

Seashore News



October 2011

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Issue 455

FROM THE HELM

Power Outage: If you sent emails to our office since the September 8 power failure and have not received an answer back, I have news for you. Our file server was damaged during the outage and we were unable to get our information systems running in a stable condition for two weeks. We are taking steps to see this doesn't happen again, in part by moving our email and certain other apps to the cloud. We are purchasing a better file server and making other improvements to our information systems that will insure stability and reliability in the future. We apologize for the delay in responding and can confidently predict that it will not happen again.

Landscape: Our Niguel Shores staff, NS committees and the Board are working to finalize an annual budget for 2012. Making a budget helps the organization define what actions will be taken in the coming year. As a result of that process, I can tell you that besides an increase in the annual assessment (never popular but necessary), we will also be

making substantial changes to our landscape program. There is room for improvement in our landscape maintenance operation. We are working to improve daily landscape maintenance practices and obtain better contractor performance. The result should be a better looking community.

We will also progress our Master Landscape renewal project in 2012, by rehabbing more slopes and a significant park area at the top of Niguel Shores Drive. We hope that by this time next year the overall appearance of the Shores will have improved considerably. Take notes or a picture and see if we aren't doing better by then. We are striving to improve the appearance of our community and you are welcome to measure that change and make sure that it happens.

Website Update: Speaking of esthetic improvements, we are redoing our web page. Matt Northrup and the intrepid Communications Committee will soon unveil a brand new look for the web site. It will have interactive

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MAINTENANCE AN OVERDUE OVERVIEW

A significant percent of the resident's yearly assessment is spent on maintaining the community. This article is to: introduce the Maintenance personnel, how they are organized, their resources, some of the tasks they perform to maintain the community property, and to report how the maintenance funds are allocated.

In a few words, the NSCA Maintenance Department's vision is "An extremely well maintained community." Its charter is to maintain existing facilities and infrastructure by repair or replacement and to implement projects requested and funded by the NSCA Board, management, or other committees.

The Department's 2011 operating budget is \$443,942. Labor is 56%, utilities (gas and electric) are 18%, parts tools supplies are 11%, and outside contractors are 15%. In addition to the operating budget, the department implements many projects approved by the Board and funded from reserve accounts. Some example of the reserve spending would be street repair, new gate equipment, new fences, and upkeep of the ClubHouse and office.

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Maintenance Staff: Left to right, front row: Tom Shimkus, George Cooley, Shane Fregin. Back row: Dennis Cannon, Dolphin, Dave Smith.

FROM THE GM

Community Crime: We are still receiving reports regarding petty theft and unlawful entry in the community. The Sheriff Department is requesting that residents report any suspicious behavior they may encounter. Please keep in mind that the Securitas officers are contracted for gate access and parking enforcement only. All criminal activity or civil complaints must be made to the local non-emergency police services: (949) 770-6011.

Upcoming Community Event: The Recreation Committee has been working hard to put together several community events for October, including the community Garage Sale, Chili Cook Off, and Halloween event. Check the calendar dates and times. Hope to see you all there!

—Karen Decker,
Acting General Manager

Helm continued from page 1

features that will increase your ability to be involved and informed. Communications will be posting Shores community news on the web page when it happens. You will also be able to comment and share ideas with your neighbors by posting to the site.

CC&R Admendment: One last note, please be sure to mail in your ballot and vote yes for the CC&R amendment. Ballots are being mailed by October 1 and must be mailed back by the end of the month.

—Steve Stewart

Maintenance continued from page 1

All the Maintenance employees are responsible for all the needs of the community. There is not an “it’s not my job” mentality. Each employee does have a first level of responsibility for some tasks.

George Cooley has been the Maintenance Manager for the past 4 1/2 years and has recently been promoted to Facilities Manager. As Facilities Manager he has the added responsibility of managing the landscape contractor, and the several contractors involved in the slope remediation projects. He oversees the various other contractor projects such as street maintenance, gate operation repair and replacement and concrete work. His skills are that of an effective researcher and problem solver. He is mechanically inclined and enjoys the challenge of finding electrical shorts (especially underground) that affect street or green belt area lights and irrigation controllers. His hobbies and interests are photography, bicycling, talk radio, technology gadgets, NFL football and baseball (Go Angels!). George grew up on a farm and managed the family farm for many years. Almonds, various fruit and citrus trees were the main crop. He also raised honeybees. In high school he was a member of the Future Farmers of America. He competed in a three-man team in Vine Judging and Fruit Tree pruning receiving first place in California statewide competition. He now prunes his neighbor’s and sister’s fruit trees in exchange for a sample of the ripened fruits at harvest time.

Dave Smith is the lead maintenance man. Dave’s first level of responsibility is the pool and spa. The daily swimmers can attest to his skill and dedication. Dave takes great pride in the appearance and healthy conditions of “his” pool. Dave will be attending continuing education and

certification this month in Public Pool Operator Training. Upon completion of this program he will obtain the National Recreation and Park Association AFO Certification (Aquatic Facility Operator). He leads the maintenance crew on various jobs, including concrete replacement, painting, and wood work repair. He arrives at work at 5:00 a.m. and, in addition to getting the pool ready, he keeps an eye on any street light outages and fixes those that he finds not working. His hobby and interests is surfing in faraway places with his son.

Tom Shimkus is a new employee coming to work in August of this year as a replacement for Frank Geck who has moved to Florida. Tom’s first level of responsibility will be electrical, and irrigation issues. His skills are maintenance and repair of electro-mechanical devices. His hobbies and interests are off-roading, camping and music.

Dennis Cannon started here as a part time employee and has now been full time for five years. His first level responsibility is event set-up and take-down, assisting the cleaning service company and irrigation maintenance. Those who use the ClubHouse appreciate his friendly attitude and willingness to help. He is bilingual, has various certifications in WeatherTrak irrigation controllers, and usually takes the lead on painting and concrete replacement projects. His hobbies are computer games that require strategy, camping, hiking, and fishing.

Shane Fregin has been hired part time to free up 20 hours per week of our full-time employees to work on irrigation maintenance. The community is fortunate to have Shane who is capable of handling many varied assignments. His skills include power tools, potable and reclaimed water systems.

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BOARD ACTION SUMMARY

SEPTEMBER 7, 2011 BOARD MEETING (General Session)

APPROVED:

- Approved the General Session Meeting Minutes of August 17, 2011
 - Approved the Special General Session Meeting Minutes of August 29, 2011
 - Approved two delinquent accounts to legal counsel
- Approved lien to be filed against one delinquent account
 - Approved draft ballot for CC&R amendment
- Approved Communication Committee recommendation for website design and training for staff to manage
- Approval of change order to Buccola Landscape contract to include required water remediation measures
- Approval of Master Landscape Committee recommendation for concept design display boards
 - Accepted and filed financial reports
- Accepted and filed General Session committee minutes

DISCUSSED:

- Abalone slope project
- Shackleton slope project
- Master Landscape project

REVIEWED: None

TABLED:

- Review of rule changes proposed by Architectural Committee
- Review of homeowner request for reimbursement for tire damage
 - Review of homeowner request for reimbursement for consulting architect fee

HEARINGS / MEETINGS / PRESENTATIONS: None

September 7, 2011 BOARD MEETING (Executive Session)

APPROVED:

- Approved the Executive Session Meeting Minutes of August 17, 2011
 - Approved the Special Executive Session Meeting Minutes of August 29, 2011
- Accept and file Executive Session committee minutes

DISCUSSED:

- Legal status report
- Update from Search Committee for General Manager
 - Landscape maintenance contract
 - Conflict of Interest Waiver Agreement

REVIEWED:

- Delinquency status report
- Amendment to Securitas contract

TABLED:

- Non-sponsored Group Activity contract
- Hearing for violation of Rules 4111, 4113, and 4121
 - Hearing for violation of Rule 4112
- Homeowner meeting with Board to discuss violation against neighboring property

HEARINGS / MEETINGS: None

SEPTEMBER 21, 2011 BOARD MEETING (General Session)

APPROVED:

- Approved as amended the General Session Meeting Minutes of September 7, 2011
- Approval of bid for network server and email service from Uni-Point LLC
- Approval of bid for irrigation installation on Abalone slope from Buccola Landscape
- Approval of partial reimbursement for tire damage
- Approval of partial reimbursement for consulting architect fee
- Accept and file General Session committee minutes

DISCUSSED:

- Abalone slope project
- Shackleton slope project
- Master Landscape project

REVIEWED: None

TABLED:

- Review of rule changes proposed by Architectural Committee
 - Landscape maintenance contract

HEARINGS / MEETINGS / PRESENTATIONS: None

SEPTEMBER 21, 2011 BOARD MEETING: (Executive Session)

APPROVED:

- Approved the Executive Session Meeting Minutes of September 7, 2011
 - Accept and file Executive Session committee minutes

DISCUSSED:

- Pending legal issues
- Existing issue with failure of homeowner to pay fees/fines
- Update from Search Committee for General Manager position
 - Landscape maintenance contract
 - Amendment to Securitas contract
 - Bid for network server and email service
- Bids for irrigation installation on Abalone slope

REVIEWED: None

TABLED:

- Non-sponsored Group Activity contract
- Hearing for violation of Rules 3129 and 4151
- Two hearings for violations of CC&R Article IX, Section 22 and Rules 2705.1,2,4

HEARINGS / MEETINGS: None

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: Next General Session Meeting—October 5, 2011 at 6:00 p.m.

COMMITTEE REPORTS

OCTOBER POTLUCK



Where: Niguel Shores ClubHouse
When: Sunday, October 16
Time: 6:00 p.m. Social time to be followed by dinner at 6:30

We encourage you to join us for an evening with friends and neighbors. Please bring your beverage of choice, table service and either a Main Dish, Salad, or Dessert.

New to Potluck? Please call one of the ladies listed here who will be happy to answer any questions you might have: Ann Christiansen 248-1962, Irene McDonald 481-3035, Gretchen Rask 489-2259

Important: Former attendees will receive an email invitation. Please respond and tell us if you plan to attend, if you will be bringing a guest, and indicate that you plan to bring either a Main Dish, Salad or Dessert. Make your reservation by Wednesday, October 12! This will be of great help to your committee. (Those without e-mail will be phoned.) We appreciate your cooperation and look forward to seeing you on October 16.

—Ann Christiansen

RECREATION

Chili Cook Off date has been changed. See below. More time to work on the winner for You.

Many other October events for you and the family. Please check all the announcements.

October 8, Garage Sale: 9:00 a.m. to 3:00 p.m. The forms to enter are in the office and maps will be in the office to find your way for buying those treasures. Remember those items you are getting rid of will be what another person has been looking to own... So clean the garage and house.



October 15, Chili Cook Off with Beer Garden: 4:00 to 7:00 p.m. Pick up your form in the office to enter that chili all your friends want to have the recipe for. The beer garden will have three different beers as you taste and vote for your favorite chili. The judges will be from local restaurants, plus your vote. Win one of the three trophies. All this for \$6. Tickets are in the office.



October 16, Pot Luck: Yes, they have started again. Time to enjoy those meals and the conversations with your friends in Niguel Shores. See the announcement from Ann Christiansen.

October 20, 11:30 a.m. to 1:30 p.m. Can you believe it is time to think about Holiday cooking? Ideas for appetizers, side dishes and surprises. Learn from Kookie and

Sally plus, have fun with the class as you taste the creations. Cost \$39 to be paid in office.

October 23, Halloween Party: Come see the creations of costumes for children and adults, at the parade at 4:00 p.m. Followed by games, treats and lots of fun for all ages. Tickets will be sold at the event for games and pizza.

November 12, Holiday Boutique: 11:00 a.m. to 3:00 p.m. Come see (and buy) the many different items all the vendors will display.

December 4: The tree lighting party for Niguel Shores.

December 31: Celebration of the New Year.

You can see we are keeping you entertained. We do need your participation to make these successful. See you there.

—Carol Yocom

TRAFFIC & SAFETY

Lock It or Lose It!

You will note that community crime is noted again by the NSCA General Manager in the *Seashore News*. This subject was a major topic at the most recent Traffic & Safety Committee meeting as there have been several more reported thefts. Notice these were thefts, not break-ins, and are the result of homeowners leaving their cars and homes unlocked or their garage doors open. While we do live in a gated community, one should never assume we are safe from petty crime. Always close your garage door when not in use, lock your doors and close windows on your home on leaving. And, be sure to **lock your car!**

Report any suspicious or criminal activity to the police department immediately. Nonemergency Police Services: (949) 770-6011.

—Mike Card

WEBSITE

We are currently working on upgrading niguelshores.org to a more user-friendly and modern community website. Converting the old website to an upgraded version can be a lot of work; lines of code are not an easy thing to decipher! The ability to have interactive communication has driven this change and you should be seeing more of this in the near-future. The website is being converted to Wordpress an “open-source blog tool and publishing platform that uses a template system” and is a much more user-friendly system than the current one. The new website will have blogs, pictures, modern design, a search feature and much more. Web designer, Bill Fletcher, has been facilitating preparation of our new site (that should be up and running shortly) and has been doing an amazing job thus far!

—Matt Northrop, Webmaster

Calling All Ghouls, Goblins, Ghosts and Witches!!!



It's time for our Spook-tacular Halloween Parade and Party

Sunday, October 23rd

4:30pm Parade in NSCA Park

5:00pm MPR Doors Open for Games



Games! Food! Prizes!
Lots of Fun for All Ages!!



\$5 per child to play all the games you want!

Scarily scrumptious food, drinks & baked goods can be purchased separately.

Bring the entire family for a scary good time!

(If you are over the age of 9 and would like to set up and run a Halloween game booth,
please contact Karin McPherson at 949-246-8636 or kdmcperson@cox.net)

GARDEN CLUB

Garden Club doings: The Garden Club hosted an enthusiastic speaker at the September meeting in the person of Dee McCarten who gave members a lot of great information about succulents and their care.

The Garden Club will *not* hold its usual monthly meeting in October. Instead, Club members will caravan to the Bixby Rancho Adobe in Los Alamitos on Wednesday, October 19, leaving the ClubHouse parking lot at 9:30 a.m. Cost is \$15 which includes lunch and admission—leave your check in the Shores Office.

Drought tolerant plants—continued from June:

Selecting Plants: One group of flora perfectly suited to our climate's low precipitation is the wide assortment of native Southern California plants. Native species have evolved and adapted to the local weather over thousands of years. In their native habitat, they are tolerant of seasonal extremes, having adapted to survive winter cold and summer heat, periodic drought, wildfires, coastal conditions and high winds.

Once established, many native species require little or no additional irrigation beyond normal rainfall. Another group of California-friendly plants are from Mediterranean climate regions. This includes species from the Mediterranean Basin, South Africa, southwest Australia, and Central Chile. These plants use water-conserving techniques that allow them to withstand long, hot summers.

Water Usage Reduction: Train your plants to use less water: when first establishing low-water use plants, water as needed to keep the root system moist but not saturat-

ed for the first year or so until the plants become established. As your plants mature, decrease the frequency and increase the depth of irrigation. They will benefit from deep, slow, and less frequent watering—water only as needed to keep plants healthy. This practice takes advantage of the drought tolerant characteristics of these plants. It also discourages weeds, overgrowth, and snails. Avoid waterlogging the root system of these plants. Many traditional landscape plants can perform acceptably on less water; also, so you can achieve water savings without removing many of your existing plants. When scheduling irrigation, consider the slope, any strong prevailing winds, heavy shade, or microclimate areas that tend to be cooler or warmer. Select plants that are not only drought tolerant, but can handle the surrounding conditions. Note that if plants are changed but irrigation practices are not, then water savings will not be realized. Slow growth and low maintenance are common qualities of many drought tolerant plants.

More gardening myths (Reprinted from *OC Register*): Contrary to popular opinion, mid-day watering will not scorch plants—think about Mother Nature's daytime rains...? Poinsettias are not poisonous, although the sap can cause digestive problems. However, the sap of Firestick Plants, AKA Pencil Plants, can cause temporary blindness, so be careful when handling them (check Google about Pastor Rick Warren's recent experience with them.)

And what is a weed? A plant whose virtues have not yet been discovered.
—Ralph Waldo Emerson

—Morry Meadow

MEN'S CLUB

The club was treated to another appearance by our county's top law enforcement officer, Sheriff Hutchens, who happens to be a Dana Point resident. She gave us a current assessment on the challenges facing our county and the relative safety of living in Dana Point.

Our next meeting had two of our members speak. Jerry Koppang gave an informative talk about how to print out and display a copy of your medical condition and medications. The magnetic pouch for displaying this information for paramedics can be obtained at www.folife.org. Download a medical alert wallet card at: www.medid.com/free-id.php. Also, forms of how you want to be treated in profound medical situations can be reviewed and downloaded at: www.ag.ca.gov/consumers/pdf/ahcds1.pfd.

Member C.W. Krueinig spoke about a volunteer group that collects new stuffed toy animals and has the military distribute them to children in war or disaster zones. Totally volunteered they have given out close to 100,000 articles to deserving children.

This month the club is offering once again the Entertainment Book that offers hundreds of discounts on dining, movies, sports and even groceries. This book easily pays for itself if used only 3 or 4 times. All profits go to our club's Scholarship fund. Contact any member or the office for your copy at only \$35. This makes a great gift.

All resident men are invited to attend and join our club. We meet the first and third Tuesday of each month for fellowship, a hot breakfast, interesting speakers and also a golf group. Come on down.

—Steve Leonard

CLUBS

WOMEN'S CLUB

A very exciting speaker is on the schedule for the October Women's Club lunch at noon on the 13th in the ClubHouse. Manny Pacheco, a radio and television personality from Orange County, will speak about his book *Forgotten Hollywood Forgotten History* that highlights the best supporting actors

and actresses of Hollywood's Golden Age, and their films that tell America's story.

Manny was host of the daytime Emmy-nominated *In Studio* on KCOP 13; he appeared on NBC's *Santa Barbara* and moderated many KCET public television pledge drives among other



activities during his many years as a member of the Screen Actors' Guild.

Don't miss this interesting program and look for your e-mail luncheon invitation on October 6. Please respond by the deadline on Sunday, October 9.

—Mary Crowl

ACTIVITIES

WEDNESDAY BRIDGE

We've enjoyed having new gals who were staying in our area for the winter months—and now they seem to be leaving us to get back to their homes and we will miss them. We are glad to welcome back Francesca Rossi Sunness after being in England for so long—and we will miss Marcia Winick with her fantastic bridge hands. We want to encourage more players to join us so how about giving us a ring (496-4230). We start at 11:00 a.m. and are usually finished about 3 o'clock—all we want from you is a dollar and perhaps a sandwich for your snack.

Winners are:

- August 24 Shirley Heimstaedt, Kay Wittmack, and Margaret Brugger
- August 31 Marcia Winick, Shirley Heimstaedt, PouriFowzi
- Sept. 7 Freida Baskin, Marcia Winick, Dorothy Horany—tie
- Sept. 14 Freida Baskin, Helen Campbell, Dorothy Horany

—Helen Campbell

PAGE TURNERS

Page Turners Book Club will meet on Monday, October 24, to discuss *Pearl of China* by Anchee Min.

In a southern town in China, in the last days of the nineteenth century, two young girls bump heads and become friends. Willow is the only child of a destitute family. Pearl is the headstrong daughter of Christian missionaries who grows up to become Pearl S. Buck, Nobel Prize winning author. This unlikely pair become lifelong friends who face civil war and exile.

The morning group will meet at 10:00 at the home of Ann Christiansen, 23841 Bluehill Bay. Ann will provide refreshments. The afternoon group will meet at Hansa Sehgal's, 33671 Windlass, at 12:30. Karla Sanders will lead the discussion for both groups. For more information about Page Turners: Karla Sanders karlajoe@cox.net, 496-8413—Morning, Diane Hearne: Phearne4@cox.net, 661-6267—Afternoon.

—Karla Sanders

OREO BOOK CLUB

Diane Hearne lead the group in a discussion on *The Unbroken, Story of Survival, Resilience and Redemption* by Laura Hillenbrand. The meeting was at the home of Norton Schwartz on Wednesday September 21. Besides the character of Louis Zamperini enduring 36 days on a raft and then a Japanese prison camp, the issues of Japanese treatment of POW's verses American treatment of POW's were contrasted along with cultural differences that gave rise to the divergent approaches. The ethics of the dropping of the atom bomb were discussed along with the issues of hate and remembrance over war-time atrocities. Some remembered the experiences of World War II better than others and views diverged on the tragedies of the era.

On October 19 we will meet at the home of Dick Johns and discuss *Voltaire—A Life* by Ian Davidson.

—Norton Schwartz

LIBRARY

Children's Library: Fall Storytimes for Toddlers/Pre-Schoolers will continue through October 25 on Tuesdays at 10:30 a.m., there will be break after that for two weeks. No registration required.

After School Club for Ages 5 and up on Thursdays at 4:00 p.m. through October 27. Registration required.

ACTIVITIES

Halloween Pajama Storytime October 24 at 7:00 p.m. with the Sunshine Readers. ****Note different day due to Halloween****

In-N-Out Burger Promotion will start on October 8. Read 5 books and receive a free In-N-Out Burger.

Pick up bookmarks starting Saturday, October 8.

Annual Halloween Show will be featured on Saturday, October 27 at 11:00 a.m. with Magic of Allen Oshimo. This program is sponsored by the Friends of the Library. Refreshments provided by the National Charity League. Come in costume if you wish for our costume parade.

—Carolyn Hopkins

SOCIETY FOR CIVIL DISCOURSE

The Society for Civil Discourse met Wednesday, September 9 at the Dana Point Library to discuss President Obama's speech of September 8 and evaluate his proposals and the prospects of increasing jobs. It was agreed that there was no quick fix to the problem, but that both his proposals to lower taxes and to provide funding for employment for infrastructure had great merit. It was hoped the Republicans in Congress would not trash the proposals just to appease Tea Party members.

SPORTS NEWS

MEN'S GOLF

The Men's Golf group played on August 23 at Arrowood Golf Club in Oceanside. This beautiful private course is great to play. Combined 1,2,3 Net Foursome Team was the format played. First place went to the team of Roy Dohner, Al Thome, Lonnie Forman, and Kent Wellbrock. Second place went to the team of Boyd Van Ness, Dick Grabham, and Bob Gutknecht. Closest to the pin was Dick Grabham on both holes #8 and 15.

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NSCA is not responsible for any work done nor are we recommending any of the advertised companies

The second meeting of the month was on Friday, September 23 at which we discussed the vanishing middle class in America. We defined the "middle class" and delineated its values. It was determined that the gap in the income disparity in America could be reduced by encouraging Union growth, amending tax policy and fostering technical education (as opposed to academic education) to meet the needs of industries with high paying jobs.

The next meeting will be in two weeks and will discuss "Oil—Where should we drill, where does our oil now come from, are oil company profits excessive, what are our reserves and what reserves do we need and the reasons for high oil prices at the pump."

—Norton Schwartz

The Society for Civil Discourse continues to meet every other Friday at 10:00 a.m. in the Dana Point Library. Our October meeting dates are Friday the 7th and 21st. A variety of topics of current interest to the group have been discussed including: Illegal Immigration, Current State of California, U.S. Economy Compared to Other Large Economies. All Shores residents are invited to attend and participate. Bring your topic of interest. For additional information, please contact Norton Schwartz at 949 481-2459 or by e-mail at Nortlynne@cox.net.

—John Hall

Next up on September 13 was Talega. This great course is beautiful, close to home, and the weather was perfect. The format this day was Combined Net Foursome. First place went to the team of Roy Dohner, Mac Brown, Allen Brase, and Morry Dohner. Second Place went to the team of Jon Cobain, Dennis Rosene, Woody Woodward, and Barry Daniels. Closest to the pin was Charlie Clark on hole # 8 and Al Thome on hole# 12.

The next Tournament will be on September 27 at The Crossings in Carlsbad.

Golf can best be defined as an endless series of tragedies obscured by the occasional miracle, followed by a good bottle of beer.

—Bob Russell

WOMEN'S GOLF

Please call the golf captains for information about the October golf date: Liz Kelsch at 661-5802 or Irene McDonald, 481-3035. Women's Golf meets the second Monday of each month. Call for reservations and come join us. All are welcome.

—Chris Beaver

He is certified to do water systems backflow test and repair. His hobbies and interests are bodybuilding, snowboarding, surfing, spear fishing and motorcycles.

Part of the new ClubHouse construction in 2009 included some first class working facilities for the maintenance staff. There is a 1270 square foot storage and shop, a 165 square foot office and an 1800 square foot maintenance yard. The shop is equipped with tools to weld, saw or drill wood and metal, and electrical diagnostic equipment. The maintenance yard permits the storage of many necessary but unsightly items.

On a normal day there are four people going about their regular everyday tasks. If all is going well, the residents may not notice this activity because they are fixing and cleaning things before they become a problem. There is a check list of about one hundred routine tasks. Some examples are: open the office, club rooms, restrooms, beach bluff, pool and spa, check each for need of cleaning and trash pickup. Skim and vacuum pool and spa, adjust chemicals, check all gates for proper operation. Insure that the kitchen, club room and conference rooms are clean and ready for use. Empty trash cans and refill Mutt Mitts.

Each day presents some non-routine tasks that may include electrical problems that cause gate failures, street lights out,

pumps or irrigation controllers not working. Detrition of posts for coach lights, signs, mail boxes and fences add to the items that need to be repaired or replaced. There are special long term projects such as rebuilding the Villas stairway or, a current project, the repair of the observation deck near Flying Jib.

Except for the landscape contract, which has been a management responsibility, the Maintenance Department selects the company and monitors the performance of our annual service contracts. This includes street sweeping, cleaning service and security equipment.

The hiring of special project contractors and their supervision consumes a major part of Maintenance Management time. Most projects, for example street resurfacing, concrete repair, painting, fence, and gate repairs, require three competitive bids. This involves writing the scope of work and bid package. Then, find three responsible bidders, evaluate their bids, recommend the company to select, and supervise their performance.

After all the above tasks, and many not mentioned in this article, are complete the employees may rest. So far they have not been able to rest.

—George Cooley & Jack Christiansen



Carol's Cuisine Corner

Well, now we can go back to Laguna Beach. The tourists (most of them) are gone. Let's enjoy the restaurants in Laguna Beach again.

Dizz's As Is: 2794 S. Coast Highway, 494 5250. Hours: Tuesday-Sunday, bar 5:00, dinner 5:30 p.m.

Eva's Caribbean Kitchen: 3172 S. Coast Highway, 499 6311. Hours: closed Mondays. Open 5:00 to 9:00 p.m.

Alessia: 234 Forest, 497 8222. Hours: 11:00 a.m. to 10:00 p.m.

La Sirena Grill: 30862 S. Coast Highway and 347 Mermaid Street, 499 2301. Closed until October 1 for remodeling These are take-out places—few seats available.

Nirvana Grill: 303 Broadway #101, 497 0027. Hours: Closed Monday. Tuesday through Sunday, 5:00 to 9:00 p.m.

Rock'n Fish Laguna Beach: 422 S. Coast Highway, 497 3113. Hours: 11:30 a.m. to 10:00 p.m.

Romeo Cucina: 249 Broadway, 497 6627. Hours: Noon to 2:30 p.m. dinner 5:00: p.m. to 9:00 p.m.

Royal Thai Cuisine: 1750 S. Coast Highway, 494 8414. Hours: Lunch 11:00 a.m. to 3:00 p.m., Dinner 5:00 to 10:00 p.m.

Tivoli Terrace: 650 Laguna Canyon Road, 494 9650. Lunch, 11:00 a.m. to 3:00 p.m., dinner 4:00 to 9:00 p.m. In the grounds of Festival of Arts.

Tabu Grill: 2892 S Coast Highway, 494 7743. Hours: 5:30 to 9:30 p.m.

Royal Hawaiian: 331 No. Coast Highway, 494 8001. Open 5:00 p.m. nightly.

Casey's Cupcakes: 303 Broadway, 715 8245. Hours: 9:00 a.m. to 9:00 p.m.

Café Zoolu: 860 Glenneyre, 494 6825. Hours: 5:00 to 9:00 p.m

House of Big fish and Cold Beer: 1461 S. Coast Highway, 715 4500. Hours: 11:30 a.m. to 9:00 p.m.

Of course there are many more, but try some of these and will list others again soon. Enjoy your trip to Laguna Beach. Bon appetite, Carol Yocom

G. Douglas Lewis

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NIGUEL SHORES HALLOWEEN TRADITIONS: PAST AND PRESENT

It seems we can always find reason to celebrate here in the Shores and, during the month of October, Halloween has long been a wonderful event that once again brings our community together for a fun filled celebration. For many years I had the privilege of organizing the annual Niguel Shores Halloween Children's



Party. It is always an amazing event that has been a

Shores tradition for over fifteen years. The event brings together many members of the community to celebrate this holiday which is a favorite of so many children. The event is organized in a way that encourages adults, older children and, of course, our younger children

to participate. Traditionally, older children from Niguel Shores create and run anywhere from ten to fifteen game booths which all have Halloween themes.



The games range from "Boo Bowling" to "Witches Cauldron." Residents invite their children and grandchildren to partake of the games and festivities. The event was

originally held in the old multi-purpose room. However, in recent years, we have expanded a bit and use the new ClubHouse

and the surrounding patio and areas.

Children dressed as witches, goblins, fairy princesses, NFL linebackers and more play games while the older children



running the booths assist them and hand out prizes. Pizza and drinks are sold from the ClubHouse kitchen and many gener-



Meredith Family in Costume.

even remember someone setting up a television in the old multi-purpose room so we could all watch the Angels in the World Series in 2002 during the party! Over the years many residents have stepped up to help plan and organize this event: Kathy Jones, Gay Powers and Cristin Cobb to mention a few.

Last year I passed the Halloween torch to Karin McPherson who generously agreed to oversee most of the



party, although, I still help with the parade. Karin did an amazing job in continuing the tradition that has brought happiness to so many of our children. This year's celebration will take place on Sunday, October 23 in the ClubHouse. Karin is planning a wonderful

celebration for our kids (and their parents and grandparents) once again. Please come out and join us!

—Susan Meredith



Photos courtesy of Gary Tinnes



HEALTH & WELLNESS

My name is Sharon Stewart and I am delighted to announce that I've been invited to contribute a monthly column to the *Seashore News* that addresses health and wellness. Since this is the first of a series, I thought that I would start at the beginning . . . with breakfast! A great way to start the day!

Breakfast . . . Is It Really Important?

Hmmm...that's a good question...is breakfast really that important? It's an especially good question to ask if you don't eat breakfast and haven't for years. How many of us can recall our mother's voice as we were growing up floating through the kitchen telling us, "Be sure to eat your breakfast" or "it's not good to start the day on an empty stomach?" Probably just about all of us...and she was right...breakfast is, hands down, the most important meal of the day. Without it, you start the day feeling sluggish, a little fuzzy when it comes to thinking, and may hear others telling you that you're a little grouchy!

Study after study shows that eating a healthy breakfast (one that doesn't include doughnuts and the like) improves one's concentration whether they're in the classroom or the boardroom. Also, people who eat a healthy breakfast weigh less than their breakfast skipping counterparts. When you skip breakfast, you're more likely to make poor meal choices throughout the day...oh, and make sure to get some lean protein down the hatch as it's good for you but also keeps you feeling full longer.

So, whether it's healthy cereal, eggs, whole grains, low or non-fat dairy, or fruits and vegetables, be sure to "break the fast" every morning and you will be on your game, feeling your best, and ready to take on the world... and no one will be calling you a grouch either!

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

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NIGUEL SHORES RESIDENTS HONORING 9/11

On Sunday morning, September 11, 2011, many of us may have been hanging out our flags, attending a memorial service, or watching a bit of the comprehensive television coverage that reminded us of the events of that tragic day ten years ago. However, four of our Niguel Shores residents chose to remember that day in a more memorable way.

Stan Reese, Lori McNaught, Yasmin Smith and Susan Buckler (former resident) all participated in the 14th Annual Pacific Coast Triathlon at Crystal Cove State Beach. Not only was this the anniversary of the triathlon, it was also dedicated to honor the heroes who protect us and those who lost their lives or were injured on September 11, 2011.

Our neighbors and friends had been training many months for the privilege of getting up very early on a Sunday morning, running three miles, swimming one-half mile and then finishing



Niguel Shores Triathletes: Lori McNaught, Yasmin Smith and Susan Buckler



Stan Reese receiving the Gold Medal

it all off with a 12 mile bike ride. I am proud to report that each one of them beat their own personal best time and all four of them finished in the top ten in their age division. But wait, it gets even better; Lori came in 4th in her age division and Stan (*Stan the Man* as he is known to his associates) finished 1st in his division, taking home the gold. Not bad for a newly retired grandpa!

Stan is proud of his accomplishment; however, what he really hopes is that at next year's event many more of his Niguel Shores neighbors will join him and his team as they participate once again! Anyone interested in the challenge should go to www.pacificcoasttriathlon.com for details for the 2012 event. Stan is always looking for someone to train with.

—Patti Staudenbaur

NIGUEL SHORES 9/11 MEMORIAL

On Sunday, September 11, in memory of the people who lost their lives that tragic day 10 years ago, some Niguel Shores families gathered at the Bluffs to pick up trash along Strand Beach.

Participants in the remembrance memorial: Bottom row: Jake Haskins, Paden Cook, Reese McCarter, Malia Mycka, Stella McCarter. Middle row: Wyatt Ackermann, Dylan Mills, Jackson Fleming, Vaughn McCarter, John McPherson, Jaden Haskins. Top row: Mason Mills, Allie Meredith, Claire Weinhardt, Caroline Meredith, Max Fleming, Rylee Cook.

—Patty Mullen Cook





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For Rent: Free Golf, Palm Desert, Chaparral Country Club 2 + den with convertible sofa. Tennis, swimming pools, full service Club house, gated community updated condo on golf course, near El Paseo & Marriott Hotel. \$3500 a month (818) 501-6678.

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