Certified Health Coach. Bring a pencil and paper to note down these ideas for looking after ourselves during the coming holi-



days. Sharon is a Niguel Shores resident who contributes a regular article on *Wellness* to this newsletter. See page 13 for this month's column.

Reminder: You will receive your email invitation to the luncheon on Thursday, November 3. Please reply whether or not you will be attending by Sunday, November 6.

—Mary Crowl

ACTIVITIES

WEDNESDAY BRIDGE

We meet every Wednesday at 11:00 a.m. and are usually finished playing bridge by 3:00 p.m. We have a nice social time where everybody shares food, stories and happenings, so please come and enjoy a day with us — our number is 496-4230, and we will welcome you.

Winners are:

- Sept. 21 Shirley Heimstaedt, Freida Baskin and Bernadette Bloom
- Sept. 28 Doris Deal, Judy Bates and Helen Campbell
- Oct. 5 Freida Baskin and Dorothy Horany
- Oct. 12 Helen Campbell and Sally King

—Helen Campbell

ACTIVITIES

PAGE TURNERS

Page Turners Book Club will meet on Monday, November 28, to discuss *Tattoos on the Heart* by Father Gregory Boyle. Jesuit priest Gregory Boyle recounts his two decades working with “homies” gangs in LA County and his establishment of legitimate means of their living a productive life marketing home based products and services. Both entertaining and convincing, Boyle’s book is a treatise on the sacredness of every life.

The Monday morning group will meet at 10:00 at the home of Marcia Enger, 23935 Amundsen Bay, with Marcia providing refreshments. The Monday afternoon group will also meet at Marcia’s who will lead the discussion for both groups. Mary Harrington will provide refreshments for the afternoon group.

The Thursday afternoon group will meet at the ClubHouse at 1:00 on November 3.

A special event will take place on Tuesday, November 15 when any who are interested will take the train to LA to have lunch at the Homegirls’ Café founded by Father Boyle.

For more information about Page Turners: Karla Sanders karlajoe@cox.net, 496-8413 — Monday morning.

Diane Hearne: Phearne4@cox.net, 661-6267 — Monday afternoon. Lisa Buchner: Lisabuchner@cox.net, 496-9546 — Thursday afternoon.

—Karla Sanders

OREO BOOK CLUB

The meeting of The Oreo Book Club turned really serious in its meeting on October 19 at the home of Dick Johns when it discussed the book *Voltaire — A Life* by Ian Davidson. John Hall led the discussion that covered the Age of Enlightenment in both Europe and in England, comparing and contrasting eminent philosophers and mathematicians of the period. Some felt Voltaire did not measure up, others disagreed. We talked about the Age of Enlightenment — what preceded it and what it led to in our own times. In fact the discussion grew so heated that some people forgot to eat their Oreos and were told they had to double down the next time.

The next meeting will be on November 16 at the home of Mary Crawl to discuss *The Forgotten Founding Father: Noah Webster’s Obsession and the Creation of an American Culture*.

—Norton Schwartz

LIBRARY

Children’s Library News:

Toddler/Pre-School Storytime will continue on Tuesdays at 10:30 a.m. through November 22.

Pajama Storytime will be held on November 28th at 7:00 p.m. with the Sunshine Readers.

Adult Library News:

Electronic Help: Confused by your cell phone, netbook, or e-reader? A volunteer will be available to help you from 3:00-5:00 p.m. every Wednesday at a table in the library. If possible, please bring your user manual.

Film Night: 3rd Friday of the Month 7:00-9:00 p.m. We have some exciting films coming up for our Film Friday events.

November 18: *Little Sparrows*. In the middle of an Australian summer, we meet three sisters. Nina is widowed with two young children. Anna is an aspiring actress unhappily married to a filmmaker. Christine is a med student who has yet to fully come to terms with her sexuality. When their mother Susan’s breast cancer returns, the family is faced with the reality of their last Christmas together. As each daughter confronts personal change and growth, Susan guides them by revealing a secret of her own. Lasting 88 minutes, this film is in English.

December – No film. January 20: *Colors of the Mountain*.

Computer Lab: Thursdays, October 20, November 3 & 17, and December 1 and 15, 6:00-8:00 p.m. If you know more than the basics, but are still confused, come visit the computer lab. Library staff and volunteers will be on hand after hours to help you learn more about email, craigslist, e-books, and other computer related issues. Please call for a reservation as space is limited. 949-496-5517

—Carolyn Hopkins & Jennifer Johnson

SOCIETY FOR CIVIL DISCOURSE

The Society for Civil Discourse met at the Dana Point Library on Friday, September 7 to discuss the subject of oil. We reviewed the reserves in the US, those of the foreign producers, the prospects for new fields in the US and Canada, and the dangers of some drilling measures. We looked at the costs of extraction of shale, of sand and of clear pools. We also reviewed refinery capacity in the US and the cost and profits of refineries. It was determined that our US natural gas reserves and ease of drilling should make it a goal as a source of energy for our industry, home heating and automobiles.

The second meeting of the month was on October 21 at which the subject was *Current Marches and Civil Unrest in US cities*. What might this lead to? Are they a Democratic equivalent to the Tea Party?

—Norton Schwartz

IMPORTANT NOTICE

Sea Terrace Townhomes Association I is looking for candidates to serve on its board. Three (3) positions will be up the end of 2011 and we are in need of volunteers. It is a great way of giving back to your wonderful community.

Please call Al Glatt at (949) 481-1557 before November 8, 2011.

Art Appreciation

New art work to be displayed: It's time for the second round of art work in the ClubHouse where several artists sold their displayed work in the last six months.

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

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recommending any of the advertised companies*

SPORTS NEWS

MEN'S GOLF

The "Tin Whistle" was an individual challenge for the 17 golfers at the Talega Golf Club on October 11. Points were earned for net bogies, pars and birdies so it was not the 18 hole total that determined the winner but the total number of "Tin Whistle" points. First place, 43 Gary Katsuki, Second, 43 Blair McDonald, Third, 37 Bob Gutknecht/Jack Sweeney, Fourth, 36 Woody Woodward. Closest-to-the-pin Bob Gutknecht and Gary Katsuki.

*Remember "Flog" is just "Golf" spelled backwards,
so just have fun and do it.*

—Roy Dohner

WOMEN'S GOLF

October Halloween game of the day was planned by Irene McDonald and Liz Kelsch. A ball with a pumpkin on it was given to each team member. It was then to be played by the player on the team with the longest drive on each hole. Unfortunately, the pumpkin ball was lost by each team on the first hole and there went the team game ka-poot! So the prizes went as follow; Birdies: Brenda Tuckley and Val Mitchell. Low gross with a 44 was Maria Elena Banks. Low net with a 31 was Lee Sweeney. Low putts with a 14 was Lee Sweeney. Longest drive was made by Marlene Lynch.



Fun was had by all on this beautiful day. Our meeting and luncheon was held at the Aliso Creek Patio "café."

Next year's slate of officers were proposed by Lee Sweeney and committee: President Marlene Lynch, Vice President Lee Sweeney, Secretary Brenda Tuckley, and Treasurer Gretchen Rask. These nominations will be voted on in December.

Golf Captains for November will be Val Mitchell (949) 582-8311 and May Gramer (949) 248-1272. Please call for reservations and join us now.

—Chris Beaver

Latin women, Marguerite was doing her part to help the war effort.

The last Niguel Shores person I want to mention is Margaret Brugger's late husband, Walt. Walt had graduated from UCLA in June 1942. The Army Air Force needed meteorologists to monitor the weather around the U.S. and at other strategic locations around the world to advise flight crews leaving for the combat zones. The Air Force selected Walt for an intense course in Meteorology at Caltech. Following his training, he was stationed on the Army Air Force Base (now Long Beach Airport) in Long Beach where he monitored the weather approaching the West Coast. Based upon his reports planes flying to the Pacific war zone (via Hawaii) or flying east through the Banning Gap for use in

the European war zone were allowed to either take off or were grounded while the weather over the plane's route improved. Many pilots whose orders were to proceed post haste were not happy when Capt. Walt grounded them, but Walt undoubtedly saved some flights, many carrying military personnel, from crashing at sea or into the nearby mountains. As a side note, one of Walt's meteorology classmates was stationed in Alaska to monitor weather for Russian pilots who were ferrying U.S. built airplanes for Russia to use against the Axis. So in his special way Walt was also providing a valuable service to his country in time of war.

Remember to say thanks and honor all veterans during Veterans Day.

—Karl Kuhn



Carol's Cuisine Corner

Thanksgiving is family time and our American way of life. How about this year having the complete meal you pick up all ready prepared??? Then another idea—all go out for the dinner. Here are some ideas for either one you choose.

Dinners to pick up. You must call several days in advance:

Albertson's (each one), 496-7900, Dana Point.

Ralphs (any store), 661 4145.

Gelson's, 24 Monarch Bay, Dana Point, 488 7063 (can also order on line).

Stater Bros. (any store) 496 8283 San Clemente

Whole Foods, 376 7880, Laguna Beach

Costco (call any store)

Marbella Farmers Market, 248 1067 San Juan Capistrano

All Hotels in area will be serving Thanksgiving buffets; Ritz Carlton, St. Regis; Montage and Pelican Hill.

Let's try some local restaurants that will have turkey meals available with their main menu. Call for reservations.

The Brig: 34461 St. of Golden Lantern, DP. Hours: 7:00 a.m. to 8:00 p.m. 496 9046.

Marie Callendar's: 31791 Del Obispo, SJC, 661 5977. Dinner 11:00 a.m. to 8:00 p.m.

The Vintage: 26701 B, SJC, 661 3400. Hours: Noon to 8:00 p.m.

L'Hirondelle: 31631 Camino Capistrano, S.J.C, 661 0425. Hours: Noon to 5:00 p.m.

Savannah: 32441 Golden Lantern, Laguna Niguel, 493 7107. Call for hours.

Harpoon Henry's: 34555 St. of Golden Lantern, DP, 493 2933. Hours: 11:00 a.m. to 6:00 p.m.

Salt Creek: 32802 PCH, DP, 661 7799. Hours: Noon to 7:00 p.m.

Chart House: 34442 St. of Green Lantern, DP, 492-1183. Hours: 11:00 a.m. to 9:00 p.m.

French 75: 1464 S. Coast Hwy. Laguna Beach. Hours: Call 494 8444

Sapphire: 1200 S. Coast Hwy. Laguna Beach. Hours: Call 715 9888 (Also take out).

Cannons: 34344 St. of Green Lantern, DP. Hours: Call 496 6146 (order from menu this year).

Happy Thanksgiving and bon appetite, Carol Yocom

MEET YOUR NEIGHBORS: ALAN & LISA BUCHNER

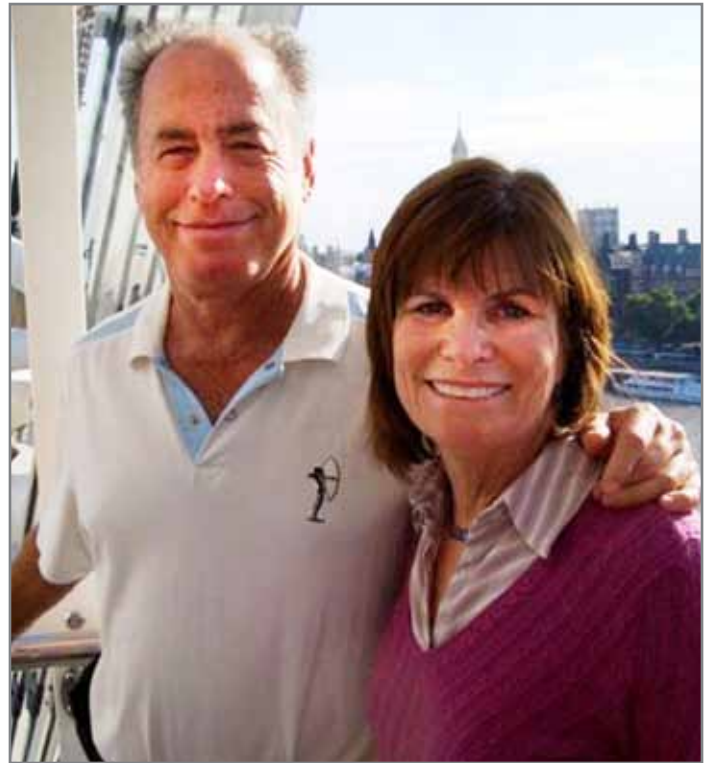
Alan and Lisa Buchner have been your neighbors since 1975, when they moved here from Boston with their two-year-old son Danny. Alan had grown up in New York and graduated from George Washington University in Washington DC. Lisa grew up in White Plains, New York. She attended Fairleigh Dickinson University and graduated with a bachelor's degree in 1969. The day after her graduation she and Alan were married.

Alan was a good salesman and found a career in men's wholesale clothing. Lisa enjoyed being a teacher and got a job teaching fourth grade in New York schools, where she worked for four years. When their son, Danny, was born in 1973, she left her teaching job to stay home to take care of him.

The family moved to Boston when Alan was transferred there and stayed for a year. Next Alan was given a sales territory that stretched from Los Angeles to San Diego. A friend of Alan's told him that his parents lived in a place called Niguel Shores. Alan and Lisa looked at a map of Orange County in California and saw that Niguel Shores was right in the middle of his sales area, so they came out with their two-year-old son, looked at the Shores and saw immediately that it would be perfect for them. They moved first to a place on Tasman

Bay, before buying their home on Sidney Bay. Their daughter Karen was born a year later.

After moving here, Lisa needed a babysitter and had no friends locally, but heard about a group of young mothers who had formed a baby-sitting co-op to make it easier for them to find babysitters for their children. They created a plan and a roster to cover every possible emergency that might oc-



Alan and Lisa Buchner

cur when sitters were watching the children. The roster listed not only each family's own doctor by name and phone number, but also the numbers for fire and rescue, the sheriff, and poison control. (This was prior to the adoption of "911" for emergency phone calls in OC). The roster also included details about each participating mother's home. For example, the 1981 roster lists four fenced Jacuzzis and one unfenced Jacuzzi. Each mother also listed her preferences for the days (and time of day) of the week they would be available, and included names and ages of all their children.

When a mother would need a sitter she would call the scheduler, or "bookkeeper" as they called them, who would see which mother was available. If that mother said she could be the "Sit," as the sitter came to be known in the co-op, the bookkeeper would enter her name in the datebook and let the requesting mother know she was covered for that date. The "Sit" would get a ticket for every 30 minutes she was on. She then could use those tickets for future times when she needed a sitter. This system served the young mothers well and it encouraged friendship and camaraderie among them. They would often gather to play bridge together at the beach, next to the lifeguard station, using special tables and cards that were magnetized.

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The co-op members were instrumental in the establishment of the summer day-camp program, recognizing that it would give their children supervised planned activities. There were 34 mothers in the co-op in 1981. Each mother would serve two weeks as bookkeeper once a year. Sixteen of the original 34 women in the co-op still live in the Shores and two of the children served by the co-op back in 1981 now live here with their own families!

Lisa enjoys teaching, so when Danny was 13 and Karen was 10, she went back to work. She also entered a 10-month program to earn her master's degree while teaching full-time. She found this challenge almost overwhelming but she persevered and received her master's degree in multicultural education. She was the head of the "Gate" program, the Gifted and Talented Education program, at Bergeson School in Laguna Niguel. She taught Asperger's syndrome children, (high functioning autistic), as well as Resource kids, who are more mentally challenged. The Resource kids were helped by the Asperger's students. Both groups benefited with this system.

Lisa enjoyed her time at Bergesen School, except for her last year when her class size was doubled and she had both third and fourth graders in her class. She retired in 2009 after 24 years at the school. Still a voracious reader, Lisa has added a third branch of the Page Turners book club to our community, the "ClubHouse" schedule. She says she's also ready to volunteer for a Niguel Shores Association Committee!

As independent menswear stores became fewer and fewer, Alan concentrated on long-term contracts with the U.S. Army, which enabled him to be at home more with Lisa and the children. An avid golfer, he became a member at Monarch Beach Links and is an eight handicap. He is also a fantasy football fanatic, having played it for 35 years.

Alan and Lisa's son Danny is a touring golf pro. Karen, now a commercial property manager, has two young sons who bring much joy to Alan and Lisa.

Lisa would like to organize a reunion of the babysitting co-op members, where everyone can bring pictures of their children (and grandchildren). She needs contact information on those that have moved away. Her e-mail address is lisabuchner@cox.net. She would also like to know who has those magnetic playing cards.

—Laurel Moonier Livesay

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WELLNESS — Eat out and lose weight?

No way, you say...but it's true! Many of us would like to lose a little weight before the holidays, but also have very busy social schedules that land us in a favorite restaurant, staring at the menu, feeling hopeless. The truth is, you can enjoy the pleasure of eating out with your co-workers, family, or friends and still get the weight off. It is definitely possible and you should not deprive yourself of the experience just because you're working to shed a few pounds before Thanksgiving. Here are a few ideas:

- Often, restaurants serve too large of portions, so ask for a to go box right from the start and take half of your meal home...enjoy it for lunch tomorrow!

- Be sure to ask for the salad dressing on the side and use it sparingly...sounds so obvious, but so many of us neglect to do just that.



- When ordering a lean protein entree, make sure to ask that any rich sauces be omitted.

- When the bread basket hits the table, pick up your water glass instead...dinner will be served before you know it!

- Substitute any starches on the plate with extra steamed vegetables and skip the butter.

- Alcohol and weight loss don't mix, so instead enjoy a glass of mineral water with a slice of lime or lemon...sip it slowly.

- If you are in the company of dessert eaters, have a cup of decaf instead.

- Surround yourself with people who will support your efforts to improve your health by reaching a healthy weight...leave the saboteurs home!

- Most of all, always ask yourself when confronted with temptation, "Will this help me reach my goal?" If the answer is no, don't do it!

Do plan ahead by having all these ideas ready to implement when out in a restaurant and you will be in a position of strength...in charge of your emotions and ready to continue on your journey to your weight loss goal!

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



Rylee Cook,
Caroline Lavayen,
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and Emily Hykes

**ran three of the 15
booths at the October
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IN THIS ISSUE:

Activities	6-7
Board Action Summary.....	3
Calendar.....	(insert)
Carol's Cuisine Corner	9
Clubs	6
Committee Reports	4-6
Directory	(insert)
GM's Message.....	2
Helm	1
Meet Your Neighbor	10
Neighborhood Ads.....	15
Recreation	4
Sports News.....	8
Wellness.....	13

Ads for the Seashore News must be submitted by the 15th of the month. Include a check payable to NSCA, \$5 for a maximum of 30 words. Advertisers must fill out a form available at the Association office. Neither NSCA nor the Seashore News assumes responsibility or liability for quality of goods advertised. See Rule 5525 (Non-Commercial Ads Only)

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