

ROOTS AND WINGS

LADERA RANCH'S OFFICIAL COMMUNITY MAGAZINE

WINTER 2020

CELEBRATING
THE

Holidays

WITH LIGHTS,
CHEER AND
TRADITIONS



FAMILY
holiday
TRADITIONS
p. 6



NEW
EXTERIOR
HOME PAINT
OPTIONS
p. 10

FROM YOUR BOARD PRESIDENTS

Twenty years ago Ladera Ranch went from being an idea, to the start of a community. It began with the idea of a connected community that would allow residents to establish roots for a sense of belonging and to develop wings that would take us where we dared to dream.

Our roots have held us steadfast during a turbulent year. Wings allow us to rise above circumstances to gain perspective. For many, we have gained a deeper appreciation for our everyday hometown heroes, our family, and our community.

Our Boards have met unprecedented challenges with a continued commitment and determination to do what's right – and what's best for our community. The LARMAC Board went from meeting monthly to weekly to monitor rapidly changing information that the state and health agencies were communicating. Major replacement and maintenance projects were completed while the state mandated the closures of our amenities.

The LARCS Board and Event Planning Committee were required to change up a year-long calendar of events and canceled special plans for a 20 year anniversary celebration. In their place, smaller events like the Drive-In Movie series, Food Truck Fridays and online activities took place.

New Exterior Paint Palette Introduced

The LARMAC Board of Directors is happy to introduce new home exterior paint color schemes to choose from. These contemporary paint color options maintain color schemes that complement the architectural style of each home. LARCS and LARMAC worked together to make the submittal and approval process easier by incorporating it into LaderaLife.com. Visit LaderaLife.com > Home Improvement for details.

Looking Ahead to the Winter Holidays

As the year comes to a close, many of us are eager to say goodbye to 2020. Before we do however, we come together to celebrate the holidays with lights, traditions and fun.

We hope you'll make plans to visit the enhanced holiday lights at Town Green, and the great oak tree which will serve as our holiday tree this year. Visit LaderaLife.com to use the interactive map to locate your favorite decorated homes during this year's Holiday Decorating Contest.

Special moments come from being present and seizing that moment to connect with our loved ones. As Lennon wrote, "Life is what happens to you while you're busy making other plans." Although this year may look different than previous ones, take pause and make this time uniquely special.

Happy Holidays!



Chase Fitzpatrick

Chase Fitzpatrick
President, Ladera Ranch
Maintenance Corporation (LARMAC)



A. Rutledge

Armando Rutledge
President, Ladera Ranch
Community Services (LARCS)

LADERA RANCH ROOTS AND WINGS

LADERA RANCH COMMUNITY SERVICES (LARCS)

Oak Knoll Village Clubhouse
28192 O'Neill Drive
949.388.8300 | contact.larcs@laderalife.com
Monday-Friday: 9:00 a.m. to 5:00 p.m.
Available by appointment

Events • Programs • LaderaLife.com • Community Partnerships
Groups & Clubs • Roots and Wings Magazine • Ladera Happenings

LARCS BOARD OF DIRECTORS

President Armando Rutledge
Vice President Greg Sink
CFO Barton Warner
Secretary Jay Rogers
Director at Large Rob Campbell
Non-Voting Member Dalia Viera
Non-Voting Member Joya Balfour-Celik

LADERA RANCH MAINTENANCE CORPORATION (LARMAC)

Avendale Village Clubhouse
1 Daisy Street
949.218.0900 | contact.larmac@laderalife.com
Monday-Saturday: 9:00 a.m. to 5:00 p.m.
Office is currently closed for walk-in traffic.
Available by appointment.

Membership Cards • LaderaLife Registration
Architectural Plan Submittal • Enforcement Review
Common Area Maintenance • Facility Reservations

LARMAC BOARD OF DIRECTORS

President Chase Fitzpatrick
Vice President Cary Sullivan
Treasurer Samantha Talley
Secretary Matt Plaxton
Assistant Secretary Frank de Lima

G4S Security (24/7) 949.351.9253
Cox Sports Park and Field Conditions 949.582.2414
FirstService Residential CA 949.448.6000



As a service to Ladera Ranch residents ("Participants"), LARCS makes available various service providers such as instructional and recreation class instructors, sports leagues, social events and others that may be added from time to time (collectively, the "Providers"), which agree to provide classes and other activities to Participants. However, neither LARCS, LARMAC, FirstService Residential CA, DMB Ladera, nor any of their directors or officers (collectively, the "Ladera Parties") recommend or endorse any of the Providers or any classes, activities, information, advice or services provided by such Providers (collectively, the "Products"). The Ladera Parties are not responsible for the accuracy, reliability or quality of any Product provided to Participants by or on behalf of any Provider. Any reliance upon any Products of a Provider shall be at the Participant's sole risk.

The Ladera Parties expressly disclaim any and all warranties, expressed or implied, including, without limitation, warranties of merchantability and fitness for a particular purpose, with respect to any Product any Participant obtains from a Provider. In no event shall the Ladera Parties be liable for any direct, indirect, incidental, punitive or consequential damages of any kind whatsoever with respect to any Product or information provided by, on or behalf of, a Provider. Since individual needs vary from Participant to Participant, the Ladera Parties suggest that each Participant conduct the necessary due diligence to ensure that any Product and/or Provider selected for use by a Participant is appropriate for such Participant's circumstances. LARCS reserves the right, as its sole discretion and without any obligation, at any time to withdraw any benefit of discount and to cancel any provider.

Your attendance at LARCS and/or LARCS Partnership events constitutes your permission to LARCS and/or parties designated by LARCS to photograph you and your family members, including minor children, and to use such photographs in all forms of media and any and all promotional purposes including advertising, publicity, display, audiovisual, exhibition, commercial and editorial use. The term "photograph" as used herein, encompasses still photographs, audio recording and motion picture footage. LARCS reserves the right to reproduce and/or authorize reproduction and use of such photographs for use in all promotional markets. LARCS and any of its associates, affiliates, designated directors, officers, agents, and employees are not liable for any claims of civil violation of privacy as result of photographs taken at LARCS events.



Winter HOLIDAY events

Celebrating the holidays with
LIGHTS, CHEER and TRADITIONS

LARMAC Welcomes New Board Members

The 2020 LARMAC Board of Directors Election concluded on Wednesday, November 4, 2020 at the Annual Meeting of Neighborhood Representatives which was held via Zoom virtual meeting to comply with state restrictions that are in place due to COVID-19.

Ladera Ranch homeowners broke the all-time homeowner participation record, which came in at 10.2% (742 households). The prior all-time high was in 2012 when 8.6% of households voted.

Three candidates, Frank de Lima (786 votes), Matt Plaxton (774 votes) and Joe Ribotto (669 votes) ran for two open seats on the LARMAC Board for a three year term. Congratulations to Frank and Matt.

Frank de Lima thanked homeowners saying, "I am truly honored and grateful for the opportunity to serve on the LARMAC Homeowners Board of Directors. I plan to be a strong advocate and champion for all residents."

The LARMAC Board of Directors extends a special thank you to Joe Ribotto and Jacob Whitehead for their years of service on the LARMAC Board of Directors. Joe served a total of seven years on the Board and Jacob served for three years. Joe started his service on the Board in October of 2013 when he was appointed as a non-voting officer. Joe became a voting member of the Board in November 2014, in what would become his first of two 3-year terms on the LARMAC Board of Directors, serving as President for the last three years. Joe has also served on the Aesthetics Review Committee (ARC) since 2016.

The LARMAC Board held a reorganization meeting to determine director roles at the November 11, 2020 open session board meeting.

Thank you to our members who voted in the 2020 election and to the Neighborhood Representatives who participated in the Annual Meeting.

Holiday Decorating Contests

Get into the holiday spirit by entering your home or neighborhood in the annual Holiday Decorating Contest. Winners will receive a gift card and yard sign to display throughout the holiday season.



INDIVIDUAL HOME

Enter in one of the following categories:

- Most Creative Use of Lights
- Best Use of Theme
- Classic/Traditional
- Best Yard Display

Entry Deadline: Noon, December 1
Resident Judging: December 3-15

To vote for your favorites, visit
LaderaLife.com starting December 5
(online voting only)

*Residents must obtain an Encroachment Permit from the County of Orange if holiday displays including string of lights are extended over public rights of way. For more information, visit ocpublicworks.com

NEIGHBORHOOD

Participating street(s) in a neighborhood will be judged on four separate criteria:

- Originality
- Creativity
- Curb Appeal
- Use of Lighting

*Entries must have at least half of the street participating in the same neighborhood



Frank de Lima



Matt Plaxton



Joe Ribotto



NOV 30 – DEC 13
LETTERS TO SANTA

AVENDALE VILLAGE CLUBHOUSE

Santa is excited to hear from children all around Ladera. Make sure to tell Santa what you wish for this Christmas. Register on LaderaLife.com to download a special form to write Santa this year.



FRIDAY, DECEMBER 4
CRUISIN' WITH THE CLAUS'

5:00 – 8:00 P.M.

Mr. and Mrs. Claus will "cruise" on top of Smokey's Fire Truck through the neighborhoods on a pre-determined route to greet children and spread holiday cheer. Santa's elves will use the Glympse App so that you can see in real time when the Claus' will arrive near your neighborhood.



SATURDAY, DECEMBER 5
TOY DRIVE

9:00 A.M. – 1:00 P.M. | OAK KNOLL VILLAGE CLUBHOUSE

The Ladera Ranch Teen Leadership Council is collecting toys for children of all ages to benefit families of 1ST LAR Marine Battalion at Camp Pendleton. Please consider dropping off a new/unwrapped toy to help ensure that every child gets a gift this holiday.



SATURDAY, DECEMBER 5
SANTA VISITS

10:00 A.M. – 2:00 P.M. | OAK KNOLL VILLAGE CLUBHOUSE

Mr. and Mrs. Claus will listen to holiday wish lists and take a photo with your family. A professional photographer will be on-site to take your photo. Social distancing guidelines will be followed. Space is limited. Registration is required.



WINTER
EVEN
ENTS
—2020—

SUNDAY, DECEMBER 6
DRIVE-THRU LIVE NATIVITY

5:30 – 7:30 P.M. | COX SPORTS PARK

Witness the miracle of the very first Christmas from the comfort of your own vehicle at the Ladera Ranch Drive-Thru Live Nativity. Community Partnership Event with Hope Crossing Community Church.



THURSDAY, DECEMBER 10
MENORAH LIGHTING

6:30 P.M.

The LARCS Jewish Community Club invites you to enjoy the festival of lights with a take-home goodie bag to celebrate the eight nights of Hanukkah. Watch the first night virtually with David Harbour and Rabbi Zalman Marcus of the Chabad of Mission Viejo. Registration is required.



FRIDAY, DECEMBER 11
HOLIDAY DRIVE-IN MOVIE: ELF

7:00 P.M. | RMV RIDING PARK AT SJC

Join us for a fun holiday drive-in movie featuring Elf. Exclusive to residents, tickets are \$25 per car. Space is limited. Registration is required.



SATURDAY, DECEMBER 12
HOT CHOCOLATE & HOLIDAY LIGHTS

5:00 – 7:00 P.M. | AVENDALE VILLAGE CLUBHOUSE

Cruise by Avendale Village Clubhouse to receive complimentary hot chocolate, candy canes, and a link to the interactive map to view the homes and neighborhoods that entered the Holiday Decorating Contests. Registration is required.



Family holiday Traditions

Ladera Families Share their Fondest Holiday Traditions



Ure family



Rebecca Nazzal Christmas Train

The Nazzal family visits the Irvine Christmas train with other Ladera Ranch families (and matching pjs or outfits). We do not have a lot of extended family who live locally so this is a special and exciting thing that our kids get to do with family friends who are like cousins, aunts and uncles. It is also meaningful to us to have our village to raise our kids and celebrate the holidays together.



Darcy and Nathan Ure A Christmas Carol Play

We have the tradition of going to see the play 'A Christmas Carol' every Christmas with our grandparents. Definitely gets us in the Christmas spirit. We also love going to church together, getting everyone matching pjs and decorating the Christmas tree together.



Jamie O'Keefe Hanukkah Party

Everything is centered around food. We go to my mom's house on the first night of Hanukkah and make latkes and have dinner, light candles and open presents.

We also have a big Hanukkah with all our family (cousins, aunts, uncles, etc) where we have dinner and latkes and then we always have an epic white elephant gift exchange.



Aarin Fotopoulos

New Year's Eve from Around the World

On NYE, no matter where we are, we have a party. We eat good luck foods from around the world. We make resolutions for the upcoming year and assign different categories of our life to each month to work on for the upcoming year. We write down something we didn't like for that year, we fold it up, and burn it. We play games like dance charades, hum a tune from a popular song from the year, and minute to win it. We have prizes that people can keep or steal. Then at midnight, we use a tradition from Spain, and we eat 12 grapes. Each sweet grape predicts a sweet month for the year, and each sour grape predicts a sour month for the year. We also make a balloon drop and ring in the New Year together as a family!

Celina Garcia

Making a Plate for the Family Pet

Every Thanksgiving we set aside a special plate for our dog Kirby and everyone gathers around to watch him chow down.



Teens in LADERA RANCH

LOOKING BACK AND AHEAD TO 2021



By Emma Megerian

We are beginning a new year on the **Teen Leadership Council**, which means we have new goals, new events, and new members! TLC is proud to introduce our three new members: **Dylan Fingersh** (15), who is in his first year at Capo Valley High School, **Carson DeFilippio** (15), a freshman at San Juan Hills High School, and **Apoorvi Singh** (13), an eighth grader at Ladera Ranch Middle School. They are eager to serve our community, and we are so happy to have them on board.



Looking back upon last year, the Teen Leadership Council had many accomplishments. We ran two Red Cross Blood Drives, which saved 111 potential lives. Thank you so much to everyone who donated blood and to the nurses at Red Cross. Our Food Drive in August collected 610 pounds of food! This was vitally important due to the financial stressors brought about by the pandemic. At the Reserve at Rancho Mission Viejo, members of our community successfully planted a vegetable garden for the Reserve's tortoises.

As we switch gears and start planning for 2021 events for Ladera Ranch teens, much uncertainty remains. We hope to resume our usual events and activities for Ladera teens, though we will make plans based on the local and state safety guidelines. As of now, we intend to host a movie night in April as well as another project with the Reserve at Rancho Mission Viejo.

In terms of upcoming events, the holidays are right around the corner! We are looking forward to our Toy Drive and Letters for Santa. On Saturday, December 5 from 9:00 a.m. to 1:00 p.m., the Ladera Ranch Teen Leadership Council will be collecting toys for children age 0 to 17 at the Oak Knoll Village Clubhouse. This will be done in partnership with the 1st LAR Marine Battalion located at Camp Pendleton. Please consider dropping off a new/unwrapped toy, as there are many in need this holiday season.

At the Avendale Village Clubhouse from Monday, November 30 to Monday December 14 from 9:00 a.m. to 5:00 p.m. every day, children will have the opportunity to write Santa a letter about what they would like to receive for Christmas. TLC members will make sure that Santa receives every letter, and he will be writing back! The mailbox is in front of the Avendale Village Clubhouse at 1 Daisy Street.

Thank you to everyone in the community for your support and participation! Despite the challenges during these uncertain times, we will still continue to serve the community and make a positive impact!



Dylan Fingersh



Carson DeFilippio



Apoorvi Singh



laderaranchtlc

RECREATION PROGRAMS

Classes are open to all Ladera Ranch residents. Classes are subject to change or cancellation due to state and local COVID-19 guidelines.

EARLY CHILDHOOD

MUSIC TOGETHER

Register at svmusictogether.net Ages 0 - 4
Music Together is a gold standard in early childhood music and movement. Families participate together in songs, rhythmic rhymes, movement and instrumental play. We create fun, informal and musically rich setting that supports many learning styles of children and adults. Fee includes (10) 45-minute classes and material included. Classes to be held in the grass area at the Covenant Hills Clubhouse.

Mon / Jan 11 - Mar 15 / 10:30 - 11:15 a.m. / \$220 / Covenant Hills
Mon / Jan 11 - Mar 15 / 4:00 - 4:45 p.m. / \$220 / Covenant Hills
Th / Jan 14 - Mar 18 / 9:15 - 10:00 a.m. / \$220 / Covenant Hills
Th / Jan 14 - Mar 18 / 10:15 - 11:00 a.m. / \$220 / Covenant Hills
Th / Jan 14 - Mar 18 / 11:30 a.m. - 12:15 p.m. / \$220 / Covenant Hills

HOLIDAYS WITH MUSIC TOGETHER

Register at svmusictogether.net Ages 0 - 4
This class follows the same format as a regular Music Together class but features holiday songs and music. Classes to be held in the grass area at the Covenant Hills Clubhouse.

Mon / Dec 7 & 14 / 10:30 - 11:15 a.m. / \$35 / Covenant Hills
Mon / Dec 7 & 14 / 4:15 - 5:00 p.m. / \$35 / Covenant Hills
Th / Dec 10 & 17 / 9:15 - 10:00 a.m. / \$35 / Covenant Hills
Th / Dec 10 & 17 / 10:15 - 11:00 a.m. / \$35 / Covenant Hills

YMCA ADULT FITNESS CLASSES

The Mission Viejo Family YMCA is proud to provide the following classes. First time participants need to arrive 15 minutes prior to class to register.

* Classes will be free of cost to current Ladera Ranch residents with an active Mission Viejo Family YMCA membership. Payments via debit/credit cards only.

Y AQUA FIT

Register at ymcaoc.org/mission-viejo-family-ymca Ages 18+
A moderately paced, no-impact workout that utilizes the natural resistance and buoyancy of water against your body and resistance equipment to increase intensity and provide a wide variety of full-body conditioning. (Additional \$20 for dumbbells)

Wed / Jan 13 - Mar 17 / 9:00 - 9:50 a.m. / \$120* or \$15 Drop-In / Flintridge Pool
Fri / Jan 15 - Mar 19 / 9:00 - 9:50 a.m. / \$120* or \$15 Drop-In / Flintridge Pool

Y BOOT CAMP

Register at ymcaoc.org/mission-viejo-family-ymca Ages 18+
This is an intense outdoor class that will challenge you to a new fitness level. Class formats includes the use of body weight and different resistance equipment in order to simulate a military-quality experience. Each class uses different exercises to boost your metabolism, lose weight, gain muscle, and feel great!

Mon / Jan 11 - Mar 15 / 5:30 - 6:20 p.m. / \$120* or \$15 Drop-In / Oak Knoll

SPORTS AND FITNESS

BODY SCULPT

Register at Bridget@BFitness.info Ages 18+
If you struggle with at-home workouts and nutrition, Body Sculpt is for you! Exercises include resistance bands, weights and more with low impact movements for all fitness levels. Bring Mat and water. One-time registration fee of \$50. *Saturday class starts at 9:15 a.m. Drop-ins are \$15

M,W,F & Sa / Dec 1 - Feb 28 / 9:00 - 10:00 a.m.* / \$75 month / Oak Knoll

LADERA RANCH TENNIS-JUNIORS PROGRAM

Register at laderaranchtennis.com Ages 5+
Ladera Ranch Tennis is the official year-round tennis program of Ladera Ranch offering private and semi-private lessons, group classes and camps. All tennis programming is available for beginner to advanced players. Private lessons, classes and social events are also available for adult players. For pricing please email LoveTennisInquiries@gmail.com

Mon - Th / Begins Jan 4 / 3:00 - 7:00 p.m. / Covenant Hills Tennis Courts

SKYHAWKS BASEBALL TOTS

Register at skyhawks.com Ages 3.5 - 6
Baseball Tots uses a variety of fun games to engage kids while teaching the sport of baseball and developing fundamental skills. The goal is to build fitness, muscle coordination, baseball fundamentals and create a love of the game.

Fri / Jan 22 - Feb 26 / 3:30 - 4:10 p.m. / \$75 / Oak Knoll / Ages 3.5 - 4.5
Fri / Jan 22 - Feb 26 / 4:20 - 5:00 p.m. / \$75 / Oak Knoll / Ages 4.5 - 6

SKYHAWKS MINI HAWK MULTI SPORT

Register at skyhawks.com Ages 2 - 5
Introduce your little superstar to sports in our most popular program! This baseball and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation may be required for younger ages.

Mon / Jan 11 - Feb 22 / 10:00 - 10:40 a.m. / \$65 / Oak Knoll / Ages 2 - 3.5
Mon / Jan 11 - Feb 22 / 10:50 - 11:30 a.m. / \$65 / Oak Knoll / Ages 3.5 - 5

STROLLER STRIDES

Register at laderaranch.fit4mom.com Ages 18+
Stroller Strides is a fitness program that moms can do with their babies. These classes are no walk in the park, but a full cardio and resistance workout. Classes are taught by certified fitness instructors and accommodate all fitness levels. Unlimited classes per month. First class is FREE! One-time Registration Fee of (\$95). Stroller Strides meets year-round.

Mon - Fri / 9:00 - 10:00 a.m. / \$75 month / Cox Sports Park



RECREATION PROGRAMS

AQUATICS

GATORS SWIM CLUB

Register at gatorsswimclub.com Ages 5 +
The Gators Swim Club is a competitive swim club, offering year-round and seasonal swim team options at the Avendale Clubhouse Pool. For more program information, schedule & pricing information, please visit our website.

INTRO TO GATORS (NOVICE SWIM TEAM)

Register at evolutionsswim.com Ages 5+
Year-round, non-competitive swim team program at the Avendale Clubhouse Pool. Prerequisite - Swimmer must have a working knowledge of the freestyle, backstroke and breaststroke. Great for year-round fitness, summer prep, future competitive swimmers. Please visit website for dates, times and pricing.

LADERA JUNIOR WATER POLO

Register at setwaterpolo.com Ages 8 - 14
SET JR. Water Polo is where you learn to play water polo. Ages 6-14. Swim with the ball, pass, shoot, egg beater, and rules of the game. The goal is to help the athletes discover the sport and learn the fundamental skills. Athletes must be water safe and can enter and exit the water without help.

Tu & Th / Dec 1 - 17 / 4:00 - 5:00 p.m. / \$115 / Township Plunge
Tu & Th / Jan 5 - 28 / 4:00 - 5:00 p.m. / \$140 / Township Plunge
Tu & Th / Feb 2 - 25 / 4:00 - 5:00 p.m. / \$140 / Township Plunge

MUSIC LESSONS

GUITAR LESSONS

Register at rongorman.com Ages 10+
Enjoy learning to play great songs in a fun and supportive environment. You will learn how to read chord diagrams and tablature. Class is year round for your continual guitar education. Bring your own guitar, tuner and song requests to class.

Tu / Jan 5 - Feb 2 / 4:30 - 5:30 p.m. / \$120 / Flintridge

YOGA

TODDLER STORY TIME YOGA

Register at pearlsforlife.org Ages 1 - 5
Combines quiet, educational experiences with age appropriate yoga exercises for toddlers. A fun way for your child to learn the basics of yoga while moving, playing and making friends. Creative yoga moves, music, and movement are used to tell a story to introduce the beauty of yoga to toddlers. Classes to be held outside. No class 2/16.

Tu / Jan 12 - Mar 23 / 3:00 - 3:45 p.m. / \$225 / Oak Knoll

TEEN YOGA AND MINDFULNESS

Register at pearlsforlife.org Ages 12 - 17
These classes are offered for the teenager who is discovering life and connection with their body. As they take time to stop, be still, breathe, and relax their minds; this experience gives them an opportunity to develop their own skills of mindfulness. Our Teen Yoga class builds self-esteem and health. Classes to be held outside. No class 2/16.

Tu / Jan 12 - Mar 23 / 4:00 - 4:45 p.m. / \$225 / Oak Knoll

Learning Guitar!

IT'S GOOD FOR THE MIND-AND SOUL.

Ron Gorman's passion in life is instilling the love for music and playing guitar in others. As a Ladera Ranch resident, it's been fun to teach those in the community how to play guitar starting with the basics.

In Ron's five-week session students learn to tune their guitar, learn how to read a simple musical notation called tablature and enjoy playing many popular and classic songs in a supportive environment.

After completing the beginner-level class, many students return to continue their education because they enjoy learning different songs each session in the small group environment

Learning to play an instrument has many benefits that range from self-fulfillment, the joy of learning a new skill, relaxation and using different parts of your mind. It's been proven that the study of a musical instrument greatly enhances the ability of learning mathematics in young people and adults receive the pleasure of experiencing self-culture.

Discover the joy of learning to play guitar.

Classes are held on Tuesdays from 4:30 - 5:30 p.m. between January 5 and February 2.



Scan QR code with your camera App to play video

Toddlers and Teens Learn the Benefits of Yoga

Ariana Caligiuri speaks four languages, has traveled the world and shares her passion for yoga right here in Ladera Ranch. She has a heart for helping families, teens and children to learn the value of stopping, being still and listening to their body while having fun and focusing on mindfulness.

This winter, Ariana is offering Toddler Storytime Yoga and Teen Yoga and Mindfulness. "These classes help everyone learn how to handle anxiety, confusion and chaos, as well as give participants time to calm down, learn to breathe and find peace" says Ariana.

One of the most gratifying parts of her teaching is when she hears from teens who say they can't wait for the class, and that they look forward to returning with their friends. "They always say how they enjoy coming and feeling calm."

One Ladera Ranch parent said, "It's magical. My son is not a fan of social interaction and to see him here, engage and socialize, is just magical."

Discover the wonderful benefits of yoga for teens and toddlers?

Sign up for Teen yoga and Toddler yoga classes at PearlsForLife.com. Weekly classes are offered from January 12 to March 23. See details in the class descriptions in the left column.



Scan QR code with your camera App to play video

Keeping LADERA LOOKING fresh

LARMAC introduces a
new paint palette for home exteriors

Homeowners have new paint color scheme options to choose from when painting the exteriors of their home.

After 20 years, it was time to update the paint palette with contemporary paint scheme options that maintain the design integrity of the community. The process of developing the new paint palette included receiving input from homeowners, which the Aesthetics Review Committee (ARC) took into consideration.

With the introduction of the new paint palette, homeowners may select color schemes for their home based on two factors – the architectural influence of the home and the roof color (red, black or brown).

Unless a home is being painted the exact same colors as was previously approved by LARMAC, homeowners must submit a Home Improvement Packet to LARMAC for the Aesthetics Review Committee to review and approve prior to work being started. The role of the Committee is to maintain the aesthetic integrity of the community, which in-turn protects and enhances property values. All exterior home improvement, landscaping and maintenance projects must be approved by LARMAC through the Home Improvement Plan Submittal process.

The Aesthetic Review Committee typically meets on the 2nd and 4th Tuesday of each month. Plan applications must be submitted by 5:00 p.m. the Tuesday prior to the meeting. Homeowners living in condo/townhome sub-associations should refer to the governing documents for their neighborhood for that Association's specific guidelines and aesthetic review process which is separate from LARMAC.

New Portal on LaderaLife.com

To make the home improvement application submittal process easier for homeowners, LARMAC has added a simpler user interface on the community website. Within the 'Home Improvement' section on LaderaLife.com, homeowners are able to view their paint color schemes that are available for their home, complete the application, pay the application fee and notify their neighbors of their project. Additionally, residents will be able to receive updates about their Home Improvement application, communicate with the LARMAC Aesthetic Review Committee, add plans and photos electronically, as well as view the details of multiple home improvement projects, beyond just paint projects, on the LaderaLife.com portal.

Since paint color options appear differently onscreen and in print, homeowners are encouraged to view the paint chips which are available at the LARMAC office and local paint stores.

Tips to Prepare to Paint Your Home

- 1) Ensure your LaderaLife.com account is active and personal information is current
- 2) Familiarize yourself with the ARC review process
- 3) Let your neighbors know that you'll be painting your home and encourage them to ensure that their LaderaLife.com account is active and information is current
- 4) Complete the Home Improvement Packet and include photos of your home from multiple angles, and photos of your neighbors' home for reference
- 5) Review physical paint chips before finalizing your color scheme selection

How to Contact Us

If you have questions about the home improvement process, email to contact.larmac@laderalife.com.

For questions about your LaderaLife.com account, email contact.larcs@laderalife.com.



UPCOMING ARC MEETINGS



Plan submittal
deadline:
December 8

Plan submittal
deadline:
January 5



stay CONNECTED to your COMMUNITY

LaderaLife.com

As the official community website, LaderaLife.com is your link to official announcements, news, community events, recreation programs, project updates and more from LARMAC (your master homeowners association) and LARCS (community services department). Post items for sale and start a message board discussion among residents. You're also able to submit maintenance requests for things that need to be repaired or addressed in the community, and submit your home improvement project to the Aesthetic Review Committee (see page 10).

Benefits of having a LaderaLife account

- Check the status of an amenity with just a few clicks
- Exclusivity – for residents only
- Stay current on project updates and announcements
- Reserve a tennis/pickleball courts and lap swim lane
- Submit a maintenance requests with ease
- Submit a home improvement packet application for exterior projects
- Register for recreation program classes and events
- Access information on assessments, budget, and Cox Communications internet service

Ladera Happenings

Residents with a LaderaLife.com account receive Ladera Happenings, Ladera's official eNewsletter. This is a great resource to stay informed about community events, activities and news.

Facebook and Instagram

When you're feeling social and want more photos and less verbiage, visit us on a Facebook or IG for a playful experience that's relevant for those who can't get enough of Ladera.

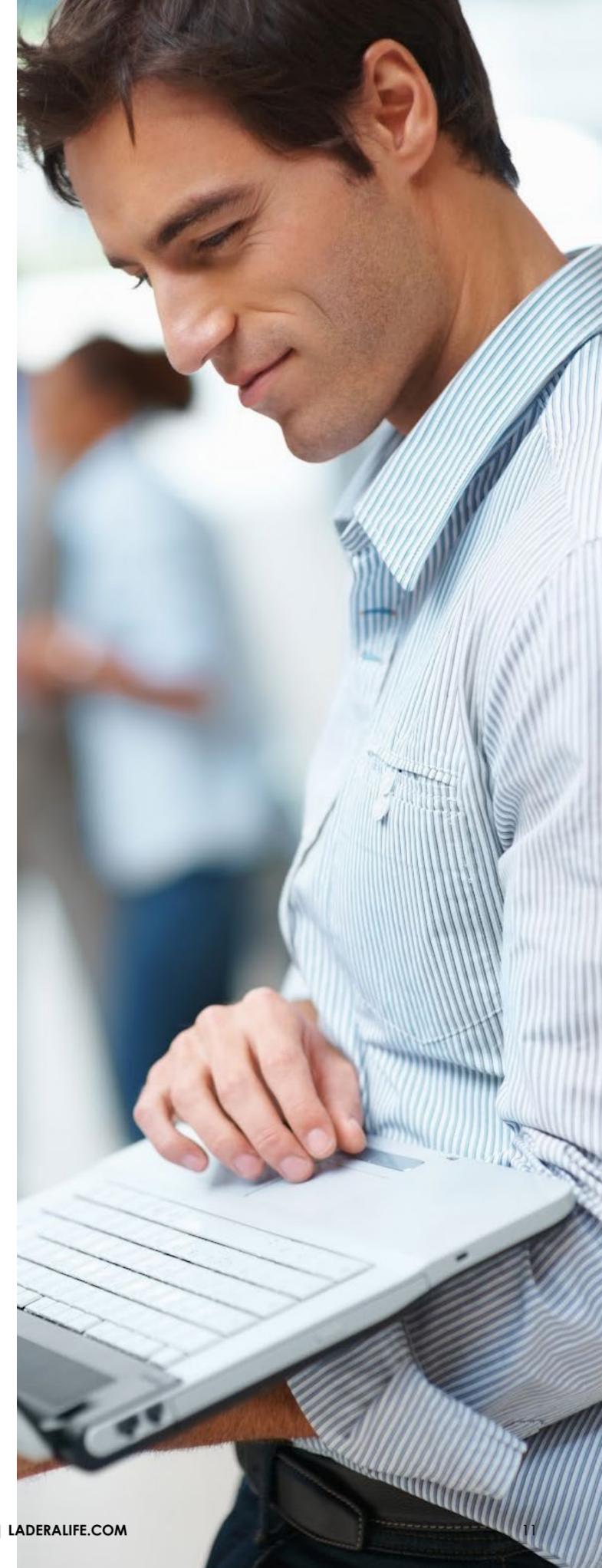
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2020 Year in REVIEW IN PICTURES

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MAXIMIZE YOUR HOME INTERNET EXPERIENCE FOR SCHOOL OR WORK

Many of us are using internet-connected devices even more from home these days to download files, host work meetings and virtual family gatherings, or stream video – all while our children are meeting their new teachers and classmates via video chats.

So, how can you preserve bandwidth in your home and make sure your internet is as fast and reliable as possible?

Here are some tips that will help you maximize your home internet experience.

- **Use voice instead of video.** Not every conference call needs to be a video call. If there isn't a visual component to your call, stick with a telephone conference call to preserve your bandwidth. Or schedule them in the morning or evening to avoid peak hours.
- **Time your upgrades right.** Are you a big gamer? Download your upgrades in the evening. Gaming devices take a lot of bandwidth, slowing speed to other devices that rely on wifi in the home.
- **Download ahead of time.** Streaming movies online can slow up the home network, so why not download them ahead of time to your device during off peak hours?
- **Location is key.** Your internet may be slowed down if your wifi router is near a microwave, fish tank, or mirror. Also make sure to elevate your wifi modem on a shelf or tall piece of furniture since wifi signals travel outward and downward.
- **Adjust security camera settings.** Consider lowering the resolution on your doorbell camera and other security cameras while you're at home or adjust the settings to record upon movement only.
- **Turn off devices not in use.** Don't forget to turn off devices not in use such as a wifi coffee maker or the kids' iPads when they've reached their screen time limit. Or simply pause their wifi connection when you have to take an important video call.
- **Secure your wifi.** Make sure your home internet is password protected so that no one else but your family is using it.



By April Sather, Member LARCS Technology Advisory Committee and Certified Information Systems Security Professional (CISSP)

From health to personal finances to relationships – failing to consciously manage our lives can have undesirable consequences. That includes our technology. Laying a strong cybersecurity foundation for yourself and your family can be done with minimal cost and effort.

Last month was National Cybersecurity Awareness Month and in the seventeen years since this campaign launched, the frequency and severity of cyberattacks have grown exponentially. While mega breaches and some cyber incidents lie outside our sphere of control, far more lies within. Individuals have access to more powerful, and affordable, technical protections than ever before – the trick is, to use them.

Whether your concern is protecting your digital identity and reputation, preventing financial loss, protecting private information, physical safety, or something else, take a few hours this month to check in on your cybersecurity hygiene.

Commit today to one, or ideally all of the following:

1) Use a Password Manager

Password managers allow you to securely save all of your credentials (user names and passwords) in a single application. This reduces the temptation to re-use the same password across multiple accounts – a very risky practice.

LastPass, 1Password and Dash Lane are popular and affordable solutions – all cost less than half the cost of a Netflix subscription. Free versions are also available. Remember to make your master password, or ideally a pass phrase, exceptionally strong and complex. Then, memorize and protect it.

2) Enable Multi-factor Authentication (MFA)

Multi-factor authentication (MFA) requires a user to present two or more pieces of evidence to prove that they are who they say they are.

The first factor is usually a password (something you know) and the second can be your cell phone or a hardware token (something you have). When a service you use has an option to add a second factor be sure to enable it. Examples of commonly used applications with MFA options are Gmail, Apple ID, and most online banking apps.

One downside of MFA is that if you lose your second factor, such as your cell phone, you lose the ability to access your account. It is therefore highly advisable to generate, and print, backup codes or add a second phone number.

3) Automatically Scan for Malware

Keep your devices – desktop and mobile, patched and set to automatically scan for malware. This may seem like an obvious one, but it never hurts to check for updates and confirm when your malware last scan took place. For those running Windows 10, you should have free protection against viruses, malware and spyware through Microsoft Defender Antivirus.

4) Run Online and Offline Backups

Ensure you have an online and offline backup solution in place for the data you care most about. With the prices of online and offline storage at all-time lows, there are a wide range of options available to choose from. If your data is infected by malware, or your device fails or is damaged, there is nothing that can provide more peace-of-mind than knowing you have a clean backup available.

While no single practice guarantees protection against cyber criminals and hackers, when used in combination, you create multiple layers of defense. What matters most are the simple steps we take, and daily choices we make. Do your part to protect your identity, personal information and data. #BeCyberSmart



A Year in Review



By C. Todd Stearns, President Ladera Rancho Chamber of Commerce

Like all Chambers, The Ladera Rancho Chamber of Commerce is a business advocacy non-profit and our mission is to provide advocate for, support and provide resources to our local business community. A vibrant business community contributes to our quality of life!

A year ago, prospects looked good for the continued growth of business and retail at our four Ladera centers. Then a virus showed us all how quickly things can change. Things are still evolving and it is hard to predict how things will turn out when the dust settles.

Positive things happened in 2020. Here are some of the highlights:

Although some businesses have closed, more than 100 have weathered the initial part of the storm and are still operating, which is pretty remarkable considering most were closed for 90 days!

Our eateries did well at adapting to COVID including adding take out options, expanding outdoor seating areas, adding online ordering capability and some even added live music!

Stater Bros., Ladera's second grocery store finally opened – it has been a smash!

Code Ninjas recently opened in Mercantile West to the delight of young people interested in learning how to write computer code.

Joe's Restaurant & Bar still plans to open in November and it is sure to be popular with our residents.

Our Chamber of Commerce brought you – and continues to bring you – the Ladera Ranch Farmers Market, which quickly grew into one of the most popular markets in the county! It wasn't easy to relocate the market twice! But our community has embraced it and we are committed to bringing you the best market possible. Make us part of your Sunday morning routine and invite others to discover!

It has been almost nine years since the former Beachfire space was open to Ladera residents and that is way too long. We hope to see that change in 2021. We also plan to collaborate with the Civic Council next year and exploring ways for Ladera to self-govern.

Thanks again for supporting all of our local businesses! Please continue to do so.



Biggest Challenge Facing Ladera Today



By Joe Brenneman, Chair Ladera Ranch Civic Council

"The opposite of love is apathy." If you are wondering what this could possibly have to do with the Civic Council, please hear me out...I want to discuss what I believe is one of the biggest challenges (and opportunities!) facing Ladera today. And this quote unlocks the problem and solution. So, let's dig into it.

Love is an action. It requires commitment, energy and focus. Hate is more closely related to love than people typically realize. In this state, the person is frustrated because there are unmet expectations, desires, hopes or aspirations. Apathy, on the other hand, occurs when the person isn't enrolled in possibilities. They aren't engaged or involved. There is no action, energy or focus on their part. It's the absence of love.

So many of us say we love Ladera but there isn't any real action associated with it. There's no energy, commitment of focus behind it. There are also many who are disappointed or concerned about many things they see around our neighborhood - unmet expectations if you will. I welcome conversations with people who find themselves in any of these categories as we can discuss ways to take action.

But apathy. That's a tough one. It's very difficult to move an apathetic person toward a positive result. Ever try to move someone who is literally playing like they are dead weight? It is much easier to move someone who is giving full resistance. Because they are moving! But dead weight. That's hard to move.

If we are going to maintain the quality of life in Ladera that we want and expect, we need more to join in on the action. Love what you see? Help us keep it that way! Recognize areas that aren't working? Join us in the fight to make it better! Most importantly, let's all resist apathy! It will never serve us well. And it is the opposite of loving Ladera.

So, here's a call to action! Let's tackle the biggest challenge that Ladera is facing today – apathy! Will you join us as we lead the charge to break the chains of apathy and increase engagement and volunteerism in Ladera? We want your voice to be heard! And we need your support! One call or email could get you started and change the future of Ladera. Will you do it?

Please reach out to me and share your thoughts at jbrenneman@lrciviccouncil.org or (714) 932-7492.



From top left to right Rosemary Scott, Joe Brenneman, Chair, Justin Finch, Ed Gow, Vice-Chair, Matt Bottomly, Secretary, Adam Henningsen, J. Ocana, Treasurer



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