

Seashore News



September 2024

Published Monthly by Niguel Shores Community Association

Issue 609

FROM THE HELM

Hello, Niguel Shores Residents! As I enter my third month as Board President of the Niguel Shores Community Association, I'm pleased to share some updates for the month.

Niguel Shores Facebook Group—Our resident-only Facebook group is gaining traction, with 95 members now actively participating in conversations and idea-sharing! This is a great platform for us to connect and share within our community. Let's keep it growing. Just search Facebook for "Niguel Shores Residents." A quick reminder: According to the guidelines, please refrain from any self or business promotion. The group is solely for communication, sharing photos, ideas, and fostering community spirit.

Wine Club Idea—I've received enthusiastic feedback from several residents about the idea of starting a Wine Club. This would be an informal gathering, not sanctioned by the Association, where interested members could meet monthly to share their wines. Meetings could rotate between homes, and we could even invite local wineries for tastings and food pairings. I'd love to hear more of your thoughts on this idea. All we need is someone to lead the charge and start recruiting members, and I'm here to help get it off the ground!

Amenities Project Update—There has been considerable discussion regarding the Amenities project, particularly concerning the accounting of funds and whether the project

was completed under or over budget. I want to assure you that we are in the process of closing out the project, finalizing the books, and preparing a detailed breakdown of the financials. My goal is to provide all residents with a comprehensive report by next month. This is my promise to you.

Serious and Sensitive Issue—Lastly, I need to address a very serious and sensitive matter. In the past 45 days, there have been four instances involving young adults, all under the age of 18—both residents and guests of residents—who have directed racial slurs and derogatory comments at some of our Securitas patrol guards. The Board has held three hearings with the parents of these young individuals, with a fourth scheduled for next month. While the outcomes of these meetings are confidential, I assure you that the Board has taken this matter very seriously. These are grave offenses, and swift action is being taken. I urge all parents to have a conversation with their children to explain that this behavior is unacceptable and will have serious consequences not only for them but also for you as their guardians.

In closing, I want to thank you all for your support during my first three months. I truly enjoy serving as your Board President and hope that I am fulfilling my duties to your satisfaction and for the betterment of our community. Best regards.

—Mark Russell

LOOK
INSIDE

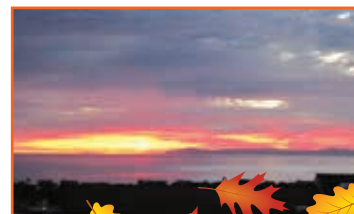
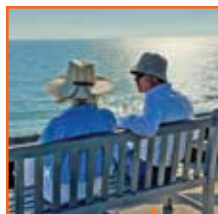
**NCSA
Financial
Report**

SEE INSERT



WELCOME SEPTEMBER!

It's that golden time when summer meets fall with glowing sunsets, cooling breezes, and a hint of autumn spice in the air—a time to treasure the good life we share in Niguel Shores.



Labor Day Holiday

MONDAY, SEPTEMBER 2

*A Salute
to the
American
Worker.*

Dana Point Real Estate Market Update:



KATHY SAMUEL

949-444-1674

Kathy@KathySamuel.com

www.kathysamuel.com

In our changing real estate market there may be no better time to discuss your options. I look forward to hearing from you.



LUXURY PORTFOLIO INTERNATIONAL



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

GENERAL MANAGER REPORT

Gratitude

Where does the time go? I've just completed my first two months at Niguel Shores, and it has been a whirlwind of activity. The Niguel Shores staff have been incredible through all of it, so I wanted to take a moment to show my gratitude. Niguel Shores has eight full-time employees, four full-time maintenance staff members, and four full-time administrative staff members.

I work alongside three amazing people in the office: **Matt Northrop**, **Blayke Miller**, and **Karen Decker**. These three individuals have worked at Niguel Shores for many years and have provided me with insight into Niguel Shores' background, which I would not have known without them. They also offer incredible service to the community.

Blayke Miller assists members with vehicle registration, tenant registration, and amenity reservations. She also handles accounts payable and accounts receivable. She is the liaison to the Traffic and Safety Committee and Recreation Committee and is responsible for planning and executing all community events.

Matt Northrop provides members with requests for landscape and works with the View Preservation committee to view and review complaints and offer options to the Board to resolve view issues. Matt also works with Harvest Landscape to resolve issues raised by members throughout the month. In addition, Matt works closely with the Communications Committee creating the monthly Niguel Shores newsletter and

maintaining the community website. He also crafts the email blasts sent to the membership from the Association.

Karen Decker works with the Architectural Committee, the association's architect, and members on all architectural activities in the community. She also works with the Rules Committee to review and create the Association's rules and regulations. She provides support to the office staff and fills in whenever needed.

Bob Everson is also new to the team, joining last November as the Facility Manager. Bob is involved with many projects in the community, from ongoing repairs to improving operational systems and procedures to protect and enhance the Association's physical assets. His team consists of **Tom Shimkus**, **Ray Russomanno**, and **Jason Lelli**. These men work as a cohesive group supporting each other as they carry out the general maintenance within the community and address emergency issues to ensure the facilities are always in proper running order and available for the residents to enjoy.

I am grateful for all the support this team provides and look forward to many years working for them.

—John Muller



The Niguel Shores office will be closed on Monday, September 2 in recognition of Labor Day, and no construction is allowed on that day.

AUGUST 2024 BOARD ACTION SUMMARY

(GENERAL SESSION)

ACCEPTED AND FILED:

- Unaudited June 2024 Financial Reports
- General Session Committee Minutes

APPROVED:

- General Session Meeting Minutes from July 10, 2024
- Communication Committee Appointment
- Ratify Approval of Transfer of \$400,000 from Bank of California operating to Ameriprise Operating Money Market
- Ratify Approval of Transfer of \$26,340 from Recreation Amenities Account to Reserve Account
- Ratify Approval of Transfer of \$25,225 from Pacific Western Operating to Ameriprise Reserve Account
- Ratify Approval of Transfer of \$202,361.55 from Ameriprise Operating Money Market Account to Ameriprise Reserve Account for 3rd Quarter Reserve Allocation
- Include \$50,000 per year for five (5) years to the Reserve Study for Multi Year Tree Plan
- Harvest Proposal #128338 Tree Removal on Spinnaker Drive
- Harvest Proposal #128348 Tree Removal on Spinnaker Drive

- Replant two (2) trees on Spinnaker Drive
- Harvest Proposal #127580 French Drain Installation Brigantine Drive
- Include \$100,000 in 2025 Budget for Slope Reserves/Replanting
- Retain current ground cover conditions adjacent to Sports Court
- Concrete Hazard Solution Proposal for Sidewalk Grinding
- Harvest Proposal #129106 Repairs to Windjammer Slope
- Request for Memorial Service at Beach Bluff

DISAPPROVED/DENIED:

- View Preservation Appeal
- Two (2) Requests for Reimbursement

REVIEWED/DISCUSSED:

- Check Register, General Ledger, Legal, and Delinquency Report (July)
- Legal Analysis
- Manager's Report

TABLED:

- Proposals to Replant Breakers Isle Slope
- Amenities Oversight Committee Charter

NOTE: The last approved General Session Minutes are posted on the Bulletin Board across from the NSCA Office entrance and on the website. In addition, the General Session and Executive Session agendas for the next Board Meeting will also be posted on the Friday prior to the next meeting. **REMINDERS:** THE NEXT BOARD OF DIRECTORS MEETING WILL BE HELD IN THE CLUBHOUSE ON THE 2nd WEDNESDAY, SEPTEMBER 11, 2024, BEGINNING AT 6:00 P.M.

COMMITTEE REPORTS

ARCHITECTURE COMMITTEE

Architectural Plan Sets

New home construction and major exterior modification projects are at an all-time high in Niguel Shores. The Architectural Committee uses the services of a consulting architect for review of the design plan for remodels and new construction before the approval of any work. This process was created to ensure compliance with Association rules and integrate with the additional requirements of each individual neighborhood tract.

If you are contemplating a major remodel, contact **Karen Decker** at the Management Office to schedule a design workshop. Our team will help you and your architect/contractor prepare a package that will minimize disruption with the application to the HOA.

It is important to note that plan approvals may not be transferred when a property is sold or there is any other change in ownership. If a change in ownership should occur when a project has substantially started, the new owner must agree in writing to follow the originally approved plan.

Call Karen to make an appointment and get your project moving! She can be reached at (949) 493-0122 ext. 3.

—Mike Stively

COMMUNICATION COMMITTEE

Happy New Year!

Yes, it is September and not January. However, September seems to signal the start of many new opportunities. For example, September is the start of the fall season and often the start of a new school year. For sports fans, it is the start of a new football season, and for those lucky to live here in Niguel Shores, it is the chance for residents to become involved in a new year of clubs, activities, and opportunities. Look through this issue for announcements of the new club year from Women's Club, Men's Club, Garden Club, and Book Club as well as plans for events sponsored by the Recreation Committee.

Niguel Shores Website

In addition to what you can learn from reading monthly issues of the *Seashore News* in print or online, our Niguel Shores website niguelshores.org offers residents a wonderful resource to become and stay informed about opportunities and events happening here in our community and in the local area. So if you are thinking of starting something new this season, be sure to check out our website for the most up-to-date information, such as the following:

- Updates from the NSCA office
- NSCA Board Actions and Meeting Information
- Open Forum Comment and Question Form
- Niguel Shores Community Update Notifications
- Homeowner Request Forms
- Guest/Gate Login
- Upcoming Recreation Sponsored Events
- Club announcements
- Photo Galleries
- Dana Point City Updates
- Seashore News Issues (1973-present)
- Post a Web Comment
- New Homeowner Newsletter Form
- Shores Angels Community Assistance
- Niguel Shores History

BE SURE TO LOG IN REGULARLY TO **NIGUELSHORES.ORG** FOR THE MOST CURRENT COMMUNITY INFORMATION!

—Patti Staudenbaur

RECREATION COMMITTEE

Summer is almost at an end—but wait! There's more to enjoy this month, and other fun events planned for the rest of the year.

Labor Day BBQ—Sunday, September 1, 5:00 to 8:00 p.m. Mark your calendars for our famous barbeque celebration. This is a free event in which we provide the hot coals, and you bring whatever you would like to BBQ!

Upcoming Events:

Christmas Market – Sunday, December 8, 12:00 to 4:00 p.m. Come and enjoy our annual Christmas Market at the NSCA Beach Bluff. If you would like to participate as a vendor, pick up your application in the office. Limited availability @ \$20 each. Interested vendors please contact Nancy Tinnes for more information at (949) 235-2555.

Cookies with Santa—Sunday, T.B.D., 4:30 to 6:30 p.m. Enjoy cookies and festive holiday punch with your friends while Santa Claus reads to the children under the tree and hands out candy canes.

Holiday Lights Contest. Start decorating the day after Thanksgiving on November 29.

New Year's Eve Party—Tuesday, December 31, 8:30 p.m. to 12:30 a.m. Details coming!

—Recreation Committee

COMMITTEE REPORTS

TRAFFIC AND SAFETY

Safety Alert: Underage Driving of Golf Carts is Prohibited.

Golf carts are a convenient mode of transportation within our community, but they require responsible operation to ensure the safety of everyone. Underage drivers often lack the experience and maturity needed to handle these vehicles safely, which can lead to accidents and endanger both drivers and pedestrians.

Community Rules and Regulations

To ensure the safety of all residents, please remember the following rules regarding golf cart use:

- **Register:** Golf Carts must be registered with the Association.
- **Towing:** No person or object may be towed by the vehicle.
- **Seating:** All individuals riding in the vehicle must be seated in a proper and safe manner.
- **Operation:** The vehicle must be operated in a manner as to not create unsafe conditions for other vehicles, persons or property.
- **Driver's License:** Golf cart operators must possess a valid driver's license. This helps ensure that drivers are aware of and adhere to road safety.

To help us maintain a safe environment, please—

- **Report Concerns:** If you observe underage individuals driving golf carts, kindly report this to the Association's contracted patrol service at the Mariner Gate. We will address these concerns to the best of our ability.



- **Educate Your Family:** Discuss the importance of following golf cart regulations with your family members, especially teenagers. Emphasize the safety risks and legal implications of driving a golf cart without a license.

Community Safety First

Our community's safety is a top priority, and we appreciate your cooperation in ensuring that all golf cart operators are of the appropriate age and adhere to safety guidelines. Together, we can create a safer environment for everyone.

—Blayke Miller

Meet our NSCA Committee Members

ARCHITECTURAL COMMITTEE

John Chis
Trisha Pearson
Barbara Speare
Jeannie Sticher
Mike Stively

COMMUNICATION COMMITTEE

Susan Courtney
Heather Harding
Mary Ellen Hofmann
Sandra Homicz
Michelle Ralph
Jenny Rose
Patti Staudenbaur
Meg Wilson

FINANCE COMMITTEE

Martin Dedrick

Jim Eckstaedt

David Goldberg
Jeff Goldfarb
Malcolm O'Donnell

HUMAN RESOURCES COMMITTEE

Steve Stewart
Jeannie Sticher

LANDSCAPE COMMITTEE

Vicki Sheff
Diane Dale
Sue Forrest
Marietta Hannigan
Kathy Jones
Carla Perin
Linda Rich
Janice Stauffer
Nancy Taylor

MAINTENANCE COMMITTEE

Len Beebe
Geoff Dunlevie
Suzanne Enis
Al Glatt
Phil Salzman
Bob Schreiber
Art Staudenbaur

RECREATION COMMITTEE

Sean Bittner
Shelly Brown
Blake Heal
Jennifer Hochstadter
Kathy Samuel
Nancy Tinnes

RULES COMMITTEE

Penni Buff
Dick Kichline

Bob Russell

Rhonda Russell

TRAFFIC AND SAFETY COMMITTEE

Dick Ashworth
Marlene Goldfarb
Mark Karpenko
Tim Murphy
Paul Neuvirth
Brian Pearson
Tim Tyson

VIEW PRESERVATION COMMITTEE

Julie Chis
Joan Ingle
Kathy Jones
Kathleen Rosenthal
Dianne Young

CLUBS

WOMEN'S CLUB

We have a new slate of officers for the 2024-25 season. The Women's Club Board will consist of **President Laurel Yocca**, **Vice Presidents Sharon Stewart and Carol Daly**, **Secretary Laura Syme**, and **Treasurer Cathy Tyson**.

September Luncheon Meeting

Our first member meeting this season is **Thursday, September 12 at Noon** in the **Clubhouse**. We will welcome guest speaker **Veronica Stephens**, the Director of Education and Outreach at **Laura's House**. She will present an overview of the shelter's domestic-violence related programs and services. "Over the past 30 years, Laura's House has provided shelter and supportive services to more than 7,500 abused women, men and children and counseling, life skills education and legal advocacy to over 77,000 persons" (<https://www.lauras-house.org>). Statistics show that one in three women and one in four men will be affected by partner harm during their lifetime. The presentation will focus on the various forms domestic violence can take and the red flags that can be identified in harmful relationships. The audience will be given tools to help a loved one they suspect might be in a harmful relationship. Please come and learn how we can help make a difference in the lives of those in need in our community.

Women's Club Social Activity

EVENT: Come to a Beach Party!

DATE & TIME: Thursday, September 19 from 1:00 to 3:00 p.m.

WHERE: On the sand at Strands to the right of the lifeguard tower

BRING: Beverage and Beach Chair

Snacks and fruit will be provided.

SPECIAL INFORMATION: Questions, or if you need assistance bringing stuff down the hill, please reach out to Cathy Burgner or Karey Palmer.



Niguel Shores Men's Club
Oktoberfest 2024
Saturday, October 12th
5:00pm to 8:00pm
Clubhouse
~ German Food & Beverage ~
~ Live German Music ~
Tickets: \$15
Order online early as this will sell out!
oktoberfest.niguelshoresmensclub.org
Questions? email Eric Eckes @ eeckes@cox.net

An illustration of a man in a green hat and brown suspenders holding a beer, and a woman in a blue and white dress holding a beer.

September Social Event

The first of this season's member socials will be a **Beach Party** on the sand at **Strands** on **Thursday, September 19** from **1:00 to 3:00 p.m.** We will set up a spot with umbrellas and tables to the right of the lifeguard tower. Please feel free to bring your own sack lunch, beverage and beach chair. We will supply some shade, snacks, and fruit. If you have questions or need assistance bringing stuff down the hill, please reach out to **Cathy Burgner** or **Karey Palmer**.

—Karey Palmer

MEN'S CLUB

The Men's Club had a great August. At our morning meeting, we heard about our friends, the **Shores Angels**. This mostly ladies' group does great work helping neighbors in need in Niguel Shores. The Angels asked for help from the Men's Club because some of the Shores Angel's work requires a male's touch. It's time for some members of the Men's Club to add their names to the volunteer list on the Shores Angels website shoresangels.com. I know my Men's Club colleagues will step up.

Next up we heard a great presentation from **Caroline Swift** of **Sweet Caroline Travel** at sweetcarolinetravel.com. This was not Caroline's first visit. She is always well-received and elicits lots of questions from our high-mileage members. She had a lot to say about traveling smart. Her strongest point was the need for travel insurance for all travelers, especially those of us in the autumn of our years. Caroline provided details on the cost of becoming disabled

CLUBS

or incapacitated overseas. That was a real attention-getter. Caroline is available to consult on this topic at no charge. If you're leaving the country, call Caroline first. You'll be glad you did.

Our evening meeting in August was all about the games —Free Throw, Shuffleboard, and Cornhole, enhanced with a bit of wine and beer and some tasty snacks. Fun for all.

In September we will hear from former Mayor of San Clemente **Chris Duncan**, who is running for the 74th Cal Assembly District (that's us), and from local business leader **Matt Gunderson**, who is running for the U.S. 49th Congressional District (that's us, too).

The Men's club is a unique venue for activities like those described above. And we are always interested in new members. The more the merrier. If you are not yet a member, please come and join us for a complimentary breakfast. See what you've been missing.

—Tim Moore/ Secretary

GARDEN CLUB

September Meeting

Our first meeting of the new club year will be on **Monday, September 16, at 11:00 a.m.** in the Clubhouse. **Florence LeFranc**, a certified medicinal herbalist and certified nutrition therapist, will speak about the common herbs we can grow in our garden, and how to use them. She will review their medicinal properties and the different ways of using herbs daily, such as additions to food, brewed as tea, or skin ointments. She will also discuss the quality of herbs and how to choose them.

Herbs have been grown for many millennia, with some Egyptian herb gardens dating back 4,000 years. Their earliest uses were medicinal, followed by their use for a variety of purposes, including cooking, perfume, disinfectant, currency, religious ceremonies, and symbolism.

Indigenous cultures (such as African and Native American) used herbs in their healing rituals. The first written record of medicinal plants was created on clay tablets over 5,000 years ago by the Sumerians, in ancient Mesopotamia, which described a dozen herbal recipes calling for the use of 250 plants. Spices and herbs have historical importance and were once the source of great power and wealth.

Garden Club Award

Sandi Stauffer and **Martha Burns** attended the Orange County District California Garden Club Incorporated meeting in June. Our club was presented with the blue-ribbon award for meeting goals set by the California Garden Club Incorporated.

Many Thanks

We want to thank club member **Al Glatt** for refinishing the bench, located in the greenbelt area adjacent to Niguel Shores Drive, that the Garden Club donated to the community in memory of **Jerry Koppang**.

Membership

The Garden Club continues to welcome new members. Membership is open to all residents of Niguel Shores. You do not need to be a gardening expert to join. Our meetings are varied and may comprise a speaker, workshop, garden related projects or a field trip. Refreshments are served at each meeting. Dues are \$25 per person per year, and \$5 per guest visit. To join, sign-up forms are in the Niguel Shores office. Any membership questions, call or text Sandi @253-290-0471.

—Judi Palladino

Garden Club Butterflies

Our Garden Club's **Monarch Butterfly Project** is showing great results! We are seeing more Monarchs than ever in our yards. These photos from Gary Tinnes show Monarch caterpillars feeding on Milkweed plants, and they come with a noble rescue story. Gary said, "So many monarchs in Niguel Shores this summer. My grandson Dalton and I saved this one from the web a spider built next to her cocoon. She was stuck upon exiting, and we carefully trimmed the web tendrils from her legs so she could take flight."



ACTIVITIES

BRIDGE

Communication

I love a good story and I enjoy sharing a good story. A Bridge hand is like a story that can unfold in different ways depending on how it is “told.” The story begins with the bidding, and communication is the key to good bidding. When you open, you are telling your partner that you have at least 13 points. The opponents look at their hands, count their points to see if they can make a higher bid in a different suit, and bid accordingly. If the person to the left of the bidder does not have at least 13 points, but has at least 10 points and a long suit, they may bid or may pass to see how high the partner of the bidder goes in the same suit or see if he or she passes. If he or she passes, the opposing partner can then bid if they have a long suit and at least 10 points. And the story begins. Communication is so important between the bidder, their partner, and their opponents.



Recent Winners

7/17: The women ruled today. Betty French, our fearless leader, came in first. Visiting guest Lesley Boyer came in second. Patty Hollis placed third.

7/24: Bob Ruben and Jim Pinola ran a very close race, but Bob nudged Jim and came in first while Jim came in second. Muriel Kraszewski reclaimed third after allowing the three women who won the previous week to shine.

7/31: Glenda Wilson took a leadership position coming in first. Jim Pinola held on to the second position for the second week in a row. Bill Imbriale who has been away for a long, long time came in third. Amazing what a little vacation will do for oneself.

8/7: Maria Garcia drove in the winning run for first place. Securing second place rested with Freyd Rad. Jim Pinola placed third and has been in the winning circle for the last three weeks.

8/14: Bill Imbriale improved his position from two weeks before, moving up to first. Freyd Rad held on to second place for the second week in a row. Our fearless leader Betty French moved into third after a four week absence.

Reminder

Please sign in for the coming week and remember we now start at 10:30 each Wednesday. If you are interested in playing please call **Bob** or **Betty French** at (949) 312-2556 or visit us on Wednesdays at 2:00 p.m.

—Mike Oliva

PAGE TURNERS

This month all three groups of Page Turners resume their discussion meetings of the books chosen by all members. One group meets the fourth Monday afternoon of the month and the other two groups meet, separately, on the fourth Thursday afternoon of the month. For information on the Monday group, you can contact me at fozimec@cox.net and for the Thursday groups, contact **Steve** and **Ann Morris** at samwrasi@cox.net or **Lisa Buchner** at buchner47@gmail.com.



This month’s book is *The Women* by Kristin Hannah. The novel covers a little-publicized aspect of the Vietnam War, namely the men and women who served as doctors and nurses in the combat zones, with the emphasis on the women nurses.

The book is divided into two parts: The first deals with the horrific conditions in Vietnam in which the women served, and the second covers their various lives when they return home. Kristin Hannah does a very good job of describing the living and working conditions of the characters in Vietnam, making the first part a very interesting read. The second part is more typical writing of this author and is, in my opinion, more of a “soap opera.” Her books are extremely popular and this one especially is expected to break all sales records. We should have some widely differing opinions to discuss in our upcoming meetings! And I have to agree with the following statement from Kirkus Reviews: “You’ll wish you could have gone to Vegas and placed a bet on the ending—while it’s against all the odds, you’ll see it coming from a mile away.”

—Frances Ozimec

CALLING ALL VETERANS AND ENLISTED MILITARY



In our November issue, we plan to honor our Niguel Shores veterans and enlisted military.

If you would like to tell us something about your military service, please send the following information to seashorennews@hotmail.com or drop off this form in the Niguel Shores Office by October 15.

Name: _____
 Military Branch: _____
 Dates of Service: _____
 Email Address (if we need to contact you): _____

(The following information is optional)

Rank: _____
 Duties: _____
 Places Served: _____
 Any other information you would like to share: _____

ANTARCTICA



Even though summer is winding down, our September coastal temperatures are warm and inland days might peak above the 90s. If the heat makes your thoughts stray to visiting somewhere cooler, perhaps you might consider a summer coming up in January—in **Antarctica**. This is what seven Niguel Shores individuals did, choosing Antarctica as their adventure travel destination.

Jeanne Sticher, Marietta Hannigan, Melinda and Tim Samsel, and Catherine Hallett traveled there in January of this year, while **Erica Ross** and **Jack Schott** made the trip five years ago. Of note, all these residents live in **Sea Terrace II**. They made this choice to “go before it is gone” or to fulfill a “bucket list” of visiting all seven continents. Each came back with memories of an “out of the world” experience of beauty and adventure.

Antarctica is the fifth largest continent. The land mass of ice is 40% larger than the continent of Europe. Home of the South Pole and an abundance of penguins, whales, seals and sea birds, the island also is home to research stations from a number of countries, including Palmer Station (US). Over the years both Britain and Argentina have claimed areas of the island, but no one country “owns” Antarctica. The emphasis is for travelers to enjoy and learn from this vast land mass of snow and ice that is mostly unoccupied by humans.

If you were to consider Antarctica for your next destination, note that in winter the temperature is minus 49 degrees Fahrenheit. Summer in January is the warmest month, with average temperatures climbing up to zero degrees. Travel companies lend ski-type pants and boots plus bright red jackets that the guests keep. Days begin by leaving your passenger ship and boarding a zodiac boat to visit icebergs that tower over the travelers, even with 90% of any iceberg being under water. The ship and zodiacs navigate carefully through sea mountain passages, experiencing quietness only broken by lapping water and bird sounds. Travelers are allowed to disembark to visit penguin rookeries, taking only themselves and a camera. Our travelers walked among Gentoo, Adelie and Chinstrap penguins and their babies. They visited Leopard, Weddell, Southern Elephant, and Antarctic Fur seals as well.

From the zodiacs, they experienced humpback or minke whales up close as the whales, often with their babies, breached. Marietta and Jeanne saw a pool of 50 Orcas, some with babies, up close. Many kinds of sea birds, including Albatross (three or more kinds) with

Take a Deep Dive into Antarctic Exploration with these media resources:

Video and Paperback: *The Last Place on Earth*—PBS Masterpiece series recounting the separate heroic South Pole missions of Roald Amundson and Robert Scott. [Amazon.com](https://www.amazon.com) or [Amazon Prime Video](https://www.amazon.com).

Hardcover and Ebook: *Chasing Shackleton*—Follows a present-day team seeking to reproduce Shackleton’s 1914 Antarctic journey using a replica boat and the same clothing and equipment as his expedition. [Amazon.com](https://www.amazon.com)

Paperback and Ebook: *Sea of Glory* by Nathaniel Philbrick—traces the U.S. Exploring Expedition of 1838 as it sails Antarctic waters, surveys the Antarctic coastlands, and maps routes through uncharted areas of the Pacific. Contains first-hand accounts by shipmen on the journey. [Amazon.com](https://www.amazon.com) or [BarnesandNoble.com](https://www.barnesandnoble.com).

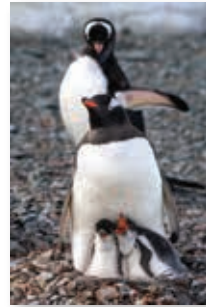
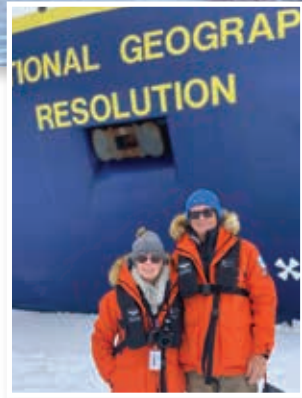
wingspans of 12 feet and body lengths of 3 feet, were part of their scientific explorations. Each travel company ship alternates areas to limit the numbers of visitors and protect the islands.

Erica Ross and Jack Schott described a once-in-a-lifetime experience in Antarctica, spending New Year Eve’s sleeping outside in a windbreak shelter that they dug in the snow. The ship lent them waterproof pads and sleeping bags and they dressed warm, using their boots for pillows. Erica admitted it was “the coldest that I have ever been!” They took part in another adventure, too. Secured by a harness, they dove from the boat into the Antarctic Ocean (also called the Southern Ocean) for a 45 second “swim.” Their adventures as “eye witnesses” made them even more aware of the necessity and science of protecting this part of the world.

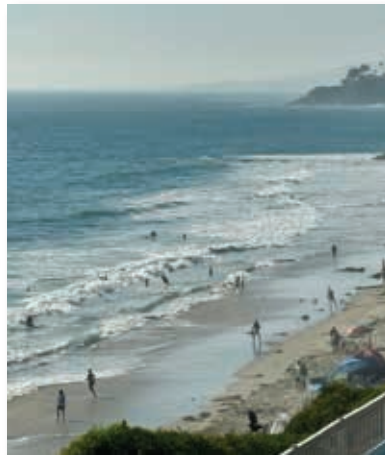
Marietta noted, “Antarctica is a magical place. You are struck by the pureness and quietness of its beauty, the depth and diversity of the light—it plays on the landscape and is constantly changing before your eyes. I left feeling how precious Antarctica is and the importance of preserving its beauty for future generations.” Each of our intrepid travelers agreed with Marietta’s description of “a magical place” as Catherine added that the challenge to explore another world will never be forgotten and ranks as the most unusual and unique of travel adventures. (See photos on the next page.)

—Susan Courtney

SUMMER IN ANTARCTICA



SUMMER IN NIGUEL SHORES



AQUARIUM VOLUNTEERS

Cheers for our Niguel Shores residents **Tim Williams** and **Diana Rainforth**, who each volunteer as divers at the Aquarium of the Pacific in Long Beach. They assist the staff by feeding animals, observing their behaviors, cleaning rock and coral, and other underwater tasks. Diana has been

a weekly volunteer diver for the past eight years. Tim is a member of the education team as well as a volunteer diver for the past sixteen years. **Patti** and **Art Staudenbaur** reported they had the pleasure to see Tim at work in the dive tanks when they took two of their grandkids to the Aquarium.



Tim Williams and Diana Rainforth



Tim Williams



Diana Rainforth



Tim greets Patti, Art, and Grandkids



MOTU

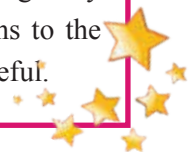
Motu, our Niguel Shores celebrity pup, has once again been in the spotlight on “Lucky Dog” the CBS-TV series that rescues, trains, and places shelter dogs in new forever homes. Motu’s story has been a popular and recurring feature on the Sunday morning program. Last month, Motu was shown learning to kayak with host Brandon McMillan, and then enjoying a day in the park with his loving “mom,” Shores resident **Julie Bower**.



Motu, Julie Bower and Brandon McMillan

THANKS, NOREEN

Special recognition to **Noreen Skukkonen**, and to our residents who helped her collect blue jeans, tees, and shoes for the people who live and work at the garbage dump in Granada, Nicaragua. Noreen visits the area regularly and brings these donations to the people, who are very grateful.



Mail Theft Caution

Seashore News received word of a mail theft at the Dana Point Post Office that exposed a need for better mail security. Our resident **JoAnne Webb** reported: “This is a warning about mailing checks. I became a victim of Fraud and Forgery when a check I mailed was stolen from the Dana Point Post Office and altered. On June 24, I deposited my piece of mail at the inside drop of the post office. It contained a check made payable to Chevron/Synchrony Bank. The check was stolen and “washed,” changing it from \$77 to \$710 with the name of a different payee than the original. The check was cashed for \$710. This was reported to my bank and to law enforcement. I know of five other people who also had their mail with checks inside stolen at this same time. The Dana Point Post Office needs more security. Now I have online banking!”

The experience JoAnne related is growing more common and presents far-reaching consequences. A victim of check washing would need to close the bank account related to the altered check. However, closing the old account would mean re-directing all outgoing automatic payments and incoming pension or dividend revenue to a new account – and the official change at these sources might take 60-90 days during which the ability to pay or receive funds may be limited. Check washing could also lead to identity theft if thieves used information on the check for other scams. The victim would need to alert credit cards and credit bureaus to be notified of unusual activity, which might result in a credit freeze. In addition, there are affidavits to make, legal steps to take, and it is uncertain whether the stolen amount could be regained.

Law enforcement agencies including the O.C. Sheriff, U.S. Postal Inspection Service, and the FBI have personnel to investigate check washing. They should be notified if you ever find yourself a victim of this scam. They offer these tips:

- Use mobile or online banking
- Use black gel pen on checks
- Deposit mail inside post office
- Retrieve mail promptly from your mailbox
- Use security tinted mailing envelopes
- Write checks to specific names, not “cash”
- Shred canceled checks
- Store checks in a secure place within your home
- Review bank and credit activity for correct amounts and payees

—Sandy Homicz

Recreational Therapy

Watching the Equestrian Teams compete in the Olympics this year was an absolute treat. My daughter has been involved in English riding for a few years, and it has been a wonderful sport for her! We have met several friends in the Niguel Shores Community who also ride horses, and at the same time, we learned about two wonderful resources that provide equine assisted therapy and activities for people with special needs to experience the physical and emotional rewards of riding and caring for these amazing animals. One is **Surf and Turf Therapy** and the other is the **Shea Center**. You might consider these resources if you or someone you know would benefit from recreational therapy specifically designed for those with disabilities. Both are in San Juan Capistrano and have special events coming up this month. If you are interested in attending and learning more or volunteering, I’m sure they would love your support.

Surf and Turf Therapy targets traditional functional goals using non-traditional approaches like surfing, horse-back riding, and community-based activities to address deficits in strength, stability, body awareness, coordination, safety awareness, tone management, flexibility, attention and sensory integration. They focus on improving daily life skills such as walking, postural alignment, talking, and writing. Their upcoming fundraiser on September 12 at the OC Polo Club promises an evening where you can enjoy dinner, drinks, auction, and riding demonstrations while getting to know more about their therapeutic activities. See surfandturftherapy.org.

The Shea Center enhances the lives of individuals with disabilities through horse-related programs including physical, occupational, and speech therapies plus therapeutic riding. Their fundraiser on September 21 is a BBQ & Family Faire featuring dinner, drinks, auction, and riding demonstrations. See sheacenter.org.

—Heather Harding

Preserve Your Memories

The Orange County Public Library System’s **Memory Lab** is a free do-it-yourself opportunity to scan your old photos, movie reels, video tapes, or important documents and preserve them digitally. Currently, the service is available at the Tustin Library, 345 E. Main Street, Tustin, CA 92780. Call (714) 544-7725 to register for a 3-hour session so you can begin preserving all those photo memories that are sitting in boxes out in your garage.

—OCPL.org

Monarch Villas Apartment Project

The City of Dana Point Planning Department reports that the January 28 preliminary application made by the apartment project developer has expired, and the July 29 deadline for the developer to file a final application for the 700 unit project has passed without any filing.

At the present time, there is nothing in process for Monarch Villas, no active applications to develop the property, and no sign that anything further will happen with the project. However, that could change at any time. We will keep you posted.

—Steve Stewart

Beach Erosion Camera Stand

County Supervisor **Katrina Foley** reports that a camera stand is installed on the path to Strands Beach where the public can help record beach erosion by taking a photo and uploading it to CoastSnap, a project documenting coastal erosion over time.



DANA POINT THIS MONTH



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Reserve your spot for special events such as Cannon Battles, Mermaid Breakfast or Tea, Mermaid Grotto Meet and Greet, Pirate School for Scallywags, Cannon Battles, Sails n' Ales Craft Beer Party, and the Pirate and Mermaid Ball.

See maritime-fest.org for Special Event Tickets (varying costs) and Festival Adventure Weekend Passes.

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September 27-29

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Doheny State Beach, ohanafest.com



PICKLEBALL

The Niguel Shores Pickleball Community was happy to learn that the Board has approved resurfacing of the Pickleball and Tennis courts. This project will obviously involve closing both the Tennis and Pickleball courts during the process. The resurfacing is not part of the Recreation Amenities project, but is funded through our Niguel Shores Reserves Budget. We will keep residents updated with announcements in the *Seashore News*, on the Niguel Shores website, and Voice of the Pickle emails—so stay tuned.

It is fun watching so many residents playing and improving their skills. The courts are for everyone, and the Niguel Shores Pickleball Community continues to welcome new players regardless of their ability level. The rules are pretty simple. Even keeping score and “Staying out of the Kitchen” can be picked up very quickly.

Apparently, the interest in the sport has become highly contagious. There are now over 3 million pickleball players worldwide. Here in California, Senator Janet Nguyen proposed a resolution that was supported by many of her



colleagues, and now August 8 is officially National Pickleball Day. That is just one more reason to join us out on the courts.

Finally, as a reminder, our **Pickleball Happy Hours** continue on the third Wednesday of the month. We will meet on **Wednesday, September 18** from 4:30 to 7 p.m. on the Niguel Shores Clubhouse patio. Bring an appetizer to share and your own beverages. This is always a good chance to mix and mingle with neighbors and players.

—Susie Smith



CUISINE CORNER

Looking for some cool refreshment? Visit **The Hive XO**, a kiosk near Moulin and Beach Hut Deli. The Hive’s popsicle flavors will definitely bring you back for more: mango pineapple, raspberry vanilla, watermelon, mojito, lavender lemonade, root beer float, pina colada – to name a few. You can also order frozen gluten-free, organic, vegan treats like mint chocolate chip or salty caramel ice cream sandwiched between chocolate chip or brownie cookies.

Owner Jenifer Seagraves opened The Hive XO ten years ago, and it has since become a “go-to happy place” for locals. She entered the healthy snack business to encourage her children to eat healthy, and also to offer tasty treats to people with food allergies. She said, “Our ice cream sandwiches are vegan and the popsicles have dairy, non-dairy, and sugar free options. A local company makes our artesian popsicles and all my products are ethically sourced.”

The Hive XO also sells handmade crafts from local vendors as well as faraway places like India and Turkey. About The Hive’s combination of frozen desserts and unusual boutique items, Jenifer says, “I always dreamed of owning a shop where



I could create whatever my heart desired—a place people could connect and feel a part of something special.”

At The Hive, you will experience that “something special”—not only in the popsicles, ice creams, and artistic offerings—but also in the warmth of those working there. Jenifer says, “I am blessed to work with such wonderful people as Lara and Gina who love our customers as much as I do, and I am grateful to the community that supports what we are doing. Having The Hive XO is a dream come true and I think you can feel it when you come to visit.”

—Sandy Homicz

Wellness – Friendship

I was armed with a list of what I wanted to get done that afternoon and so far, things were going as planned. I stocked up on food for Thor, my 94-year-old mom's cat. I threw the feline delicacies into the back of my car, locked it up, and with an attitude of continued success, headed to Costco for more mom-related items and a pharmacy stop.

And then it hit me. I left my Costco card at home!

I didn't even try to enter the store. I just got back in my car, resigned to the fact that I would have to waste precious time and go home for my card. However, as I backed out, I noticed someone in my rear-view mirror. It was Margo! I hadn't seen her in years! There were no cars, so I carefully backed up while she was unloading mass quantities of stuff, and said, "Margo! What are you doing here?" We laughed and exchanged updates, and I told her my Costco story. She asked me if I had the app (which I didn't). Then she said I should go inside and get a day pass. A day pass at Costco? Like it's an amusement park? (Well, it kind of is.) Anyway, my whole afternoon changed for the better because a good friend appeared at the right time. My spirit soared with gratitude for Margo and the incredible timing of our chance meeting as I walked into the store and completed my tasks!



Friendship is a gift that truly shines when we're under stress. Whether it's

leaving the Costco card at home or struggling with a scary diagnosis from the doctor, a trusted friend who can listen to our concerns is absolutely priceless. Friends have the power to positively impact how we respond, emotionally and physiologically, to the myriad stressors in our lives. When something worrisome is discussed with a close friend, the increased amount of cortisol in our system is reduced resulting in, for example, normal blood pressure, not to mention the emotional relief of having shared the concern with someone you trust.

As it turns out, healthy relationships and social connections with others are strong predictors of well-being and longevity. They have the impact necessary to reduce the risk of anxiety and depression, heart attack, stroke, and premature death, which are increased when the opposite of friendship—loneliness—is experienced. Also, don't overlook those emotionally infrequent relationships of everyday life: the dry cleaner who knows you by name, the checker at the grocery store who always asks how you are. These moments boost our mindset and help our bodies stay healthy.

So, while we nurture our own healthy relationships, let's also remember to reach out to those we suspect are lonely and give them a boost. It'll make forgetting your Costco Card a non-event, while appreciating the beautiful depth and richness of friendship.

—Sharon Stewart RN

To Your Health! Sharon Stewart RN, Wellness Coach, Sharon@SharonStewartRN.com

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Pet Parade



What are PFAS?

PPFAS are **per- and polyfluoroalkyl substances** found in materials and coatings designed to resist heat, oil, stains, grease, and water. PFAS are man-made and are used in products such as Teflon, stain-repellent fabrics, firefighting foam, and food packaging. How do humans and pets interact with PFAS?

We get exposed to PFAS through contaminated air, water, soil, dust, and food.

Why are PFAS important? These chemicals have been linked to adverse health outcomes in animals, including increased liver weight and size in dogs, reproductive delays in rodents, and possible respiratory disease in cats. PFAS are found in animals around the world, including fish, amphibians, horses and small mammals. They are a global threat affecting more than three hundred animal species. There is no current treatment for pets and humans exposed to PFAS.

PFAS levels in pets also may be indicators that there is contamination in the household. If levels are high, then the sources of PFAS should be examined and, if possible, eliminated in the home.

How long do PFAs stay in the body? In pets, PFAS are cleared within 8 days to a couple of months. In humans, the PFAS may remain in one's system for 10 to 12 years. They have been found in serum, liver, kidneys and milk production animals and have been linked to changes in liver enzymes, cholesterol levels and thyroid hormones in dogs and cats. There also may be a link between these chemicals and hyperthyroidism in cats.

What do PFAs do to people? PFAS in people have been linked to decreased fertility, increased cholesterol levels, decreased immune response, certain cancers, and changes in growth, learning and behavior. They also may also be causing a reduction in the effectiveness of vaccines in children. Veterinarians wonder if this is the case in pets as well?

What current research is being done on PFAS in pets? Dr. Heather Bair-Brake, a public health veterinarian at Michigan State University College of Veterinary Medicine, has a research project that intends to assess exposure to PFAS in cats and dogs living in the city of Parchment and Belmont-Rockford areas of Michigan. Her project is called "PFAS in Pets." Veterinary personnel are visiting homes and collecting environmental samples from household dust and water bowls. They are taking blood samples from the dogs and cats to compare the PFA levels of pets and people in the same home and the surrounding area. Blood samples are also tested for biochemical markers such as liver enzymes, lipids and thyroid hormones. The aim of this research is to determine if chemistry levels in pets might be indicators that there is PFAS contamination in the home.

—Susan Davis DVM

Editor's Note: The U.S. Environmental Protection Agency website offers practical steps people can take to reduce their risk of exposure to PFAS. See www.epa.gov/pfas/meaningful-and-achievable-steps-you-can-take-reduce-your-risk

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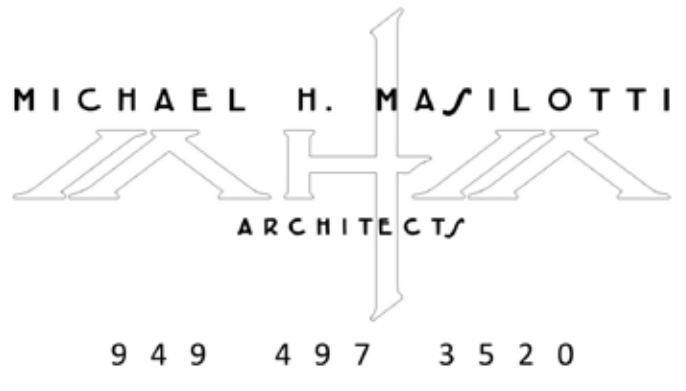
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MARKET UPDATE



ACTIVE LISTINGS

The active listing inventory in the past couple of weeks increased by 55 homes, up 2%, and now sits at 3,426, its highest level since November 2022. In July, 27% fewer homes came on the market compared to the 3-year average before COVID, 996 less. Yet, 441 more sellers came on the market this July compared to July 2023.



DEMAND

Demand, the number of pending sales over the prior month, decreased by one pending sale in the past two weeks, nearly unchanged, and now totals 1,530, still its lowest level since February. Last year, there were 1,580 pending sales, 3% more. The 3-year average before COVID was 2,630, or 72% more.



EXPECTED MARKET TIME

With supply climbing and demand unchanged, the Expected Market Time, the number of days to sell all O.C. listings at the current buying pace, increased from 66 to 67 days in the past couple of weeks. It was 47 days last year, faster than today. The 3-year average before COVID was 78 days, a bit slower than today.



CLOSED SALES

There were 1,809 closed residential resales in June, down 9% compared to June 2023's 1,993 and down 15% from May 2024. The sales-to-list price ratio was 100.3% for Orange County. Short sales accounted for 0.1% of all closed sales and no foreclosures. That means that 99.89% of all sales were good ol' fashioned sellers with equity.



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