

Seashore News



October 2024

Published Monthly by Niguel Shores Community Association

Issue 610

FROM THE HELM

In my last article, I promised full transparency regarding the recently completed **Amenities Project**. I'm pleased to now share the financial breakdown. The project exceeded the budget by \$102,016, with \$55,160 of that due to unforeseen circumstances, such as additional work on concrete sidewalks, fencing, turf seeding, and costs associated with our Grand Opening Celebration.

The good news is that this overage will not lead to any additional assessments for the community. The Board of Directors, with input from our volunteer team, has absorbed the cost overage through HOA equity. We've kept our finances in line with generally accepted accounting principles (GAAP) without dipping into reserves, ensuring our fiscal health while continuing to provide top-notch amenities for all residents.

A detailed cost breakdown is included as an insert in this issue of the *Seashore News* for your reference.

It's important to recognize that this was a major project, managed by a dedicated group of volunteers with oversight from the Board of Directors. Their hard work, perseverance, and commitment have given us a revitalized

recreational space that is already in daily use. The bocce ball courts have been a hit, the basketball courts are seeing constant activity, and the surrounding areas—including picnic spaces, shade canopies, and Adirondack chairs—look fantastic, giving our facilities a fresh, welcoming feel.

I want to extend my sincerest thanks to all the volunteers who made this project a reality. It was no small feat, and we should all feel proud of what we've accomplished together as a community.

I encourage everyone to enjoy these wonderful improvements. Our neighborhood continues to shine, and these new amenities are a testament to the power of community collaboration.

On a final note, please keep an eye out for a couple of surveys on our community Facebook page. I truly value the community's input on several issues the Board has been working on, primarily related to security, such as e-bikes, DwellingLive add-ons, parking enforcement, and more.

Thank you again for your support and participation!

—Mark Russell

TRICK OR TREAT!

**IT'S THAT TIME OF YEAR
WHEN GHOSTS AND GOBLINS
WALK OUR STREETS
AND KNOCK AT DOORS
IN SEARCH OF TREATS.**

**Kids - HAVE FUN, STAY
SAFE, AND BE AWARE!**

**Drivers - GO SLOW, STAY
ALERT, AND TAKE CARE!**



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



NIGUEL SHORES CANNED FOOD DRIVE

Virtual Donation: Now through November 23, 2024

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GENERAL MANAGER REPORT

The Next Generation of Leaders

Over the past year, 41 new families have moved into Niguel Shores. For some, this may be their first experience with a homeowner's association (HOA). Niguel Shores is not only a community but also a nonprofit organization managed by volunteer members who serve on the Board of Directors and various committees. Some of these volunteers have served in many capacities over several years.

I want to take this opportunity to encourage new community members to volunteer their time and talents to the community they live in and enjoy. Volunteering to serve on a committee is a great way to start; it provides the opportunity to understand the corporate structure and interact with the staff. With that experience, you could run for a position on the

Board of Directors. Elections are held every year with either two or three positions open. You would serve a two-year term bringing your professional talents and personal insights to the decision-making process that shapes the community.

Niguel Shores was established in 1974, making it 50 years old. Over that time, the association encountered many challenges, requiring passionate and dedicated homeowners to make decisions impacting the community's future. Your home is the single most important investment you will make, not only a financial one but one that will impact the quality of your life.

If you want to learn more about volunteering in our community, please contact the Niguel Shores staff. We would be happy to assist you.

—John Muller

ARE YOU A NEW RESIDENT?

We like to welcome new residents in the *Seashore News*. We ask your permission to do this by filling out your name and neighborhood on this form and returning it to the office or emailing your information to us at seashorenews@hotmail.com.



NAME(S) _____

NEIGHBORHOOD _____

(Villas, Sea Terrace I, Sea Terrace II, Garden Homes, Berkus Homes, Broadmoor Homes, Custom Homes, Breakers Isle Homes)

Thank you from the Seashore News Staff!

CALLING ALL VETERANS AND ENLISTED MILITARY

The *Seashore News* would like to honor Niguel Shores veterans and enlisted military in our November issue. We hope you will share something about your military service. Photos welcome too!

Please send the following information to seashorenews@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: _____

SEPTEMBER 2024 BOARD ACTION SUMMARY

(GENERAL SESSION)

ACCEPTED AND FILED:

- Unaudited July 2024 Financial Reports
- General Session Committee Minutes

APPROVED:

- General Session Meeting Minutes from August 14, 2024
- Architectural Committee Appointment
- Finance Committee Appointment
- Move liquid reserve funds from Dreyfuss to Federated Homes U.S. Treasury
- Ratify Approval of Transfer of \$400,000 from Bank of California operating to Ameriprise Operating Money Market
- Ratify Approval of Transfer of \$150,000 from Ameriprise Operating to Banc of California Operating
- Ratify Approval of Transfer of \$100,000 from Ameriprise Operating to Banc of California Operating
- Ratify Approval of Transfer of \$6,974.18 to operating to reclassify payments made from operating to reserve

- September 2024 Litigation Disclosure
- Pre-Lien Letters
- 2025 Reserve Study for Breakers Isle
- Increase in Seashore News ad fees
- Annual Audit and Tax Engagement letter
- Rock Solid Geotechnical services for Windjammer slope
- Rock Solid Geotechnical contract to monitor Piezometers and Inclinometers
- Pickleball Tournament for October 12, 2024
- Use of trademark for Pickleball Tournament advertising
- Request to paint curb red
- Memorial Service at Beach Bluff

REVIEWED/DISCUSSED:

- Legal Analysis
- Charcoal barbecue replacement request
- Management/Committee reports

TABLED:

- 2025 Reserve Study for NSCA

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, OCTOBER 9, 2024, BEGINNING AT 6:00 P.M.**

COMMITTEE REPORTS

COMMUNICATION COMMITTEE

Behind the Scenes—You may not know that there’s a great team of volunteers who insert flyers and count out copies of the *Seashore News* for delivery to your home. It’s a fun group and the work goes quickly with many helping hands. Thanks to those pictured here and the others who help each month as part this loyal team.

Attention, Vets and Current Military—If you are a veteran or currently in the military, take a minute to fill out the form on page 3, or pick up one in the office, or download the form at niguelshores.org. It’s a tradition in our November issue to honor Niguel Shores former and current military for Veterans Day, and to thank you for your service. Please return your form by October 15 to the office or to seashorenews@hotmail.com.

One More Thing—Your View! What do you see out your window? Niguel Shores has so many lovely views—ocean, shore, hills, greenbelts, gardens, courtyards, pools. We would love to have you share a photo of the view from where you are. We hope to feature Niguel Shores views in a future issue. Send photos by email to seashorenews@hotmail.com.

—Sandy Homicz

LANDSCAPE

Annual Tree Trimming—Trimming trees throughout the community began in September and should be completed before the end of December. The fall months are the best time of year to trim the community trees, because of the cooler temperatures. Once tree trimming is complete, the trees should not grow significantly during the winter months, and you can expect them to come back during the spring. Then tree trimming will start over again with the same trimming process next fall.

Hopefully, the trimmers will reach your area very soon and trim trees quickly, but keep in mind that Niguel Shores has thousands of trees throughout the community. As the landscapers are trimming, if there is a tree close to your

driveway or nearby, please move your vehicle to allow the trimming to move forward. If there is a car in the way, the tree will be skipped and then the tree trimmers must come back and trim another day, causing delays. Thank you for your patience during this process.

Turf Dethatching and Overseeding—Fall is here, and this is the time to scalp the warm season turf and over-seed with a cool season turf blend. October is a key transitional month in the turf lifecycle. It is the month when the warm season grasses begin to go dormant, which causes lawns to look dead and brown. Of course, the lawns are not dead, but in order to keep the lawns looking lush and green, the warm season turf needs to be scalped and new cool season turf seed blend needs to be



COMMITTEE REPORTS

applied. Although the final results of this process look great, the process itself is somewhat lengthy (approximately 3 to 4 weeks) and not aesthetically pleasing. The process is as follows:

- The irrigation will be shut off in all turf areas to allow them to dry out.
- All turf will be cut at the lowest motor setting possible (This will leave exposed dirt and is unattractive).
- The lawns will then be over-seeded with a perennial rye blend.
- In approximately one (1) month the seed will begin to germinate and there will be beautiful new grass.
- During this one-month germination period, the water will be on several times a day in small increments each time.
- As always, it will look bad for a little while, but once seeded and watered heavily the grass will come back quickly looking better than ever.

—*Landscape Committee*

MAINTENANCE COMMITTEE

Hello to Fall from the Niguel Shores Maintenance Committee! We are heading toward shorter days and cooler nights, and there is plenty to do to keep up our beautiful community and its wonderful amenities.

Sidewalks—Your Maintenance Team is always on the lookout for areas to improve and keep things safe. Our most recent project has been grinding our uneven sidewalks that have been raised by tree roots to eliminate trip hazards. This project should be complete by the time of this printing.

Paint—In addition to the sidewalks we also just refreshed the paint on our buildings, community offices and clubhouse, the fences around the pool, as well as painting several of the wrought iron fences around the community.

Benches—The white community benches are being sanded and painted. We have **Al Glatt** to thank for refreshing the stain on the teak memorial benches in various places throughout the community. Great work Al!

Courts—The much anticipated pickleball and tennis courts resurfacing has been scheduled for October 23 to November 7. Courts will be closed for use during this time.

Pool—We expect the annual pool maintenance to occur in October, so look for an update from the office and on the Niguel Shores website regarding closure dates.

The Maintenance Committee would like to thank you for your patience as we constantly work to keep Niguel Shores the “extremely well maintained community” it is known for. Have a great October.

—*Geoff Dunlevie*

RECREATION COMMITTEE

Summer is over but the party keeps going. Get ready for more NSCA events.

Christmas Market—Sunday, December 8, 12:00 to 4:00 p.m. Come and enjoy all the crafts and ideas from the community for sale at the market. If you would like to participate, get your vendor application in the office starting October 1. Only 25 open spots are available at \$20 each. The event will be located at the Beach Bluff with food trucks in attendance, Santa Claus and more. It might even snow. Interested vendors, please contact Nancy Tinnes for more information at (949) 235-2555.

Holiday Lights Contest Judging—To Be Announced. Start decorating the day after Thanksgiving on November 29.

—*Recreation Committee*

TRAFFIC AND SAFETY

Lately there has been a heavy presence of e-bikes and bicycles riding on common area grass. “No bikes on turf” is a common rule at sports fields, parks, or other grassy areas—and the same rule applies in Niguel Shores. Here’s why it’s important to follow this rule:

Why It Matters

- **Preservation of Grass:** Turf and grass fields are often designed for specific uses like sports and recreation. Bikes can cause significant damage, including ruts, bare spots, and general wear and tear.
- **Safety:** Riding bikes on uneven or poorly maintained turf can be dangerous. It increases the risk of falls and injuries for cyclists and can also pose hazards for others using the space.
- **Maintenance Costs:** Damage to turf requires costly repairs and maintenance. Adhering to the no-bike rule helps keep maintenance expenses down and ensures the grass remains in good condition for everyone.

Alternatives

- **Designated Bike Paths:** Use designated bike paths or trails that are designed to handle bike traffic.
- **Bike Racks:** Park your bike at designated bike racks or areas where it’s allowed.
- **Respect Signs and Rules:** Always follow posted signs and rules regarding bike usage to ensure you’re respecting the space and its intended use.

Following these guidelines helps preserve the quality of turf areas and ensures a safe and enjoyable environment for all users.

—*Traffic and Safety Committee*

CLUBS

WOMEN'S CLUB

September marks the new 2024-2025 year for the Women's Club. The new board and the various chairs have many community building, informative and fun-filled celebratory events in store for members. A few thank you's are in order to **Laurel Yocca** for all the time and effort she has put into her role as President; **Cathy Tyson** for serving as treasurer for over a decade; **Lorraine Campanaro** for helping review the finances with the Women's Club Board; and **Linda Curie** for creating artwork for our club directories.

At our September 12 meeting, Women's Club enjoyed an engaging guest speaker, **Veronica Stephens**, the Director of Education and Outreach at **Laura's House**. She enlightened us to the sad realities of domestic abuse and human trafficking. Laura's House helps men, women and families escape abusive situations by providing a range of interventions and support (emergency shelter, counseling, education, wardrobes, etc). Laura's House provides clients and their children the tools necessary to live independent and violence-free lives, with an emphasis on education to break the generation cycle of abuse. Please see laurashouse.org/news for more information on how you can help support Laura's House and their pledge to educate about and eliminate domestic violence.

Members enjoyed fun in the sun at their September 19 **Beach Day**, organized by **Cathy Burgner**, **Gigi McDonnell** and **Karey Palmer**. Dozens of women gathered at Strands for a relaxing afternoon on the sand at the beautiful beach below our bluff.



Our luncheon meeting this month on **October 10** features comedian **Rita Rudner**, named Las Vegas's Comedian of the Year nine years in a row and the longest running solo female comedy show in the history of Las Vegas. Watch your email for an invitation and reply promptly to reserve your spot for Rita's unique presentation.

The Women's Club is now on Instagram, thanks to **Leslie Moore**.

Members, please join "shoreswomensclub" on Instagram to see photos of past events and upcoming announcements. To log in or sign up, see [instagram.com/shoreswomensclub](https://www.instagram.com/shoreswomensclub)

Please stop at the NSCA Office to fill out a membership form and pay your \$25 dues if you would like to be a Women's Club member.

—Karey Palmer

MEN'S CLUB

The Men's Club met twice in September, once in the morning and once in the evening, as has been our recent practice, trying to see if an evening meeting would draw more community interest and perhaps attract new members.



Left to Right: Club President Geoff Dunlevie; Matt Gunderson, running for 49th Congressional District; Club Vice President John Yocca

We certainly had some very successful and well-attended evening events, including our second September meet. The Club's Board and membership will have lots of data to consider when the time comes to do so.

Since we are in the election season, it is no surprise both September meetings featured candidates for important elective offices. First, on September 3, we heard from **Chris Duncan**, former mayor of San Clemente, After a distinguished academic career that culminated in prestigious law degrees, Chris answered the call to public service, spending over sixteen years as a federal prosecutor, often in "garden spots" like Laredo, Texas. He eventually ended up out west in San Diego and parts north – as far north as San Clemente. Chris, his wife, and kids liked what they saw and settled here for good. Chris has a successful law practice when he is not engaged in government, but he wants to get involved at the state level because he believes

Women's Club Social Event

You're invited!

ROCKIN' HAPPY HOUR

Tuesday, October 15

4:00 - 5:00ish p.m. at the Bluff

We will be painting Halloween and Thanksgiving themed rocks.

Crafting materials and rocks will be supplied. Please bring your own beverages. **Paint a rock, spread a smile!**



CLUBS

that is where the most difference can be made. Chris says he will enforce tougher gun safety laws, fully fund police and effective homeless solutions, lower middle-class taxes, and support women’s reproductive rights. He’s going to be busy. Chris held the crowd’s attention, fielded many questions, and enjoyed applause at the end.

The evening meeting on September 17 was a lively affair since it included the more refined and stylish members of the community, that is the ladies. All present were interested in hearing what prominent local business leader and Congressional candidate **Matt Gunderson** had to say about his contest with the incumbent Congressman Mike Levin, who had spoken to the Men’s Club at a similar evening event in July. Matt came to this area twenty-five years ago from Wisconsin. He has started three successful auto dealerships “from scratch,” creating many jobs in the OC, all while raising a family with his wife in Ladera Ranch. Eventually, as time permitted, Matt got involved in local Republican politics. His run for the 49th Congressional District is not his first election contest. Matt views his opponent as a gentleman, but hard left in his beliefs. Matt portrays himself as a more conventional centrist, a straight shooter. Matt fielded many questions from the attentive audience. He seemed to elicit a very positive reaction from the crowd, who enjoyed his open, straightforward manner. Matt received an enthusiastic round of applause at the close of his remarks.

Onward and upward. Next on the Men’s Club Agenda is our first meeting of October at 8:00 a.m. on the morning of **October 1**, when California state **Assemblywoman Laurie Davies** will be our guest speaker. Following soon after, **Saturday, October 12** to be exact, the Club’s big **OKTOBERFEST EVENT**, is coming right up. We hope to see you soon at a Men’s club event.

—Tim Moore

GARDEN CLUB

Poisonous Plants!—Some poisonous plants can be dangerous to touch: poison ivy, oak, and sumac. Others can be poisonous to eat: certain wild berries, mushrooms, and rhubarb leaves. There are “beautiful” poisonous plants that are toxic to us or our pets: oleander, hydrangeas, rhododendrons, and daffodils. The deadly nightshade is infamous. Water hemlock is one of the most toxic plants in North America.

At our next meeting on **Monday, October 21, at 11:00 a.m.** in the **Clubhouse**, our speaker, **Linda Badillo**, will speak about **poisonous plants**. Her presentation will be filled with surprises, death and mayhem – a good time for all! There will be a drawing for a gift basket, plus gifts for everyone.



Hospitality Chair Suzanne Enis presents a charcuterie board at the September meeting. Among the positive comments from a members, one stood out: “Loved the new menu. It was thoughtful, creative, and inventive!”



Attendance prizes included a succulent planter created by Marietta Hannigan and Suzanne Enis, as well as potted herbs donated by Dana Point Nursery.

Medicinal Herbs—Our September meeting featured **Florence LeFranc**, a certified medicinal herbalist and certified nutrition therapist. She talked about the common herbs we can grow in our garden, and how to use them. She reviewed their medicinal properties, the different ways of using herbs daily, such as additions to food, brewed as tea, or skin ointments. She also discussed the quality of herbs and how to choose them. Several members went home with attendance prizes of potted herbs donated by **Dana Point Nursery** and a succulent garden from **Marietta Hannigan** and **Suzanne Enis**.

Lobster Fest—October is also our **Lobster Fest** month. On **October 17**, the club will be hosting a delicious feast of fresh lobster for its members. It is not too late to join and enjoy the upcoming event!

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 at (253) 290-0471.

—Judi Palladino

ACTIVITIES

BRIDGE

Happy Birthday

On August 28, we celebrated the birthday of one of our oldest members, Dorothy Garcia. She reached the senior age of 102 years and because of our great Birthday Party and the fun we all had, she said she is looking forward to her next birthday.



Dorothy Garcia turned 102!

Dorothy is as nice as she looks and a pleasure to play Bridge with. She really makes our day!

Our Recent Winners

8/21: Jim Pinola took 1st place; Bill Imbriale stayed in the winner's circle for 2nd; not far behind was Bob Ruben.

8/28: Lord Byron Nelson took command of 1st place; Jim Pinola commandeered 2nd place thus staying in the winners circle for a second week in a row; Betty French, our fearless leader, came in 3rd.

9/4: Freyd Rad had 1st; Bill Imbriale held fast at 2nd; Lesley Boyer made a surprise visit to the winners circle for 3rd.

9/1: Women made a clean sweep this week with Sandy Nelson solid on 1st; Patty Hollis holding tightly to 2nd; and again our fearless Leader, Betty French in 3rd.

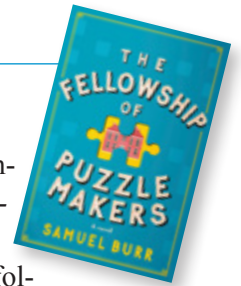
Reminder

Please sign in for the following week and remember we now start at 10:30. 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. in the clubhouse.

—Mike Oliva

PAGE TURNERS

This month the members of Page Turners will be reading *The Fellowship of Puzzle Makers* by Samuel Burr.



The Guardian reviews the novel as follows: “*Veni, vidi, solvi* ... is the motto of the society at the heart of this beguiling debut. Its protagonist, Clayton Stumper, was abandoned as a newborn on the steps of the Bedfordshire commune that doubles as the puzzle makers’ HQ. Taken in by its founder, cruciverbalist Pippa Allsbrook, Clay has grown into a consummate young fogey, surrounded by oddball geniuses whose talents he’s sadly failed to absorb. Now Pippa is dead, and it’s up to him to solve the final puzzle she’s set: the mystery of his parentage. Clues are scattered throughout but it’s as a paean to intergenerational friendship and found family that this novel really sings.”

I also found a more detailed review on YouTube that was very interesting and could add to the discussion at our meetings on **October 24** and **28**.

Page Turners consists of three groups of approximately twelve members each. We all vote to select the books we will read over the coming year and each group reads the same book each month. One group meets the fourth Monday afternoon of the month and the other two groups meet, separately, the fourth Thursday afternoon of the month. If you would like to visit one of our meetings to see if you would like to join our book club, you would be most welcome. For information on the Monday group, contact me at fozimec@cox.net and for the Thursday groups, **Ann** and **Steve Morris** at samwrsi@cox.net or **Lisa Buchner** at lisa-buchner47@gmail.com.

—Frances Ozimec

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TENNIS AND GOLF

Last month during the 2024 Laver Cup, I was reminded similar ways tennis compares with golf.

Tournaments—The Laver Cup in tennis is much like the Ryder Cup for golf. The Laver Cup is a tournament between Team Europe and Team World (players from countries outside Europe). The Ryder Cup is a tournament that occurs every other year between Europe and The United States.

Swings—The golf swing is similar to the forehand in tennis. Both sports require the player to turn or rotate so that the left shoulder faces the target. The golf swing goes from high to low with a high finish. The tennis swing goes from low to high with both sports rotating the hips and finishing square to the target.



Both sports turn with the back foot accepting the weight while the club and racket are coiled behind the player. The hips and arms twist forward, and the weight is shifted to the front foot. You want to finish and go through the ball on your front foot. Both sports swings are very similar.

Grips—The tennis grip is similar to your golf grip. You have a light or tight grip. You don't want to choke either the tennis racket or golf club so tight, as this will cause a bad ball strike with either the racquet or club. You want to lead with your dominant hand.

One of the things I do in my golf or tennis swing is just to make sure that I'm not super mechanical and not a machine, just sort of relax my hands and body. All tennis and golf players find their own rhythm and swing. There is no one way to hit either a golf ball or a tennis ball. You just need to naturally incorporate your arms, body and legs to hit a great shot.

Keep your racquets moving and "Live Life Happy, Wild and Free."

—Don Baer and Penni Buff Baer

PICKLEBALL

Here is news from the pickleball community this month.

Courts—The courts are being resurfaced from October 23 through November 7, so there will be no play during those dates.

Round Robin—The Board approved an **October 12 Round-Robin Pickleball Event** at our courts during the morning hours. See full details in the announcement on this page.

Happy Hour—The last **Pickleball Happy Hour** of the year will be held on **Wednesday, October 16** on the clubhouse patio.

ANNOUNCING NIGUEL SHORES PICKLEBALL EVENT SERIES!

First Event: Doubles Event.

Date: October 12 (other dates to be announced soon)

Time: 9 a.m. to 1 p.m.

Who Can Play: All Niguel Shores residents are eligible to participate.

How To Register: Go to registration.regfox.com/niguel-shores-pickleball-event-series

Thanks to our Sponsors: Eileen Geffre, Compass Real Estate, Beach Hut Deli, SiFiLending, Farmers Insurance, Pickleball First, Plunge Performance and Recovery

- This tournament is FREE to all participants and zero cost to the Association.
- We encourage the entire community to come watch the event and enjoy some FREE food and drinks. Tables, chairs, and umbrellas provided for spectators.
- Enter courts through the back of tennis court #2 and follow directional signs.
- If you don't have a partner you can sign up as a single and we will place you with a partner.
- The format is a round-robin and each match is timed to ensure that everyone completes the matches on time.

Any questions, contact Todd Wallin at (949) 419-6969.

Winners—Our own **Chris Zoch** and his partner **Bill Hugh** took Silver in the Men's Doubles in the 4.5 Open Division at the Second Annual Triton Summer Slam Pickleball Tournament held at San Clemente High School on July 27. This was presented by Hoag Health and was a fundraiser for the SCHS Educational Foundation. Congratulations, Chris and Bill!

—Barb Barber

WATER AEROBICS

An Invitation—Each Monday, Wednesday and Friday from 9 to 10 a.m. you are invited to join us in the pool for a very friendly water aerobics class. It is fun and can be as challenging as you like—and you don't have to know how to swim.

According to the Mayo Clinic, "Aquatic exercise is a low impact activity that takes the pressure off the bones, joints and muscles. Water also offers natural resistance, which can help strengthen muscles." If you don't like to sweat while working out this is the class for you! On most Fridays we work out under the guidance of Cynthia Carlson who is also a personal trainer.

—Michelle Ralph

Artists Among Us

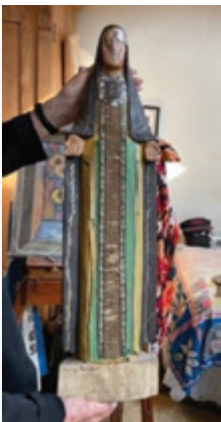
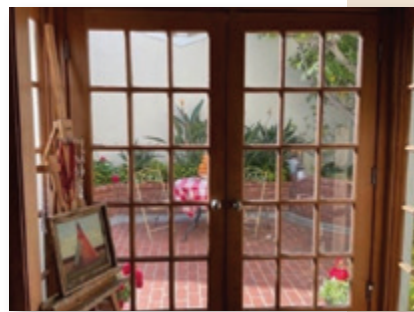


Lanny and John Barnard are longtime Niguel Shores homeowners, coming in the 1970s as “snowbirds” from Utah and dividing their time between the higher altitude there and the seacoast here. Lanny is a gifted painter and John possesses a talent for decor and design. Together, they created an ocean view retreat in the Shores that John remodeled, complete with an art studio where Lani can paint and they both can enjoy her unique collection of jewelry, vintage books, and decorative items.

The studio is a charming, light-filled space that John transformed from the original garage of their home. Its glass doors open to a brick courtyard filled with flowers and greenery. John added a skylight and wood beams to give a rustic feeling, and Lanny painted the interior with trompe l’oeil windows, floor tiles, and a fireplace so real you have to look twice before realizing they are paint.

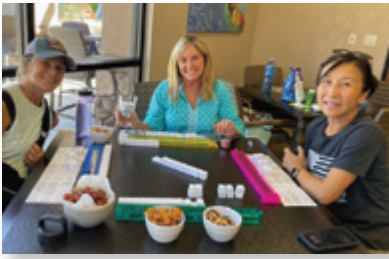


Lanny’s art and collectibles are showcased at **The Chalk Garden** in Trolley Square, Salt Lake City. Her works display diverse style, color, texture, and subject matter. For more see lannybarnardgalleryslc.com.



NIGUEL SHORES GATHERINGS

"The best of times are always found when friends and family gather round."



ACCOLADES

Congratulations to **Nathan Neuvirth**, who has attained the rank of **Eagle Scout**. At a Court of Honor ceremony on September 8, Nathan was recognized for his accomplishments in scouting and his work establishing an AED/First Aid Station at Corpus Christi Church and coordinating the efforts of volunteers to complete the project. The rank of Eagle Scout is attained by only an elite few of all the youth in the Scouting America program. Nathan, we salute you!



HOME SWEET HOME



SEA TERRACE I AND SEA TERRACE II

After construction of the Broadmoor, Breakers Isle, Custom, Shores Garden, and Berkus homes, the next development in Niguel Shores was unique because it comprised the only town houses in our community of 960 homes. These attached homes were first built in 1972 as **Sea Terrace I**, followed by **Sea Terrace II** in 1974.

Avco Community Development (ACD) developed the original 253 units, known as Sea Terrace Townhouses. The Sea Terrace I homes were described in the sales brochure as “ocean view land in a private community” and “cluster housing south of Crown Valley Parkway and north of the Pacific Coast Highway.” The developers planned to build on 50 acres, with two to three units to a “cluster.”

The first construction began on 94 dwellings in November of 1972, priced initially from \$29,000 to \$39,000, with 90 percent of the first phase homes offering the promised ocean view. The townhouses were designed by Daniel N. Salerno & Associates, San Diego architects, as one and two story attached homes. They ranged from the smallest at 900 square feet to the largest at 1,570 square feet. At the preview of the new development, “thousands of guests flocked to the opening” and enjoyed a catered buffet. The developers noted that the “acceptance of ACD’s townhouses-on-the-green was overwhelming.”

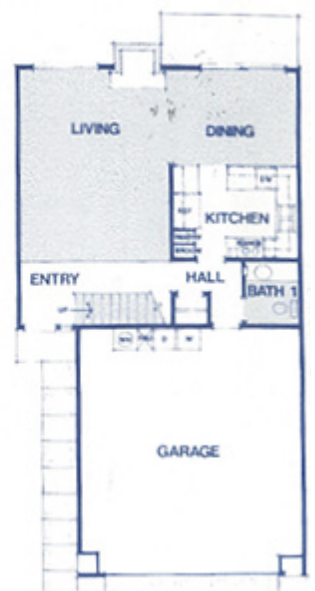
Modern construction details included “softly-glowing street lights, utilities hidden underground, and streets that follow the flow of the curved hill land, with many ending in cul-de-sacs as a safety feature for families with young children.” The ACD director of marketing stated that “these townhomes are great for young or retired and semi-retired couples, or small families.”

Streets were given the nautical names Marlinspike, Hal-yard, Sexton, Flying Jib, Binnacle, Crossjack, Moonsail, Leeward, Spinnaker, Windward, and Capstan Drive in Sea Terrace I and Manta, Gourami, Garibaldi, Faroe in Sea Terrace II. (See definitions on the next page.)

Prices quickly rose for the two bedroom, two bath model to \$49,900 and for the three bedroom, two-and-a-half bath, two story from \$59,900 to \$65,900. Original dues in the 1970s included those for the Niguel Shores Community Association at \$33.50 per month, plus separate Sea Terrace Townhomes Association dues of \$9.50 a month.

The success of Sea Terrace I led to the building in 1974 of Sea Terrace II, a group of 77 additional attached homes off Selva Road. This development has two separate gated entrances—one at Manta Court and another at Garibaldi.

The Sea Terrace I and Sea Terrace II townhomes are two separate neighborhoods, each with a separate sub-association and a separate additional assessment beyond the quarterly Niguel Shores assessment. These homes have



HOME SWEET HOME



front yard easements with the HOA maintaining yard and irrigation between street and entry fence. Limited modifications are allowed in the easement. Also different from other NS developments, the sub-associations are responsible for painting unit exteriors from an assigned palette of colors.

The original townhouses sold quickly. Some of the early buyers were blessed with foresight and bought early, renting out their units as they planned for their own retirement. One homeowner recalls selling their inland home to buy a Sea Terrace Townhouse and leasing an apartment for a number of years until they retired and could move to their ocean-close home. A major selling point in the last fifty-plus years has been the original promise of a house with a view, and the majority of the townhomes enjoy story-book views of ocean, hills, or greenbelts. One current owner notes that to look to the south is to see Catalina Island or San Clemente Island, while looking to the north they see all the way to the Long Beach harbor and the hills of Palos Verdes. If one were to tire of the ocean view, one could look toward the hills climbing up from Laguna Beach, covered with twinkling lights. An owner in Sea Terrace I related that he has his home desk at an ocean view window on the second story. Looking up one winter day he saw a migrating whale breach. A small moment of happiness.

One unique feature of the attached homes is the co-joined living associated with shared walls. Today, this joining of walls is not noticeable, as the exterior “face” of each home stands alone. Over the years, as homes have been remodeled or rebuilt, there exists an individuality to each home and stronger sound proofing between the linked walls.

The closeness of the townhomes fosters an attendant closeness of communication between neighbors. One long-time owner notes that the “strictness” of privacy in former

years has softened, and communication is now more open. As an example, one group of Sea Terrace II neighbors enjoy getting together every Sunday afternoon in a neighbor’s driveway to share food, drink and companionship.

For over a half a century, the Sea Terrace Townhomes have offered residents of all ages a comfortable lifestyle and blended well into our vital and integrated community.

—Susan Courtney

Sea Terrace Street Names

Binnacle – box to contain a ship compass

Capstan – revolving mechanism to wind cable and lift a weight

Crossjack – square sail set on the lower yard of the mizzenmast

Faroe – group of islands in the North Atlantic Ocean

Flying Jib – triangular sail set on the jibboom

Garibaldi – bright orange fish, California State marine fish

Gourami – colorful freshwater fish native to Asia

Halyard – rope used to hoist or lower a sail

Leeward – the side of a vessel away from the wind

Manta – large non-stinging ray fish

Marlinspike – pointed tool to unravel rope aboard sailing vessels

Moonsail – light square sail set above the skysail

Sextant – ship’s instrument for measuring altitudes of celestial bodies

Spinnaker – billowing sail set opposite the mainmast

Windward – situated toward the direction from which the wind is blowing



CUISINE CORNER

Le Saint Honore—Maison de Viennoiserie Francaise

We don't know of any ten-dollar breakfast or lunch in South Orange County superior to the mushroom-asparagus-leeks quiche at this recently opened French bakery, located adjacent to A Pizza Doho in The Row on Pacific Coast Highway. A perfect concoction of creamy, egg-filled vegetable delight fills a perfectly baked flaky crust in a portion easily shared by two. A healthy and very fresh mixed-greens salad with classic vinaigrette and baguette slices with French butter accompanies the quiche, making a meal in a single plate. Florentine style spinach or ham and bacon quiche are two other quiche options.

If you'd prefer a sandwich, the traditional toasted Croque Monsieur with ham, gruyere and bechamel sauce, or the Croque Madame with fried egg added are on their menu. A roasted garlic-chicken Poulet Pesto plate comes with roasted veggies. A spin on a simpler American style two eggs breakfast comes with lump sausage, fried potatoes, and cucumber salad with hummus. French onion soup or soup du jour will complement all the above.

Or maybe you don't care for these? How about a classic French omelet, French toast, French tartine, Yogurt

Parfait with granola and fresh berries? Or a truffle, brie toasted baguette with truffle oil, dried fig and honey? Their coffee drinks are by Illy, based in Trieste, Italy, and now offered on every United Airlines flight worldwide.

But you say you don't have time for a sit-down meal? After all, this is first and foremost a French bakery and patisserie—and more than half their growing customer base is in-and-out in minutes with something freshly baked to eat in the car or to take home to share. Grab a loaf of sourdough, kalamata olive bread, a fig and walnut loaf, or a multigrain loaf baked fresh onsite daily. Or any of their outstanding pastries. Oh, the pastries! These are delicious, and far too many to mention here in detail, so just enjoy a visit to the bakery and see for yourself. Hours at Saint Honore are 6:00 a.m. to 6:00 p.m. daily. And their staff are all delightful!

—Gary Tinnes



FYI

POST OFFICE—A CONGRESSIONAL ESCALATION

Here's an update on the Postal Operations in Dana Point. As reported here last month, my mail containing a check was stolen from the Dana Point Post Office and cashed for a "washed" amount. I reported this to the police, and recently I received a voice mail from **Judy Noye, Postmaster of the Dana Point Post Office**. She asked me to call her regarding a **Congressional Escalation!** I also received an email from a **District Representative in Mike Levin's** office who had been speaking to the DP Post Office Liaison regarding their security.

When I spoke to Judy Noye, she was very nice, apologized for the consequences I am going through and she explained the changes the post office is making now. Among them: All sorting of mail is done inside, and outgoing mail moves from inside the post office directly to the postal truck for transport. Additionally, mail in collection boxes is picked up more frequently, and all their personnel have been briefed on the situation. I asked about cameras, and she responded they are everywhere, inside and outside. She told me one of the employees tried to get the mail out of the thieves' hands and ran down the alley chasing their car. Officials have pictures of the thieves' vehicle and the local police are involved. So life goes on, but beware of scammers and thieves!

—JoAnne Webb

GAS PIPELINE PROJECT

The gas company servicing our area has announced a pipeline enhancement project in our area. Details provided by SoCalGas are as follows:

Estimated start date: September 23, 2024

Duration of work: Approximately 2 months

Work area: Along Ritz Carlton Road, Pacific Coast Highway, and Niguel Road in the city of Dana Point

Work hours:

Monday – Friday 7:00 a.m. to 5:30 p.m. (Ritz Carlton Road)

Monday – Friday 9:00 p.m. to 6:00 a.m. (Pacific Coast Hwy.)

Traffic Impact: Traffic control will be in effect during work hours.

What to expect: Night work along Pacific Coast Highway near Ritz Carlton Drive. Trucks and heavy equipment will be in the area with construction noise from equipment and crews. Potential odor of natural gas in the area.

SoCalGas encourages anyone with concerns to call (800) 427-2200, 24 hours a day, 7 days a week. If you have any questions about the overall project, call the Project Info Line at (844) 765- 9385.

—SoCalGas

Wellness – Easy Stuff To Stay Healthy!

Getting healthy is one thing—losing weight or exercising, for example—but **STAYING** healthy is where the rubber hits the road. You achieve your goal and then what? You cut back on salt, sugar, and saturated fat, eat more fruits and vegetables, chose whole grains, keep up the exercise—yet every day a myriad of options arise that can either sustain your achievements or send you down the highway to (well, you know where) when it comes to staying healthy. So, here are a few ideas to consider as you shop for food, cook at home, or relax in a restaurant.

At the Grocery Store—Too tired to wash and cut up your broccoli? Buy a bag of frozen or precut fresh broccoli, open bag, dump in steamer! Voila! Eat a lot of red meat? We know it’s not good for us ... higher risk for colorectal cancer. So, how about a veggie burger, chicken or fish? Speaking of meat, avoid processed meats with nitrites. Colorectal cancer again. However, if you love deli meats, shop for nitrite free brands which are also lower in sodium. Next, buy some spinach to really kick up your nutritional intake. It has plenty of vitamins, minerals, fiber, even some protein. Make a salad, put it in a sandwich or throw it in the stir fry at the very end with that frozen broccoli. A winner!



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

At Home—What’s to eat? First, drink some water before you pull a chair up to the table. You’ll eat less and you won’t be drinking calories. How about beans as a side dish instead of potatoes, rice or pasta ... plenty of protein, fiber, and no saturated fat *and* those beans can lower your blood pressure, cholesterol, and triglycerides! Take a look at your plate. Is half the dish covered with vegies and some fruit? If not, start today to get the nutrients your body is craving. Also, don’t “eyeball” serving sizes. With packaged food, read the nutritional panel and eat only **ONE SERVING!** How about plain nonfat yogurt with fresh fruit for dessert instead of cookies and ice cream?

At a Restaurant—Order salad as an appetizer, get a “to go” box and take half home, and skip the bread or chips. At lunch, have a salad instead of a sandwich and add protein like tofu, chicken, or nuts. Ditch the fries and go for extra vegies, no cheese please ... and keep that salad dressing on the side so you can drizzle it yourself.

Whether you’re **at the store, at home, or at a restaurant** you can put these simple “tools” in your “arsenal” and use them on a daily basis. It’s easy stuff that you can do to **STAY** healthy! Oh, and check out cspinet.org for a great publication called *Nutrition Action* from the Center for Science in the Public Interest. I think you’ll like it!

DANA POINT THIS MONTH

DANA POINT ART FEST

Art, Music, Food and Drink
October 13
Del Prado, Lantern District
dpartfest@gmail.com



BULKY ITEM CLEANUP DAY

October 19 – 7:30 a.m. to 2:30 p.m.
South Shores Church/Crown Valley Pkwy



HALLOWEEN SPOOKTACULAR TRUNK & TREAT

Games, Crafts, Entertainment, Police Services
K9 Unit and Mounted Patrol
October 26—2 to 6 p.m.
Costume Parade at 5 p.m. with prizes
Dana Point Community Center



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Canine Cognitive Decline

Dogs can suffer from Canine Cognitive Decline (CCD), a condition similar to Alzheimer’s disease (AD) in humans. Both CCD and AD involve nerve degeneration and behavioral changes such as memory loss, disorientation and disrupted sleep cycles.

Canine Cognitive Decline—CCD is present in 28% of dogs aged 11-12 years, increasing to 68% at 15-16 years. Early signs include increased anxiety, decreased interaction with owners, and altered sleep patterns. Mild to moderate CCD shows increased confusion and disorientation, reduced response to commands, changes in appetite or elimination habits, and occasionally forgetting familiar people, objects, or places. Late in CCD the pet will wander, be restless or agitated, vocalize, be incontinent, and may be unable to recognize familiar people or objects. The symptoms of CCD mirror those of AD with similar pathology and brain atrophy in both conditions.

CCD Diagnosis—Physical and neurological exams, blood tests and imaging studies like CT or MRI can diagnose CCD and exclude other conditions. Veterinarians use a scale and score called DISHAA where clients rate their dog’s behavior and the score tells likelihood for CCD. A second tool is CADES, a questionnaire evaluating the presence and severity of canine dementia. Dogs can also be fitted with sensors that capture information such as pulse rate, temperature, heart rate, respiration, activity levels, posture, positioning, location, and sleep quality.

CCD Treatment—CCD is not well understood. The condition may be caused by inflammation and oxidative stress in the brain. Recent studies show interest in anti-inflammatory agents and antioxidants as

possible treatments for CCD. However, these have not proven effective in people with AD. Other treatments have also been administered, such as a prescription diet, or supplements like vitamins B, C, and E, omega-3 fatty acids, medium-chain triglycerides, and ginkgo biloba. The medication selegiline (Anipryl) increases neurotransmitter levels. Melatonin has been tried for regulating sleep cycles. Mental stimulation and daily exercise are found to be beneficial.

Studies on CCD—Studies into the causes and treatments of CCD provide insights into environmental and genetic factors, and could show what other diseases are seen in pets with CCD.

Veterinary Health Research Centers (VHRC) looks at cases seen by veterinarians. They initiated a study called Dogs Overcoming Geriatric Memory and Aging (DOGMA)—an interdisciplinary approach to CCD and human neurodegenerative disorders, recognizing their interdependence and link to the wider environment.

In the study, 1,000 healthy mature dogs without signs of CCD (5-9 years of age) will be fitted with biometric collars that collect data which includes measurement of pulse rate, temperature, heart rate variability, respiration, activity levels, posture, positioning, location and sleep quality. Algorithms will analyze data and determine deviations from historical norms. These dogs will be monitored throughout their lives. It is hoped that this study will provide a baseline of data to be compared with later CCD variations and may link the information gained about CCD in pets with possible approaches to dementia in human patients.

—Susan Davis DVM

“ SHE IS THE BEST AGENT WITHOUT HESITATION ”

CORA BERKERY is an amazingly creative, productive and supportive top agent. As an agent for 30 years myself, when I considered listing my home in Niguel Shores a very highly sought after coastal gated community in Monarch Beach. As a season agent and resident of The Shores, was the one to list it.

My home was mostly updated, single level with an ocean view. I had new windows, doors, baths, AC AND HEAT, flooring in the baths, laundry and new roof. I had repainted thru out and thought I was ready to go. When she came by of course she loved what I had accomplished but cautioned that the original kitchen was a real issue. I should remodel the kitchen first.

I went on to Hold status. Cora paid for the remodel of kitchen “up front” with a separate contract to be repaid out when escrow closed. In 30 days, I was back on market at much higher price and had 3 offers at full price in first week!!

We were a team. I listened to her and just went with it. Advice, support and negotiating skills are at a premium in this “NEW MARKET” and choosing the best agent is #1 priority. **DON'T LEAVE MONEY ON THE TABLE.**

She is the best agent without hesitation to move sellers thru the hoops of this market.

SELLER: **KARAN MASTERS** | AUGUST 23RD 2024



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NIGUEL SHORES
MARKET DATA



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Successful Together

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NEIGHBORHOOD ADS

FOR RENT—Niguel Shores Friends & Family Only. Furnished 2 bedroom, 2 bath, large 2 car garage town-home in the prestigious Trovare Community Newport Coast, CA. Minimum 1 month stay. \$4,800 plus utilities. 2 guests / No pets. Contact Christina, Owner (626) 437-3167.

SEASONAL RENTAL—Furnished, single-story Villas home. Available January 1st. Two month minimum. Retired single/couple preferred. Pet considered. Call (949) 234-8445.

FREE—Redliro walking TREADMILL with removable handrails. Foldable with cup/phone holder, LCD display. In new working condition. 25" wide x 46" high x 51" long. 300lbs capacity. Call (949) 613-0415.

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



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MARKET UPDATE



ACTIVE LISTINGS

The active listing inventory in the past couple of weeks increased by 96 homes, up 3%, and now sits at 3,695, its highest level since September 2022. In August, 31% fewer homes came on the market compared to the 3-year average before COVID (2017 to 2019), 1,083 less. Yet, 300 more sellers came on the market this August compared to August 2023. Last year, there were 2,353 homes on the market, 1,342 fewer homes, or 36% less. The 3-year average before COVID was 6,520, or 76% extra.



DEMAND

Demand, the number of pending sales over the prior month, decreased by 57 pending sales in the past two weeks, down 4%, and now totals 1,413, its lowest level since February. Last year, there were 1,474 pending sales, 3% more. The 3-year average before COVID (2017 to 2019) was 2,363, or 67% more.



EXPECTED MARKET TIME

With supply rising and demand falling, the Expected Market Time, the number of days to sell all O.C. listings at the current buying pace, increased from 73 to 78 days in the past couple of weeks, its highest level since January 2023. It was 48 days last year, faster than today.



CLOSED SALES

There were 1,877 closed residential resales in August, down 5% compared to July 2023's 1,979 and down 8% from July 2024. The sales-to-list price ratio was 99.0% for Orange County. Foreclosures accounted for 0.1% of all closed sales, and there were no short sales.



Buyer demand is extremely high in Niguel Shores, while the supply of homes for sale is very low. Thinking of selling? We have buyers waiting for specific locations and types of homes.



Call for a complimentary and confidential price analysis detailing the new value of your home in Niguel Shores!



Chris & Kathy Zoch

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and
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REAL ESTATE REPORT FOR NIGUEL SHORES

By **CONNIE MCKIBBAN**

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★ 2024 REAL ESTATE UPDATE FOR NIGUEL SHORES ★

5

HOMES CURRENTLY FOR SALE
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3

HOMES CURRENTLY IN ESCROW
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23

HOMES SOLD IN 2024
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