

LADERA RANCH

ROOTS AND WINGS

LADERA RANCH'S OFFICIAL COMMUNITY MAGAZINE

SUMMER 2021

Summertime IN LADERA

Water Park,
Pools & Plunges

p.10

2021 Summer EVENTS

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eBike Safety

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SUMMER CAMPS

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Summer Photo Contest Winner:
Splash of Bubbles by David Gangloff



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LADERA RANCH ROOTSANDWINGS

Roots and Wings Magazine is a Ladera Ranch Community Services publication

LADERA RANCH COMMUNITY SERVICES (LARCS)
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949.388.8300 | contact.larcs@laderalife.com
Monday-Friday: 9:00 a.m. to 5:00 p.m.
Office is currently closed for walk-in traffic.
Available by appointment.

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

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Photo taken before COVID-19

Letter from Your Board Presidents

Summertime is almost here and as we look ahead with enthusiasm, it's a time to anticipate the sights, sounds and smells of summer. It's a time to slow down for a short season and look forward to barbecues, having fun poolside or at the beach, enjoying music and laughter with family and friends.

As we mentally shift gears and coast into summer, it's a good time to take a deep cleansing breath, decompress and reflect on the shared challenges that we, along with the rest of the world, persevered through over the past year. Kindness, caring and empathy are the common characteristics that enable us to get through tough times together. Our hope is that as residents of Ladera we'll continue to look out for each other, protect those who are vulnerable, stand up to disruptive behavior detrimental to our community and exemplify what it means to be neighborly!

We strive to be the community that sets the standard for courtesy toward and consideration of others – on the trails, at the pools and driving around town. With each of us doing our small part, whether it be: seeking to understand before speaking, opening doors when it's helpful, smiling at strangers, suggesting solutions instead of complaining, disagreeing without being disagreeable and even picking up after our pets; we can get there while all the while fostering a renewed sense of community that lives up to the principles that Ladera Ranch was built upon.

Thank you to our fellow Board and Committee members who endured a rigorous year of volunteering, often meeting weekly to stay abreast of fast-changing information from the state and health agencies to ensure that homeowner members were protected from potential financial risks and exposure and most importantly that our residents remained safe.

We hope that you and your family enjoy a wonderful summer and that you'll enjoy the pools, parks and playgrounds as well as the events and recreation programs we have planned.



Chase Fitzpatrick

Chase Fitzpatrick
President, Ladera Ranch
Maintenance Corporation (LARMAC)



A. Rutledge

Armando Rutledge
President, Ladera Ranch
Community Services (LARCS)





SUMMER EVENTS



MAY 28 - JULY 4 LIGHTS OF LIBERTY: PATRIOTIC LIGHT SHOW

DUSK - 10:00 P.M. | TOWN GREEN

Join your neighbors for a patriotic light show saluting our military branches and first responders beginning at dusk every evening with the last show at 9:45 p.m. New enhanced features will be added on Friday, June 18 for residents to enjoy a new show.



JUNE 1 - 30 SCAVENGER HUNT: LADERA LANDMARKS

The Ladera Ranch Community Services Event Planning Committee brings a community-wide scavenger hunt for residents to enjoy. Create a team with family and/or friends and travel around Ladera to identify mystery locations. Submit photos from in front of 5 of the 8 landmarks to events@laderalife.com by June 30 for a chance to win a \$50 gift card.



JUNE 18 - JULY 2 PATRIOTIC HOME DECORATING CONTEST

ENTRY DEADLINE JUNE 15

Adorn your home with flags, bunting and creative patriotic displays by Friday, June 18. Use the interactive map on LaderaLife to view the home entries and vote for your favorites. Judging will conclude on Friday, July 2 at 12:00 p.m. Winners will be announced and yard signs placed shortly thereafter.



JULY 1 - JULY 31 VIRTUAL FREEDOM RUN AT THE RANCH

REGISTER AT [RUNLADERA.COM](https://runladera.com)

A Ladera Ranch tradition, the annual Freedom Run on the Ranch will be a virtual edition run with a 5K, 100K challenge and a 1K event for kids. Ladera Legs in partnership with Ladera Ranch Community Services encourages all residents to enjoy this opportunity to celebrate our national holiday and have fun running the streets of their community or anywhere you wish to accomplish your chosen distance. Residents can support local charities through the race registration proceeds and sponsorship opportunities.



SATURDAY, JULY 3 PATRIOTIC PARADE

10:00 A.M.

Smokey's Fire Truck and Hot Rods Unlimited Car Club will cruise through neighborhoods on a pre-determined route. Follow the parade using the Glympse App so you can see in real-time when the parade will arrive near you.



SATURDAY, JULY 3 SEA TO SHINING SEA PATRIOTIC DRIVE-THRU

2:00 - 6:00 P.M. | COX SPORTS PARK
REGISTRATION BEGINS JUNE 7

\$5 per car (maximum of 6 people)

Families will be greeted by Uncle Sam on stilts at the front entrance and proceed with a journey across the United States, visiting community booths and five different landmark destinations, including New York, Las Vegas and many more, all from the comfort of their own vehicle.



TUESDAY, JULY 27 GARDENING WORKSHOP: PLANT AN HERB GARDEN

7:00 - 8:00 P.M. | OAK KNOLL VILLAGE CLUBHOUSE

\$10 per person

Learn basic planting techniques and how to care for your new herb container garden. Students will review how to harvest herbs, and different ways to store them for future use. All materials will be provided. Participants must be 16 years of age and older. Registration is required.



Scan with your smartphone. Events are subject to change or cancellation due to state and local COVID-19 guidelines.



Teens and Summer Jobs



Written by Emma Megerian

With summer comes a more laid back schedule and many teens use this opportunity to take on a job. There are several reasons why getting a job is a great idea. For starters earning your own income is a crucial part of becoming independent.

Having a part-time job helps develop time management, communication and stress management skills which have application to all areas of your life.

Will Wollpert has been working at zpizza Ladera Ranch since last summer. He says, "Earning my own money gives me a sense of freedom and has opened doors." His income pays for food and gas, but mostly he saves it. Will recently purchased a guitar that he had wanted for some time. In addition to providing independence, earning an income develops financial responsibility.



Emma Megerian interviews Will Wollpert a zpizza Ladera Ranch employee



Mady Meyer, a Ladera teen and Party City employee shares how she has learned to manage her time between work and school responsibilities, extracurriculars and time with friends

Mady Meyer works a part-time job at Party City. She learned how to manage her time between work and school responsibilities, extracurriculars and time with friends. "It was definitely an adjustment at first. But now I'm able to find times during each day to do certain things and dedicate my time to school versus work." She has developed her communication skills – with customers and other employees. There will always be coworkers with whom you do not get along, as well as customers who may be difficult. Problem-solving and working through conflicts are crucial skills that must be developed to maintain a position with a company or organization.

Landing a Job

Maurice Saaverda, store manager of the Stater Bros. grocery store, said "With Stater Bros., prior work experience isn't really required. It's a first job for many of our employees. We look for an applicant's availability and if they're able to manage their time and make a job a priority. It's important for them to understand the commitment."



Emma Megerian with Maurice Saaverda, Store Manager at Stater Bros. in the Mercantile West Shopping Center.

Employers are looking for reliability; if you take on a job, you're expected to be committed to it. Learning this lesson early on in life will help you to instill these things as habits for future occupations.



Matthew Budnick, President, Professional Lifeguard Safety Services who places pool monitors in Ladera notes, "We look for teens who have put together a resume, even if it only includes three references, who show up professionally dressed to their interview, who fill out their paperwork neatly. All of it shows a certain level of dedication."

Employers are looking for reliability; if you take on a job, you're expected to be committed to it. Learning this lesson early on in life will help you to instill these things as habits for future occupations.

Naomi Manea, Director of Operations for Chick-fil-A in Laguna Niguel says that 99% of the time when we decide not to hire someone, it isn't for a lack of experience, but because they lack the qualities we look for in a new hire. Mark Howery, owner of the Laguna Niguel location emphasizes the importance of character when interviewing for new employees. "I can train a team member how to work our computers in 30 minutes. But I look for a teen's ability to carry on a conversation with a guest, their ability to smile and demonstrate a genuine interest in serving people. These important traits are the ones you can't be taught on the job."



Naomi Manea, Director of Operations and Mark Howery, Owner of Chick-fil-A of the Laguna Niguel location talk about their new location, coming to Ladera Ranch later this year and what they look for in their employees.

During interviews Howery and Manea look for eye contact, posture, enthusiasm, articulation, attire, involvement in school or extracurriculars, and attitude. "Attitude," as Mr. Howery put it, "determines your altitude."

Links to business' hiring pages:

Chick-fil-A:

ZippyApp.com/biz/cfalagunaniguel
cfalagunajobs.com

zpizza Ladera Ranch:

zpizza.com/join-our-team

Professional Lifeguard Safety Services:

prolifeguarding.com/join-our-team

Stater Bros.: staterbros.com/careers/



Ladera Ranch Amazing Race Teen Challenge

- Challenge is from June 5-26
- Teams comprised of up to four players each will participate in missions
- Missions will be sent through a notification to your smartphone from GooseChase (Game Manager)
- These missions have a point value and team(s) who receive the most points will be placed in a drawing to win gift cards to local businesses
- Register your team on LaderaLife.com by Wednesday, June 2 at 5:00 p.m. to participate



ESPORTS "BATTLE ROYALE" SUMMER LEAGUE

Sponsored by the Teen Leadership Council

- League runs from July 14 - August 18 (Games Wednesdays at 8:00 p.m.)
- Two teams comprised of 5-9 players who are 13 to 17 years old
- Play against teams throughout the USA
- Register your team on LaderaLife.com by Wednesday, June 25 by 5:00 p.m. to participate

FEATURING
FORTNITE



Accepting Applications

Ladera Ranch's Teen Leadership Council is currently accepting applications for new members who are in 7 to 10 grade. There are currently six open positions to fill.

Apply: Saturday, June 12 at 9:00 a.m.
Deadline: Friday, August 6 at 5:00 p.m.
Visit LaderaLife.com and select Lifestyle then Teens in Ladera to apply.



Teen Leadership Council Graduates

TLC celebrates six high school graduates who have actively served on the Teen Leadership Council by giving back to their community and inspiring leadership in others. We are so proud of you!



Amrita Kaur
Graduate of Tesoro High School
.....
United States Military Academy at West Point



Braden Rozema
Graduate of Tesoro High School
.....
Clemson University



Gweneth Scott
Graduate of Samueli Academy
.....
Orange Coast College



Lindsey Esplin
Graduate of San Juan Hills High School
.....
Brigham Young University



Raj Bhatt
Graduate of San Juan Hills High School
.....
University of California, Los Angeles



Suhina Sharma
Graduate of San Juan Hills High School
.....
University of California Berkeley

Meet the Abuharoon family, SMIJJ founders

When Victor Abuharoon sold his mobile phone business in 2013, he purchased commercial kitchen equipment and spent a year perfecting his baguettes and gelato. Victor's love for cooking and baking started as a young teen.

SMIJJ, a play on words for a "smidge" [a small taste of something] is an acronym for the names of their five children: Sofia, Matthew, Isaiah, Joshua and Jordan.

Fundraising through pizza dough sales was born out of the pandemic. Vic's oven broke, so he couldn't bake his baguettes anymore. Meanwhile, major fundraising events, such as the Freedom Run at the Ranch pivoted to virtual events due to COVID-19, so they decided to sell pizza dough to help local organizations recover their fundraising funds.

SMIJJ It Forward was created for those who wanted to give a friend or family member a little joy or encouragement. Victor asked friends for nominations on Facebook. In just 4 weeks, they delivered 80 bags of homemade goodies to families in the community. Christine Abuharoon handles the administrative duties of collecting names and addresses, as well as the packaging and delegating to the volunteers. Five dedicated local teens help deliver the delicious goodies to the families' homes.

Christine is a teacher at Ladera Ranch Middle School and has taught there for 18 years, since the school opened. Once Vic can return to his company's headquarters in China, he will have to slow this operation to a crawl...but that's a story for another day.

The Abuharoon family founded the Impact Foundation which gives them the non-profit platform and financial backing to give back to other non-profit organizations. SMIJJ has provided baked goods for dozens of causes since its inception in 2013 including the American Cancer Society, Girl Scouts, Meals on Wheels, The James Henry Ransom Foundation, Gigi's Playhouse, Yesenia's Humanitarian Foundation, the Council on Aging, as well as local schools and individual causes. Additionally, each year SMIJJ donates around 4,000 cookies to events for the Marines at Camp Pendleton.

To find out more about SMIJJ, email impactfoundation.smijj@gmail.com.



"The Abuharoon family founded the Impact Foundation which gives them the non-profit platform and financial backing to give back to other non-profit organizations."



Maintaining Aesthetic Standards

As the master homeowner's association, one of the primary responsibilities of LARMAC is to enforce the aesthetic standards of the community. The aesthetic standards are a set of guidelines developed to help owners maintain their property in a way that is consistent with the design of Ladera Ranch. The following are some of the most common ways owners can review the maintenance of their home to ensure it is aligned with our community standards.

Home Exterior Paint

Exterior paint is a component of a home that will, at some point, require maintenance. The material, location of your home, and color of paint are some of the variables that determine when a home needs to be painted. First, inspect the wood elements such as the front door, trim, shutters and eaves. These areas tend to fade faster than other materials. Then, review the stucco and/or siding which can break down due to exposure to the sun and water, and may be hard to clean. Before painting, always reference the correct paint colors for your home style on LaderaLife.com. If you want to change the color of paint for any portion your home's exterior, an application and approval from the Aesthetics Review Committee (ARC) is required.

Landscape Maintenance

Spring is a great time to replant and add color to a garden or replace any plants or lawn that may have not survived the winter months. Before making any major changes your home's landscape, make sure to consult the home improvement section of LaderaLife and view the list of approved plants for your home style. Changing the type of plants, trees or the general landscape design requires an application and approval of the ARC.

Unightly Items

Life can get busy, and sometimes in the moment items may be left out or stored in areas of your home that are visible to others, such as driveways, front porches and side yards. Items like extra construction materials, towels, bikes, discarded boxes are very much a part of everyday life, but when left unattended in a visible area for extended periods of time can start to become clutter and an eyesore to neighbors.

Trash and Recycling Containers

Trash and recycling containers must be stored out of view. This is typically behind a fence with a gate, or inside a garage. Trash cans may not be stored on common area property that is maintained by LARMAC, and may not be screened by the use of plants, trees or temporary fencing. Waste Management offers different size trash containers to fit your needs and space. If you need to change the size of your bins, contact Waste Management at (888) 286-2885.

Basketball Hoops

Portable basketball hoops are permitted and must be stored at the top of the driveway when not in use. Portable hoops may not be kept on sidewalks, streets, or landscaped areas. Permanent storage of these items on common area property can create liability for the association and may be a nuisance for neighbors. Permanent basketball hoops may be installed above the garage, which is considered a "pre-approved" item that does not require ARC approval as long as it is installed per the guidelines outlined in the Aesthetic Standards.

If you have questions, please contact LARMAC at contact.larmac@laderalife.com.



Meet Tony, Ladera's Original Waste Management Driver



Tony Esquer is one of Ladera's originals. For over 20 years, he has worked as a Waste Management (WM) driver and each week he is greeted by enthusiastic children, who have a passion for garbage trucks and parents who appreciate Tony's friendly demeanor and contagious smile.

We recently caught up with Tony on his Friday route in Covenant Hills.

R&W: How did you get started in Ladera Ranch with WM?

Tony: For the longest time, this area was just rolling hills; I never thought they would build houses here. I've worked in Ladera Ranch since the first homes on Benjamin and Antonio were being built. In late 1999, Ladera Ranch became part of my weekly route; I started with picking up holiday trees. I'm in Ladera Wednesday and Friday every week.

R&W: Any memorable experiences while working in Ladera?

Tony: Earlier this year a load of recycling materials caught on fire. I saw the load was smoldering and called the fire department. It was a breezy day and the fire could have spread. I was directed by the fire department to the parking lot of the CVS shopping center where I dumped the load of recycling materials for the fire department to put out.



R&W: What do you enjoy doing when you're not working?

Tony: I love going to the gym in my spare time and spending time with my sons who are 17, 19 and 22. We enjoy watching movies together. Before COVID restrictions were put in place, I used to bring the small version of the WM truck to kids parties and enjoyed meeting many families in Ladera.

R&W: What is the coolest thing about your cab? (kids want to know)

Tony: Blowing the horn, of course, and pushing all the buttons. In the cabin, I have a screen for the cameras so that I can see the side of the truck, the large container that the bins are emptied into, and behind the truck when I need to reverse.

R&W: How much trash and recycling do you collect?

Tony: In the 12 hours per week that I work in Ladera Ranch, I collect and deliver approximately 23 tons of trash to the Prima landfill off La Pata, and 10 tons of recycled materials to the Recycling Transfer Station in Irvine.

R&W: What tips do you have on being more earth-friendly

Tony: One of the easiest things is to break down cardboard boxes to fit more in the recycling bin. As I empty the trash cans, I still see many cardboard boxes that unnecessarily end up in the landfill. With a little effort, they could be recycled.

"...I look forward to seeing the families and children come out of their homes and wave. It puts a smile on my face."

R&W: What do you enjoy most about your job?

Tony: In the 20 years that I've worked in the beautiful community of Ladera Ranch, I look forward to seeing the families and children come out of their homes and wave to me. It puts a smile on my face.



<https://youtu.be/ogIKrJKD0qg>

Meet Tony



WATER PARK, POOLS & PLUNGES

Summer will soon be here and that means it's time for fun in the sun – poolside! Before hitting the pool, be sure to pack your member access card and keep it with you when attending the water park, pools and other LARMAC amenities.



Check the Status of an Amenity Anytime!

Before you pack up the car or wagon and head down to your favorite pool, splash pad or plunge, check the status on LaderaLife.com/PoolStatus.



Clubhouse Pools

Clubhouse Pools
6:00 a.m. – 10:00 p.m.*
Heated year-round

Oak Knoll Village

28192 O'Neill Drive
*Lap Pool opens at 5:00 a.m.

Flintridge Village

28112 Roanoke Drive

Avendale Village

1 Daisy Street
*Lap Pool opens at 5:00 a.m.

Covenant Hills Village

1 Covenant Hills Drive



Plunges

Boreal Plunge

27642 Gaia

Township Plunge

28532 Second Street

Celestial Plunge

29145 Ethereal Street

Canterra Plunge

41 Sklar Street

Creighton Plunge

2 Creighton Place

Cherry Plunge

131 Sellas Road South



DID YOU KNOW?

Each Ladera Ranch resident may bring up to **5 guests** with them to the pools or water park. However, the resident host must be present and have their access card with them.

Water Park

Terramor Aquatic Park
26281 O'Neill Drive

May 29 – September 6
Monday – Sunday: 9:00 a.m. – 7:00 p.m.

September 11 – October 10
Weekends only: 12:00 – 5:00 p.m.



SAFETY: LEARNING TO SWIM



Because the world is 71% water and children are 100% curious. Let's keep them safe!

by YMCA of Orange County

Opportunities to be around water are abundant in our community and warm weather makes swimming an option most of the year. Here are three reasons why it is important for your child to learn to swim:

#1 Swimming can save their lives! Swimming is the only activity that can save your child's life or someone else's. Being comfortable in the water is a necessity, because even if kids don't go to a pool regularly, they should be at ease near any body of water. Water is everywhere! Drowning is the leading cause of death for children 1-4 years old, and the second leading cause of death for children age 5-14.

#2 It improves their social life. Rare are the times where you'll find a child who doesn't enjoy a pool party, a summer dip to cool off or a chance to splash around. Your child is likely the same and will have friends who swim that they will want to spend time with. Taking swim lessons early means that your child will be able to participate without you having to constantly worry.

#3 Confidence is key. Find a child swimming in any body of water and, chances are, they're confident. Swimming gives kids something to do where they're truly in charge of how quickly they improve. Kids will feel like if they can handle swimming, they can handle just about anything.

Pool Monitor Hours at Clubhouse Pools

Memorial Day through Labor Day weekend: *12:00 - 5:00 p.m.

*Hours are subject to change, visit Laderalife.com.



Need a Member Access Card?

Reach out to a Member Services Representative at the Avendale Village Clubhouse Monday through Saturday from 9:00 a.m. to 5:00 p.m. at (949) 218-0800 or contact.larmac@laderalife.com.



Swim Diapers Help Keep Pools Open

Help keep pools open by ensuring that young infants and children who are not yet potty-trained wear swim diapers. Swim diapers are available, free-of-charge, to residents at clubhouse pools and the water park. They may also be picked up at the Avendale Clubhouse.



eBikes: Safety, Resources and Maintenance

eBikes: Types, Speeds and Perspective

By Bill Sellin, Orange County Bicycle Coalition

Communities like Ladera Ranch have seen a huge increase in cycling, and eBikes are becoming more common. eBikes are categorized as bicycles and are allowed on sidewalks in California unless a local jurisdiction dictates that bicycles are not permitted.

Shared-use facilities like sidewalks, side paths and shared-use paths all require cyclists to yield to pedestrians, but that assumes a relative civility, and as more and more people are out walking, biking and eBiking conflicts are becoming more common.

- 3 types of eBikes that qualify as “bicycles:”**
- **Type 1** - Pedal assist only (up to 20 mph). Still need to pedal, but with assist you feel much stronger and still receive great health benefits. Helmets are required if under the age of 18.
 - **Type 2** - Throttle (up to 20 mph). Many owners rarely pedal—they usually just throttle along like driving a low-power motorcycle. There are no health benefits and it is easy to run it full throttle at 20 mph regardless of the situation.
 - **Type 3** - Pedal assist (up to 28 mph). More boost and top speed are available, but still requires pedaling. You must be 16 years old to operate one and you must wear a helmet – even if you’re an adult.

Orange County has prohibited the use of eBikes on unpaved trails that allow pedal bicycles. All bicycles are subject to the basic speed laws and are required to maintain a safe speed and to yield to pedestrians.

Ladera's community guidelines prohibit the use of vehicles, electric bikes, electric scooters, hoverboards or similar devices within LARMAC facilities, like pool decks, sports courts or within landscaped areas including on sports fields or park grass.



Many people are adding a kit to modify their bike to electric power. The cheaper kits just add a throttle as it is more technically challenging to add assist. If they are able to exceed 20 mph, they are no longer considered bicycles.

Many vendors sell electric powered devices or vehicles that exceed the 20 or 28 mph limit or run over 750-watt motors. Some are basically electric motorcycles/minibikes that are being marketed and sold as “eBikes.” These are not street legal eBikes – they are at least “Motorized Bicycles” (a “Moped”) and require registration, a driver's license to operate, and are not allowed on sidewalks or paths. Operators and passenger are required to wear a motorcycle helmet.

When eBikes get over 2000 Watts and up to 10,000 Watts and exceed 30 mph they are “Motor Driven Cycles” – essentially a scooter even if they have functional pedals. These require a license plate, M1 driver's license, motorcycle helmet, and are not allowed where bicycles are allowed or in a bike lane. Anyone who is new to cycling should be educated on the rules of the road, especially if they are young and have never driven in traffic. There are great programs available to teach cycling. Visit, CyclingSavvy.com for online and in-person courses.

Pedal assist eBikes should really be used in the bike lanes and not on sidewalks. Those riding bikes should always yield to pedestrians.

Brakes

Often times, I receive eBikes from parents to maintain that have brakes that are completely worn out and gone. Riders should regularly check the brakes. When brake levers are pulled and they go all the way down to the grip, that's a problem! Inexperienced riders pull down heavily on brakes; rather than going lighter on them; this has to do with bike handling skills. Because eBikes are heavier than regular bikes, it takes more to stop them and subsequently they use up the brakes much quicker.



"Brake handles that can be pulled to the handle bar signifies that the bike does not have brakes."

Bike Handling Skills is the Key to Safety

By Michael Partee, On Point Bicycle Repair & BMX Showboaters.com



Michael Partee

eBikes have opened up a new set of opportunities for individuals and the sport of cycling – starting with getting kids outdoors, off their electronics and out exercising. For those who have physical limitations, pedal assist bikes enable them to enjoy trails and locations that weren't possible for them on a regular bike.

To start addressing the safety issue of eBikes, we need to first understand that there are two distinct cultures that differentiate mountain bikers/road bikers and eBikers. The first group (mountain bikers and road cyclists) have built up their bike handling skills and physical strength over years of disciplined riding which could enable them to reach speeds of 20 mph. eBikers, especially younger riders are generally much less experienced, have not developed bike-handling skills, and can reach speeds of 20 mph out-of-the-box. Additionally, given the combination of inexperience with the power of an eBike, many new cyclists are ill-equipped to safely operate their eBikes on shared-use paths.

In essence, eBikes are 'mopeds' which were big in the 80s (bikes that you need to pedal to get going). Although many parents wouldn't buy their younger kids a moped, we don't think twice about buying them an eBike. eBikes are not lightweight bikes and they should really be ridden in the street.

"Speed without training and discipline can be dangerous – for the cyclist, and pedestrians who include those who are pushing strollers and walking with small children."

Bike handling skills are essential
The main safety issue is that new riders do not have the bike-handling skills to safely operate an eBike. We'll define 'bike-handling skills' as 'dealing with the unexpected.' Since I work in the BMX racing industry, my experience and observation is that BMX riders have a great deal of training and they understand how to handle a bike; and it starts with a mindset and way of thinking. For one, they're trained to continually identify 'escape routes' (to have a plan) – if 'X' happens, I will do 'Y.'

A great deal of the kids in Ladera aren't peddling their bikes, they are throttling. Speed without training and discipline can be dangerous – for the cyclist, and pedestrians who include those who are pushing strollers and walking with small children.

Being trained in how to think about bikes incorporates 'active thinking' while operating. It's not a matter of simply “being responsible.”

- Bike handling skills include:**
- Anticipating obstacles and danger
 - Braking safely on descents
 - Cornering safely
 - Front wheel control



There are online videos, classes and training that are available to teach new riders essential bike handling skills. If you're interested in training for you or your kids, connect with Michael by phone at (949) 413-6707 or on Facebook at OnPointBikeRepair. Michael is at the Ladera Ranch Farmers Market Sundays from 9:00 a.m. to 1:00 p.m. at Founders Park.

Bike Maintenance for Safety and Savings

By Michael Partee, On Point Bicycle Repair

Compared to regular bikes, the components on eBikes will wear out a great deal faster. Why? Because eBikes are new, most owners tend to be inexperienced in riding and maintaining their bikes for safety.

The majority of maintenance involves the braking system and ensuring everything remains tight – from the chain, the cassette, derailleur/chain rings as well the bolts for the handlebars, forks, etc.

Frequency of bike maintenance (depending on use)

Standard mountain bike: every 12 to 18 months
eBikes: every 4 to 6 months



Because kids are often not experienced with bike maintenance; parents need to check the brakes and other things.

Lubrication and moving parts

After a ride on a mountain bike, dust gets into the oil which dries out the lubricant. It's advisable to wipe down and lubricate the chain after each ride on the trails. Bikes that are not maintained cause chains to get stretched due to 'bore out' issue which also impacts the life of the derailleur and cassette teeth being prematurely worn out.



Tire inflation

The structure integrity of a bike wheel is dependent on the tire pressure. There is compression and tension on the spokes, “compression load.” Low tire pressure puts undue stress on the wheels, can cause the spokes to fail and/or warp the rim. To re-align the wheel and spokes costs \$20 and a new wheel can cost \$200, it makes sense to maintain the recommended tire pressure.

Summer CAMPS

Ladera Ranch Community Services continues to follow evolving state and local COVID-19 guidelines. For up-to-date information, visit LaderaLife.com.

BASICS OF SKATEBOARDING

Register at basicsofskateboarding.com

Ages 3 - 12

Basics of Skateboarding is a hands-on camp designed to bring kids together within the community. Children develop and enhance their skills while creating new friendships with other kids in the camp. Skateboards, helmets and pads required.

Tu - Fri / Jun 8 - Aug 13 / 9:00 - 11:00 a.m. / \$145 per week / Skate Park

LADERA JUNIOR WATER POLO

Register at setwaterpolo.com

Ages 8 - 14

SET JR. Water Polo is where you learn to play water polo. 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.

Mon - Th / Jun 7 - 17 / 9:00 - 10:00 a.m. / \$145 / Township Plunge
Mon - Th / Jun 21 - Jul 1 / 9:00 - 10:00 a.m. / \$145 / Township Plunge
Mon - Th / Jul 5 - 15 / 9:00 - 10:00 a.m. / \$145 / Township Plunge
Mon - Th / Jul 19 - 29 / 9:00 - 10:00 a.m. / \$145 / Township Plunge
Mon - Th / Aug 2 - 12 / 9:00 - 10:00 a.m. / \$145 / Township Plunge



LOVE TENNIS SUMMER CAMP

Register at laderaranchtennis.com

Ages 5 - 12

School's out! Campers will be introduced to the game of tennis all while playing fun games and enjoying summer time social activities. Each day campers will learn a basic tennis fundamental in a fun atmosphere and then head to the pool for some fun in the sun. Lunch is included.

Mon - Th / Jun 7 - 10 / 10:30 a.m. - 2:00 p.m. / \$235 / Covenant Hills Clubhouse
Mon - Th / Jun 21 - 24 / 10:30 a.m. - 2:00 p.m. / \$235 / Covenant Hills Clubhouse
Mon - Th / Jul 5 - 8 / 10:30 a.m. - 2:00 p.m. / \$235 / Covenant Hills Clubhouse
Mon - Th / Jul 19 - 22 / 10:30 a.m. - 2:00 p.m. / \$235 / Covenant Hills Clubhouse
Mon - Th / Aug 2 - 5 / 10:30 a.m. - 2:00 p.m. / \$235 / Covenant Hills Clubhouse

SKYHAWKS: BEGINNING GOLF CAMP

Register at skyhawks.com

Ages 5 - 8

Campers will learn the fundamentals of swinging, putting and body positioning. Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided.

Tue - Fri / Jul 6 - 9 / 9:00 a.m. - 12:00 p.m. / \$135 / Cox Sports Park



SKYHAWKS: MINI HAWK CAMP

Register at skyhawks.com

Ages 4 - 6

This multi-sport program was developed to give children a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

Mon - Fri / Jul 12 - 16 / 9:00 a.m. - 12:00 p.m. / \$169 / Cox Sports Park

SKYHAWKS: BASKETBALL CAMP

Register at skyhawks.com

Ages 7 - 12

This fun, skill-intensive program is designed for the beginning to intermediate player. Using our curriculum, staff focus on the whole player, teaching respect, teamwork and responsibility. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs.

Mon - Fri / Jun 21 - 25 / 9:00 a.m. - 12:00 p.m. / \$169 / Avendale BB Court
Mon - Fri / Jul 26 - 30 / 9:00 a.m. - 12:00 p.m. / \$169 / Avendale BB Court

SKYHAWKS: SOCCER CAMP

Register at skyhawks.com

Ages 4 - 12

Developed over 40 years, this is the number one soccer camp for parents looking to introduce their children to the fundamentals of the world's most popular sport. Using our progression curriculum, your young athlete will gain the technical skills and sport knowledge required for that next step into soccer.

Mon - Fri / Aug 9 - 13 / 9:00 a.m. - 12:00 p.m. / \$169 / Cox Sports Park / Ages 4 - 6
Mon - Fri / Aug 9 - 13 / 9:00 a.m. - 12:00 p.m. / \$169 / Cox Sports Park / Ages 7 - 12

RECREATION PROGRAMS

Classes are open to all Ladera Ranch residents. Residents are able to register a non-resident friend or family member but must accompany the non-resident to class. Classes are subject to change or cancellation due to state and local COVID-19 guidelines.

EARLY CHILDHOOD



MUSIC TOGETHER

Register at svmusictogether.net

Ages 4 - 6

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. \$31 fee for books and CDs. Classes to be held in the grass area at the Covenant Hills Clubhouse.

Mon / Jun 14 - Aug 2 / 10:30 - 11:05 a.m. / \$145 / Covenant Hills / Ages 0 - 4
Th / Jun 17 - Aug 5 / 9:15 - 9:50 a.m. / \$145 / Covenant Hills / Ages 0 - 4
Th / Jun 17 - Aug 5 / 10:00 - 10:35 a.m. / \$145 / Covenant Hills / Ages 0 - 4

ENRICHMENT

BABYSITTERS TRAINING, CPR & FIRST AID FOR TEENS

Register at babylovencp.com

Ages 12 - 18

This class will prepare teens for emergency situations when caring for children of all ages. Class will cover CPR, Choking Relief, AED Machine, and First Aid for infants, toddlers, children, adults and even if you yourself are choking and alone. Teens will receive hands-on skills training with Manikins, First Aid supplies, AED machine and role play scenarios. Class is only 1.5 hours and includes a 2-year certification.

Sat / Jun 26 / 9:00 - 10:30 a.m. / \$40 / Founders Park Picnic Shelter
Sat / Jun 26 / 11:00 a.m. - 12:30 p.m. / \$40 / Founders Park Picnic Shelter



CPR/AED/FIRST AID CERTIFICATION

Register at babylovencp.com

Ages 7+

Class covers CPR, choking relief and use of an Automated External Defibrillator for adults, children and infants. Students will use videos, CPR Manikins & AEDs for practice. Students receive a Heartsaver CPR/AED certification card, valid for two years. There will be an optional First Aid segment at the end of the class.

Sat / Jun 5 / 10:00 - 11:30 a.m. / \$85 / Founders Park Picnic Shelter
Sat / Jul 31 / 10:00 - 11:30 a.m. / \$85 / Founders Park Picnic Shelter
Sat / Aug 28 / 10:00 - 11:30 a.m. / \$85 / Founders Park Picnic Shelter



FAMILY CPR & CHOKING RELIEF

Register at babylovencp.com

Ages 7+

This class covers CPR and Choking Relief skills for adults, children and infants. Students will get to use CPR manikins for hands on practice. This class is great for parents, grandparents, sitters, nannies and siblings. This class does not provide certification cards and is for self-education purposes. Duration: 1 Hour

Sat / Jun 5 / 10:00 - 11:00 a.m. / \$50 / Founders Park Picnic Shelter
Sat / Jul 31 / 10:00 - 11:00 a.m. / \$50 / Founders Park Picnic Shelter
Sat / Aug 28 / 10:00 - 11:00 a.m. / \$50 / Founders Park Picnic Shelter

RECREATION PROGRAMS

YMCA ADULT FITNESS CLASSES

The Mission Viejo Family YMCA is proud to provide the following classes. First time participants should 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 14+
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)

Mon / Jun 7 – Aug 16 / 9:00 – 9:50 a.m. / \$120 or \$15 Drop-In / Flintridge Pool
Fri / Jun 4 – Aug 6 / 9:00 – 9:50 a.m. / \$120 or \$15 Drop-In / Flintridge Pool



AOA BALANCE AND MOBILITY

Register at ymcaoc.org/mission-viejo-family-ymca Ages 40+
Active older Adult - Balance, Core & Mobility. Designed and crafted for the active older adult to improve quality of life. This class offers challenging balance exercises along with dynamic coordination movements: designed to improve one's sense of balance, core strength and mobility.

Tu / Jun 1 – Aug 8 / 11:45 a.m. – 12:30 p.m. / \$60 or \$6 Drop-in / Oak Knoll
Th / Jun 3 – Aug 5 / 11:45 a.m. – 12:30 p.m. / \$60 or \$6 Drop-In / Oak Knoll

SPORTS AND FITNESS

LADERA RANCH TENNIS – JUNIORS PROGRAM

Register at laderaranchtennis.com Ages 5 - 17
Ladera Ranch Tennis is the official year-round tennis program of Ladera Ranch. Ladera Ranch Tennis, partnering with Love Tennis offers a top quality tennis program under the supervision of Billy Casas, Director of Tennis and Coach Brian Pham. Ladera Ranch Tennis offers private and semi-private lessons as well as 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, visit LaderaLife.com.

Mon – Th / 3:00 – 6:00 p.m. / Covenant Hills Tennis Courts
Fri / 3:00 - 5:30 p.m. / Covenant Hills Tennis Courts



SKYHAWKS BASEBALLTOTS

Register at skyhawks.com Ages 3.5 - 6
BaseballTots 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 / Jul 9 – Aug 13 / 4:00 – 4:40 p.m. / \$79 / Oak Knoll / Ages 3.5 – 4.5
Fri / Jul 9 – Aug 13 / 4:50 – 5:30 p.m. / \$79 / Oak Knoll / Ages 4.5 – 6



SKYHAWKS MULTI-SPORTSTOTS

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 / Jul 5 – Aug 9 / 4:00 – 4:40 p.m. / \$79 / Oak Knoll / Ages 2 – 3.5
Mon / Jul 5 – Aug 9 / 4:50 – 5:30 p.m. / \$79 / Oak Knoll / Ages 3.5 – 5



SKYHAWKS SOCCERTOTS

Register at skyhawks.com Ages 3.5 - 6
SoccerTots is our flagship program! These soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun!

Sat / Jul 10 – Aug 14 / 1:50 – 2:30 p.m. / \$79 / Oak Knoll / Ages 3.5 – 4.5
Sat / Jul 10 – Aug 14 / 2:40 – 3:20 p.m. / \$79 / Oak Knoll / Ages 4.5 – 6



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

AQUATICS

EVOLUTION SWIM ACADEMY

Register at evolutionsswim.com Ages 6 months+
Evolution Swim Academy is the premier learn-to-swim program in Orange County and the official swim lesson programmer in Ladera Ranch. For more program information, schedule and pricing information, please visit our website.

Parent & Me Lessons / Oak Knoll Village Pool / 6 – 36 months
Swim Lessons / Oak Knoll Village Pool / Ages 2+

Summer Two Week Accelerator Program \$240
Jump start your summer with a 2-week, 8-day, 15-minute per day swim lesson program. This program operates Monday - Thursday.



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 and pricing information, please visit our website.

GSC Summer Swim Team: June 7 – July 29 Ages 5+
8-week, seasonal swim program. This program meets Monday – Thursday and swimmers can attend up to 4 days per week. Prerequisite: Swimmers must have a working knowledge of the freestyle and backstroke. Great for: Swim team experience, future competitive swimmers, summer programming and fitness.

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: Swimmers 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.

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

Visit the recreation programs
page on LaderaLife
[laderalife.com/lifestyle/
recreational-programs](https://laderalife.com/lifestyle/recreational-programs)



Cox Internet Service Update



In March, Cox Communications announced they were upgrading their network to provide a better internet experience for all their customers. With so many people still working and attending school from home, this upgrade had an impact on Ladera Ranch residents as well as customers outside the community. The information provided in this article is aimed at providing additional details and outlining options for residents.

Residents who have older modems, DOCSIS 3.0 or older were notified they needed to upgrade their modem by purchasing a new one or lease a modem from Cox Communications that is DOCSIS 3.1 or higher to maintain their current level of service if they are on the Ultimate Classic plan 300/30 Mbps. If a resident selects to lease a modem from Cox, it is \$12 per month.

Why did Cox upgrade the network?

Cox has been upgrading their most congested service areas to reduce congestion due to increased residential data usage as more people worked and attended school from home during the pandemic. The upgrade will reduce node congestion. A node is an electronic device to the network that bridges pieces of equipment that serves smaller cluster of homes within the community.

Current and new speeds

Residents receive 300/30 Mbps speed as part of the bulk agreement with Cox through their homeowner association assessment. Residents can retain their current plan by calling Cox at (855) 512-8876. For residents who do not wish to upgrade their modem, Cox will switch customers from the 300/30 Mbps to 500/10 Mbps to help reduce congestion at no additional cost.

With this change, the download speed increases from 300 megabits per second to 500 megabits per second, and the upload speeds will be reduced from 30 megabits per second to 10 megabits per second.

Service Name	Download Speed	Upload Speed
Ultimate Classic*	300Mbps	30Mbps

Ultimate*	500Mbps	10Mbps
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*Service does not include equipment like a modem or router. Default service is Ultimate (500/10). Residents must request a change to the Ultimate Classic (300/30) plan.

The change in the download speed from 30 Mbps to 10 Mbps can affect your ability to stream services such as:

- Video conferencing (Zoom)
- Video monitoring (Ring)
- Uploading large files to remote servers and the cloud
- Email
- Live video gaming and online activities (Facebook live, online events)

Optional Upgrades

If you lease your modem from Cox, Panoramic WiFi is available from Cox for \$15 per month. Gigablast offers speeds up to 1000/35 Mbps for an additional \$20 per month.

To better understand your data consumption, visit cox.com/residential/data-usage-calculator.html for estimated usage rates or the chart below gives a brief overview.

Understand your data consumption

Activity	Average Usage Rate	Usage per Day	Total Data per month (GB)
Live HD TV (Sling)	3.00GB / hr	3hr	272
Streaming HD Video (Netflix, YouTube)	3.00GB / hr	5hr	453
Video Conferencing (Zoom, FaceTime)	1.00GB / hr	3hr	91
Streaming Music (Spotify)	0.07GB / hr	4hr	8
General Browsing	0.18GB / hr	15hr	82
Gaming	0.05GB / hr	2hr	3
Cloud-based security cameras (Nest)	5GB / day	2 cameras	302
Total			1210

How to contact Cox

Contact Cox at (855) 512-8876. Be sure to advise the representative that you live in Ladera Ranch, which has a bulk discounted rate, and is included as part of your homeowner's assessments fee.

Visit Cox Store

30652 Santa Margarita Parkway, F-101B
Rancho Santa Margarita, CA 92688
(949) 216-9765



Our Businesses are Some of the Best Neighbors!



Being a good neighbor in Ladera means more to our businesses than simply opening the doors every day.

The obvious is that our businesses provide jobs for our residents, they collect sales tax revenue that goes to the County and then is re-invested in the community to provide services and to maintain infrastructure. Businesses make it convenient for us to obtain the things we need

in everyday life, whether it's groceries from Albertson's, activities for our kids, tutoring services from Mathnasium, a haircut at Beauty Lab or amazing tacos at Xclusive!

It's hard to believe it has been over a year since the pandemic changed all of our lives. It brought a deeper meaning to what great neighbors our businesses are. So much was unknown in the beginning. Our businesses struggled with forced closures and capacity mandates but they made every effort to continue serving our residents. They changed how they did business and modified offerings, but they figured it out and came to work! That is a good neighbor.

Our businesses spent extra time and money to keep their locations clean and germ-free to minimize the possibility of transmission. They complied and wore masks - not because it was County's guidance - but because they thought it was the respectful thing to do to keep our residents safe, some of whom are also employees. That is a good neighbor.

I'm proud of how all of our businesses responded during the pandemic. It would have been easy to just close up and walk away. They didn't and opted to push through a wall of adversity to be here in 2021.

Did you know that many of our businesses participate annually in philanthropy and give back to both our local community and society at large by raising money for charities? Jersey Mikes raised more than \$10,000 for Cancer for College in March! Yoga Six, Stater Bros. and Westar supported the James Henry Ransom Foundation during their annual run and fundraising drive. Staples donated more than \$5,000 of back-to-school supplies last fall. Those businesses did that despite COVID. They didn't have to. That is a good neighbor.

It's an exciting time to be living in Ladera Ranch. We're almost through COVID and new businesses are poised to open that will transform what it is like to live here. Things are going to get fun again! Are you ready?



Being the Neighbors We Want to See in Ladera



Like so many, Beth and I chose to live in Ladera Ranch primarily because it was a "Great Neighborhood." In addition to the beautiful aesthetics and amenities it offered, there was the hope and expectation that it would be a great place to live because of the intangibles. We were searching for a great place to find friendly and supportive neighbors. A place where

we could be friendly and supportive neighbors to others. A place for our kids to learn how to be friendly and supportive neighbors. We found this - and more - after moving here over 15 years ago. Ladera exceeded our expectations.

When we share where we are from with others who we meet from across southern California and the country, we explain to them that we love everything that Ladera has to offer. It is beautifully landscaped and well appointed. And, the best part of it, we tell them, is the neighbors we have met. "We hit the jackpot!" Our kids made friends. We made friends. We had the support and care of neighbors. We took care of each other. Our cul-de-sac was like heaven. Our kids thrived! It was everything we hoped for and more.

I realize that not everyone has the same experience that we have had in Ladera. Some haven't felt welcomed or supported. I want to change that. And, together, we can. Let's be the neighbors we want to see in Ladera. And let's lead the way as examples of what being a good neighbor is all about. Our kids are watching. Neighbor kids are watching.

There are already so many great examples of neighbors doing exactly this. One recent and high-profile example was noted by Senator Pat Bates. She posted this: "... Ladera Ranch residents have shown us all how to be great neighbors in standing up for an API family who has been the target of hate."

The Council is actively pursuing solutions that work for Ladera in the issues mentioned above as well as many others. This work gets done primarily through our committees. And we could use your support. Even a couple hours a week or month would go a long way to paving the way to better days for Ladera.

For more information about our committees, or anything related to the Council, please reach out to me at jbrenneman@lrciviccouncil.org

What are your thoughts? I welcome your feedback.

We are in this together!

Check
 pool status
 before you
 leave home.



SUMMER PHOTO CONTEST

Congratulations to the winners of
 the LARCS Summer Photo Contest



Splash of Bubbles
 by David Gangloff
 Category: Roots and Wings



Family Hike
 by Barbara Reinmiller
 Category: Best of Recreation



Girls on a Fence
 by Alyssa Dahle
 Category: Best of Parks

Community Partners Supporting the Ladera Ranch Community

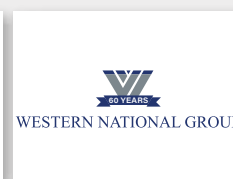
EMERALD



PLATINUM



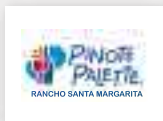
GOLD



SILVER



BRONZE



NON-PROFIT & CHARITY PARTNERS

FRIENDS OF THE LADERA RANCH LIBRARY • GOODWILL INDUSTRIES OF ORANGE COUNTY • JAMES HENRY RANSOM FOUNDATION
 LADERA RANCH CIVIC COUNCIL • LADERA RANCH RELAY FOR LIFE • LADERA RANCHO CHAMBER OF COMMERCE
 1ST LAR MARINE BATTALION • GIGI'S PLAYHOUSE • LADERA LEGS