November 2024

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Issue 611

FROM THE HELM

VOTE

Respecting Differences

s we approach the presidential election on November 5, I'd like to remind everyone of the importance of respecting each other's political and religious beliefs. Niguel Shores is a special place, and part of what makes it so remarkable is our ability to come together, despite our differences, to maintain the wonderful environment we all enjoy.

This election season, our right to express our opinions is powerful. There's no doubt that the U.S. is more politically polarized than ever, and that division can be felt even within our own state and communities. You don't have to walk too November 5 far in our community without seeing a bumper sticker, flag, banner, poster, or sign that expresses support for candidates, groups, laws, or ideas that others may oppose—or vice versa.

In California, homeowners' associations (HOAs) can only prohibit political signage in common areas like sidewalks, lawns, pools, and streets. However, residents are free to display political signs, flags, or banners on their

private property, within size limits set by state law. California law allows HOAs to prohibit noncommercial signs and posters larger than nine square feet and noncommercial flags or banners over 15 square feet.

> While we may not always agree with these expressions, it's essential that we respect them as part of the freedoms

> > we all cherish. I encourage everyone to be mindful of how we express these rights, ensuring that our actions promote unity and respect, rather than division.

I'd love to see everyone get out and vote. Voting is one of the most essential rights we have as Americans, and it's a privilege that many people in countries without true democracies do not get to enjoy.

Let's continue to foster the sense of respect and community that makes Niguel Shores such a wonderful place to live. Thank you for being part of this community, and let's all do our part to keep it thriving.

Best regards.

-Mark Russell, NSCA Board President





NIGUEL SHORES CANNED FOOD DRIVE

Virtual Donation: Now through November 23, 2024

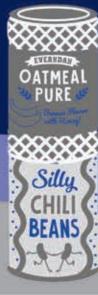
Physical Collection - November 18-23, 2024

AS ALWAYS I WILL MATCH YOUR CONTRIBUTION AND PROVIDE A CASH DONATION OF \$500.













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.





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GENERAL MANAGER REPORT

Happy Holidays!

It's amazing how quickly this year has gone by. Summer is over, fall is here, and the holidays are approaching. We wish everyone a joyous season.

Here are some things to remember: Halloween decorations must be removed by November 10, just in time for your Thanksgiving decorations. Seasonal exterior holiday decorations, including lights, can be displayed from Thanksgiving Day through January 15, 2025. Please abide by these guidelines and don't bring the Grinch out. Having us send reminder letters spoils the festive mood. We thank you.

Holiday Hours

The Niguel Shores Office holiday schedule is as follows:

- **Thanksgiving**—Closed November 28 and 29.
- Christmas Eve and Christmas Day—Closed December 24 and 25.
- New Year's Eve and New Year's Day—Closed December 31 and January 1.

Association Fall Landscape Maintenance

■ Tree Trimming—Tree trimming throughout the community began in September and will continue to completion in December. Niguel Shores has over 1,650 trees throughout the community; your patience is greatly appreciated during this process. Additionally, as the workers are trimming in your neighborhood, if a tree is close to your driveway or where you park your car,

- please move it to allow the trimming to progress. If a vehicle is 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 cooperation during this process.
- Turf Over-Seeding—This is the time to scalp the warm-season turf and overseed with winter rye. The lawns look dead and brown when the warm-season grass begins to go dormant. The lawns are not dead, but to keep them looking lush and green, the warm-season turf needs to be scalped, and the new cool-season turf seed blend needs to be applied.

—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!

OCTOBER 2024 BOARD ACTION SUMMARY

(GENERAL SESSION) ACCEPTED AND FILED:

- Unaudited August 2024 Financial Reports
- General Session Committee Minutes

APPROVED:

- General Session Meeting Minutes from September 11, 2024
- Ratification of Transfer of \$150,000 from Ameriprise
 Operating to Banc of California Operating
- Lien Filings: APN 672-012-42; APN 672-131-18; APN 672-041-33
- General Insurance Renewal 2024-2025
- Worker's Compensation Insurance

- Employee Health Insurance Renewal
- Guest Entry Policy

DISAPPROVED:

 Motion Failed: Appointment of New Member to Maintenance Committee

REVIEWED/DISCUSSED:

- Legal Analysis
- Management/Committee reports

TABLED:

- Legacy Path
- Annual Rule Review
- Guest Barcode Policy

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 Friday prior to the next meeting.

REMINDERS: THE NEXT BOARD OF DIRECTORS MEETING WILL BE HELD IN THE CLUBHOUSE ON THE 2nd WEDNESDAY, NOVEMBER 13, 2024, BEGINNING AT 6:00 P.M.

COMMUNICATION COMMITTEE

By now you've made a note to turn back your clocks on November 3 and submit your election ballot by November 5—so we won't remind you about those items. However, we'd like to tell you about some projects where you can contribute to the Niguel Shores community. Here are a few:

Niguel Shores History

We are compiling a history of Niguel Shores for our website as well as in booklet form for residents and those interested in the community. If you have photos or print material about our clubs, committees, events, or activities from past years, you can email them to seashorenews@hotmail.com or drop copies off in the office. Be sure to include your name and phone or email in case we need to reach you.

Views Views Views

Our homes look out to all kinds of views-ocean, hillside, garden, city lights, trees, play areas, patios, courtyards, etc. Would you share a photo of what you see out your window? We hope to feature Niguel Shores views in a future copy of Seashore News.

Newsletter Neighborhood Ads

You can advertise personal items for sale or rent in the Seashore News. Cost is \$5 for 30 words. Check the office for details.

Website Marketplace

Post your items for sale on niguelshores.org. Click "Marketplace" at the top of the website screen. Also check

this feature if you are looking for household items, furniture, appliances, clothing, electronics, vehicles, and more.

Website Comments

Go to niguelshores.org to post a comment about something relevant to our community. You will receive a reply from a member of the Communication Committee in addition to any other replies from neighbors. Give it a try.

Seashore News Distribution Help

We are looking for a special person to be the primary distributor of the Seashore News in the Atlantic Garden Homes (south of Niguel Shores Drive). This is a simple job that takes one hour, one day a month. You would pick up newsletters at the office on the last day of the month, then bring the newsletters to 6 residents for them to deliver to their streets. If you would like to help and be part of the Seashore News Distribution Team, contact the office or email seashorenews@hotmail.com.

—Sandy Homicz

MAINTENANCE COMMITTEE

Appreciation

We have a few Fall updates for you this month but first the Maintenance Committee would like to recognize member Al Glatt. Al deserves everyone's appreciation for going way above and beyond for the community. If you didn't know, Al is quite handy when it comes to woodworking and he utilized these skills when he volunteered to refinish the

many aging memorial benches that you see throughout our community.

Al embodies the true spirit of Volunteer. He has not only refurbished the benches but helps with our Bluff tables annually, and if you happen to notice blue boxes hanging from many of the trees, those are bluebird houses

that are a specific construction so that only bluebirds are able to use them. I know I love seeing the families of bluebirds at the end of our street.









COMMITTEE REPORTS

Al also deserves recognition for his active involvement in many other Niguel Shores organizations including Men's Club, Garden Club, and as a former member of the NSCA Board. Thanks Al.

Committee Position

Speaking of volunteers, our Committee is looking for more members. Please contact the office for an application. Don't want to join full time but want to help a little? We have smaller projects that require no long term commitment so reach out to the office if you just want to help out some.

Pool Cleanliness

We would like to remind everyone to please shower before entering the pool and especially the hot tub as a courtesy to everyone but also to keep our water features safe and clean.

—Geoff Dunlevie

RECREATION COMMITTEE

The holidays are around the corner. Let's break out the holiday cheer with these 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 complete with snow, carolers, food and Santa Claus. Bring the kids and pets for pictures with Santa. If you would like to participate as a vendor, get your application in the office. Limited availability at \$20 each. Interested vendors please contact Nancy Tinnes for more information at (949) 235-2555.

Holiday Lights Contest Judging – December 13 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. Watch for more information.

—Recreation Committee

TRAFFIC AND SAFETY

When driving in Niguel Shores or elsewhere, stopping at stop signs is crucial for road safety. Here are a few key points to remember:

- Full Stop: Always come to a complete stop at the white line or crosswalk, even if the intersection seems clear.
- **Look Both Ways:** Check for pedestrians, bikes, and other vehicles before proceeding.
- **Right of Way:** Yield to any that have the right of way.
- **Traffic Conditions:** Be aware of the traffic conditions

- before moving again, especially if you're at a busy intersection.
- Preventing Collisions: Stopping allows you to assess the intersection and avoid potential crashes with other vehicles, bikes, or pedestrians.
- Pedestrian Safety: Many intersections are frequented by pedestrians. Stopping gives you a chance to ensure they can cross safely.
- **Traffic Flow:** Stop signs regulate traffic, helping to maintain an orderly flow and reducing confusion.
- **Legal Obligation:** Stopping at stop signs is required by law, and failing to stop can result in fines or accidents.

Being vigilant at stop signs contributes to a safer driving environment for everyone. Following these rules helps prevent accidents and keeps everyone safe on the road.

—Traffic and Safety Committee

FYI – DMV NEWS

WRITTEN TEST FOR SENIORS

In September this year, the Department of Motor Vehicles announced that seniors aged 70 and older are not required to take a knowledge test (written test) to renew their licenses. However, an office visit and updated photo are still required over 70.

"We are eliminating the written knowledge test for those without traffic violations on their record to improve customer service," DMV Director Steve Gordon said in a press release.

The knowledge test continues to be required at any age for firsttime drivers, newcomers to California, and those renewing with poor driving records.

LAGUNA HILLS DMV CLOSED

As of October 11, the Laguna Hills DMV office is closed and we are directed to our nearest DMV office at 2727 Via Cascadita in San Clemente. However, the DMV advises most transactions can be completed online, by mail, at DMV kiosks, over the phone, or through DMV partners like AAA, allowing us to skip the trip to an office.

DMV OPTIONS ONLINE

- · Renew Vehicle Registration
- Renew Driver's License/
 ID Card
- Apply for Driver's License/ ID Card
- Change of Address
- Notice of Transfer and Release of Liability
- Request Replacement Driver's License
- Request Personalized Plates
- · Request Driver's Record

To learn more, see the DMV website at dmv.ca.gov.

WOMEN'S CLUB

Our October meeting was filled to capacity to hear Niguel Shores resident Rita Rudner, comedian, best-selling author, screenwriter, playwright actress. Rita gave insights on her life in entertainment and what led her to our very own community. "The best place I ever lived in the whole country," she told us. Rita kindly ended



Entertainment personality Rita Members thank Linda Curie Women's Club officers Laurel Directory. Yocca, Carole Daly, and Sharon Stewart.



Rudner (bottom right) with whose art work appears on the husband Max Bergman and covers of the Women's Club



Hospitality Chair Dot Wall with helpers Joni and Julie at the luncheon.

the session with a book signing for her latest publication, My Life in Dog Years, and gave all the profits of books purchased at the meeting to Women's Club for donation to a charity of our selection. We thank Rita for her lively presentation and her sincere generosity.

The speaker for our November 14 meeting is Deanna Bautista from Rise Against Hunger. This organization works worldwide to fight hunger in communities with high rates of food insecurity. Although their meal-based relief is internationally focused, they also provide relief in the United States in the form of hygiene kits, gifts in kind, and

disaster relief. Rise Against Hunger also partners with local leaders to "implement sustainable agriculture and incomegenerating projects that support long-term solutions to food security and empower communities to become self-reliant and thrive."

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. See instagram.com/shoreswomensclub.

If you are interested in setting up an Instagram account but could use assistance, Leslie is organizing a workshop on November 12 at 11:00 a.m. in the clubhouse lobby. Please email lwmoore14@aol.com if you would like to attend.

Save the Date

NIGUEL SHORES WOMEN'S CLUB HOLIDAY PARTY

Thursday, December 12 6 to 8 p.m. **Niauel Shores** Člubhouse



Women's Club members and a guest are invited.

Good Food, Drinks, Music, **Games and Prizes!**

Please bring a Hearty Appetizer to share. Delicious Desserts and Drinks provided by Women's Club.

\$10 per person.

If you wish, bring an unwrapped toy for children of our local Marines.

Nothing says "Christmas" like the Ritz!

Please join us on Tuesday, December 3 to view the beautiful Christmas tree and lights display at the Ritz! Meet at our Cabrillo Gate promptly at 4:30 p.m. to walk over as a group, or meet us at the base of the Ritz Christmas Tree at 4:45 p.m. After enjoying the display, we will head to the hotel bar to toast the Holiday Season!

Membership

Niguel Shores Women's Club meets for luncheon on the second Thursday of the month and also offers social activities within our community. To become a member, please stop at the NSCA office to fill out a membership form and pay your \$25 annual dues.

-Karey Palmer and Cathy Burgner

MEN'S CLUB

October was a busy month for your Men's Club: A morning breakfast meeting, a social and game night, and, of course, OKTOBERFEST. So, lots of opportunities to socialize, hear stimulating speakers, make new friends, and reinforce the high quality of life here in the Shores.



Assemblywoman Laurie Davies with Men's Club President Geoff Dunlevie.

At the October 1 breakfast meeting, VP John Yocca introduced California 74th Dis-





October evening social with games, drinks, and snacks.

trict Assemblywoman Laurie Davies. Ms. Davies is no stranger to this crowd. Originally from Wisconsin, Laurie is a long-time resident of So Cal, a resident of Laguna Niguel, and the former mayor of that neighboring community. Laurie spoke openly on a variety of topics crucial to her role as our Assemblyperson. Her depth of knowledge on a wide range of topics is quite impressive, as is her commitment to the people she represents.

Ms. Davies has a 94% voting record and is proud of her bipartisan approach to moving proposed legislation through the process in Sacramento. Among her many legislative accomplishments, Laurie mentions her work bringing accountability to sober living homes in our area, obtaining millions of dollars in necessary funding to correct coastal erosion problems, and reclassifying sex trafficking of minors to felony status rather than a misdemeanor. She has a record to be proud of and was well-received by the assembled members of our Men's Club.

Assemblywoman Davies was one of several political figures **VP John Yocca** has been able to recruit to address our members in person this election season. A tip of the hat to John for the fine job he does recruiting interesting, mostly non-political speakers throughout the year. That is no easy task.

At the social and game night on October 15, pickleball seemed to be the focus. Well, pickleball along with some wine and cheese, a little beer, and other tasty treats. Reminded me of OKTOBERFEST just a few nights before, but missing the fine music. At any rate, fun was had by all on both nights.

The Men's Club is always open to new members. You do not have to be a resident of Niguel Shores to be a member of the Men's Club. We have two-morning meetings coming up, November 5 and 19. If you want to check us out, come join us for breakfast. It's on us!

—Tim Moore

GARDEN CLUB

The Garden Club meets on **Monday, November 18** at **11:00 a.m.** in the **Clubhouse.** We will be hosting a Community Service Project called Forget-Me-Not, named after the flower that symbolizes friendship and remembrance. **Francine Stout** and **Chris Daley** will guide us in making garden-related holiday ornaments for the project. Those attending the workshop are asked to bring a pen, scissors, and a tray or empty shoebox.

We will extend our friendship and holiday remembrance by donating the ornaments to seniors in the Meals-On-Wheels program at the Dana Point Community Center.

On October 7, club members visited **Seaside Growers** in San Juan Capistrano. Jim, the owner, gave us a tour and answered questions. They have a beautiful nursery with an amazing selection of plants! Afterwards, we had a delicious lunch at El Adobe de Capistrano.



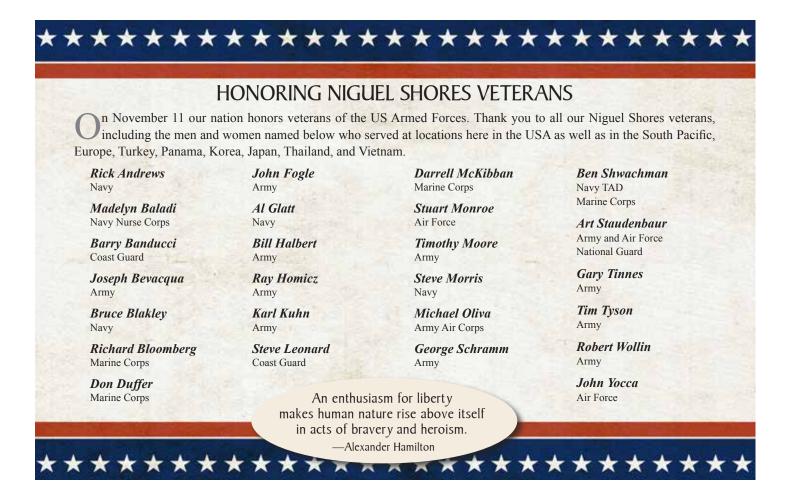
Members on a tour of Seaside Growers last month.

A large group of 46 attendees enjoyed our annual **Lobster Fest** on October 17. The evening began with scrumptious hors d'oeuvres and wine, followed by a delicious dinner of fresh local lobster (caught the day before), corn on the cob, homemade coleslaw and rolls. It was a huge success thanks to co-chairs **Suzanne Enis** and **Al Glatt** and all the amazing volunteers! Everyone had a wonderful time!

At our meeting last month, **Linda Badillo** presented a scarily interesting program on poisonous plants. There was a drawing for prizes, plus gifts for all who attended.

We always **welcome new members** to the Garden Club. Membership is open to all Niguel Shores residents. 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 \$20 per person per year, and \$5 per guest visit. Sign-up forms are available in the Niguel Shores office. Please contact **Sandi Stauffer** at sandistauffer@comcast.net with any questions. We hope that you will join us.

—Judi Palladino



MEET YOUR NEIGHBOR

Stuart and Karen Monroe

his month, as we celebrate Veterans Day, we are proud to introduce Air Force veteran Stuart Monroe and his wife Karen. Stuart served in the United States Air Force as a Captain and Flight Surgeon during the Vietnam War. Stuart and Karen have four children, nine grandchildren, and reside in the Berkus homes off Niguel Shores Drive.

Stuart was born in Long Beach and attended Long Beach public schools until he headed off to Parkville, Missouri for a degree in Natural Sciences at Park College. After graduation, he was accepted into Medical School at the University of Maryland and was actually on his way to Maryland when he received word that he had been admitted to Medical School at USC. He studied medicine at USC and then completed an internship in Chicago. During that time, he also enlisted in the Air Force.

Stuart was called to active duty and sent to Japan. However, as the Vietnam war began to escalate, he was sent to Saigon as a Flight Surgeon for a squadron of 35 enlisted men and several senior officers and their families. He also accompanied flights transporting Vietnam evacuees from Saigon to Travis Air Force Base in Northern California.

Upon completing his military service, Stuart began a residency in at UCLA, specializing in surgical and clinical Pathology. He practiced in a variety of medical groups in California. Then,



in 1985, he accepted a position in Pathology for a Regional Medical Center in Northern Virginia. Stuart and Karen moved their family from Southern California to Virginia, a place they would call home for the next forty years.

While living in Virginia, the Monroes purchased a second home here in Niguel Shores to be close to their sons attending school in Southern California. When Stuart retired as Chief of Pathology, the couple returned to Southern California permanently. They purchased and remodeled their current home in the Berkus tract, where they have resided since March of this year.

Stuart and Karen enjoy life here in the Shores. Stuart is an active Bridge player, golfer, and member of the Niguel Shores Men's Club. Karen is becoming active in the Women's Club and Garden Club. Thank you for your service, Stuart, and a warm welcome to both Karen and Stuart Monroe.

—Patti Staudenbaur

BRIDGE

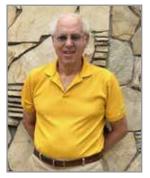
Rule of Nine

November derives from the Latin root *novem*, meaning *nine*. In the Roman calendar there were only ten months in the year and November was the ninth month.

Speaking of *nine*, Bridge has the *Rule of Nine*. In our June Bridge article, I brought up up the subject of doubling, where your opponent bids a suit and you believe you can stop them in that suit by doubling. The number *nine* figures into this situation.

It works like this: Add the numeric value of the opponent's contract to the number of trumps held in that suit and if the result equals nine (or more), then that player should double for penalty. If the result is eight or fewer, then the defender should pass or bid.

To double or not to double, that is the question!





Congrats for many wins to longtime Bridge Club member Jim Pinola, and a salute to US military veterans Mike Oliva and Stuart Monroe, shown with friends at Bridge last month.

Play More Bridge

Come join us on Wednesdays at 10:30 a.m. in the club-house and improve your Bridge skills. If you want more practice or bridge lessons, contact South OC Bridge Center in San Juan Capistrano at (949) 248-1268.

Please remember to sign in for the following week. If you are interested in playing, call **Bob** or **Betty French** at (949) 312-2556 or visit us after play on Wednesdays at 2:00 p.m.

Our Recent Winners

- 9/18: Jim Pinola did not surprise us by coming in 1st; our Fearless Leader's husband, Bob French, came in 2nd; our Texas talking visitor, Sandy Nelson, came in 3rd.
- 9/25: Byron Nelson, Sandy's husband, came in 1st; Bob Ruben showed his strength in 2nd; our own Patty Hollis, daughter of longtime player Lee Farrell, came in 3rd.

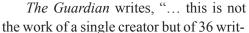
- 10/2: Jim Pinola came in 1st after a skipped week in between; Terry Liebman held fast to 2nd; and to everyone's surprise, Mike Oliva came in 3rd.
- 10/9: Patty Hollis was a shoe-in for 1st; Lesley Boyer came in 2nd; Lo and Behold! Mike Oliva came in 3rd.

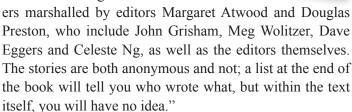
-Mike Oliva

PAGE TURNERS

Book of the Month

For November, the members of Page Turners will be reading *Fourteen Days* edited by Margaret Atwood and Douglas Preston.





The book's setting is that of the recent pandemic. "The residents of this 'down at the heel' apartment complex gather each evening on the roof to tell stories that vary from love stories, shaggy dog, gallows humor and various other topics, each revealing something about the 'teller' whether intended or not." As stated in the *Guardian* review, "An immensely enjoyable product of an immensely unenjoyable time, *Fourteen Days* is lively, (and) freewheeling ..."

Our Club

A common reason why one would belong to a book club is "you get to read books that you would not normally read." That is very true of this group as we have approximately thirty members with very varying tastes in books who suggest what we will be reading over the year. Everyone votes on the books suggested and those with the most votes are the nine books we read that year—all very fair as everyone gets to have their input.

If you are thinking of joining a book club you are most welcome to attend one of our meetings. One group meets the fourth Monday afternoon of the month and you can contact me at fozimec@cox.net for information on that one. The other two groups meet separately on the fourth Thursday afternoon of the month, and contacts for those groups are **Steve** and **Ann Morris** at *samwrsi@cox.net* and **Lisa Buchner** at *lisabuchner47@gmail.com*.

—Frances Ozimec

Artists Among Us

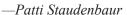
am Flesner is a professionally trained artist who attended Chouinard Art Institute in Los Angeles and had a wonderful career as a fashion artist working for The Los Angeles Times and Broadway Department Stores. After Pam retired, she continued to work, teaching and doing private pieces on a commission basis.

When Pam relocated to Niguel Shores, she took up Pickleball, which has given her the opportunity to play with many Niguel Shores residents and develop wonderful friendships.



To keep her artistic skills sharp, Pam has been creating portraits of her Pickleball friends. She started with just one or two, but presently she has completed over 50 portraits of Niguel Shores Pickleball players! She starts by taking a photo of player on the court and then goes to work on the individual portrait. We thought you might enjoy seeing a few of the wonderful pieces she has completed.

Thank you, Pam, for sharing your artistic gifts with your friends in the Niguel Shores Pickleball Community.





















MEN'S CLUB OKTOBERFEST



















GARDEN CLUB LOBSTER FEST











PICKLEBALL TOURNAMENT – A GREAT SUCCESS!



In the morning hours of October 12, a marine layer relentlessly rolled over Niguel Shores, leaving a wet sheen on the pickleball courts. But with the terrific planning and set-up by Todd Wallin, Chris Horpel and the pickleball community, the Pickleball Round Robin Tournament brought sunshine to the residents who competed in the tournament's three pools, and to everyone cheering on the sidelines.

The event featured great play by all competitors and a professional

exhibition provided by Pickleball First from four professional pickle ballers: Joe Paraiso, Nick Colorado, Ethan Dahl, and Michael Fathey.

It was great to see the community come together through pickleball, enjoy delicious food from Beach Hut Deli, and learn what our surrounding community has to

CONGRATULATIONS TO THE WINNERS



POOL #1 1st Steve and Suzette Rhorer with 66 points

2nd Hal Allen and Lisa Reyff



POOL #2
1st Ken and
Edwina Bynoe with
72 points

2nd Lorraine Campanaro and Kathleen Rosenthal



POOL#3

1st Arnold Cordova and Jeremy Jergensen with 73 points

2nd Bob and Toni Mitsch

OVERALL WINNERS Anthony Cordova and Jeremy Jergensen

THANKS TO OUR SPONSORS

Eileen Geffree, Compass Real Estate **Glen Bushmire**, Sifi Lending **Briquelle and Evan**, Beach Hut Deli

Ronnie Nemchock, Pickleball First Michael Geffre, Farmers Insurance Seth and Todd, Plunge Performance and Recovery

A special thank you to Jill Espinola for all the cool SWAG!

offer from other vendors—all while enjoying the tournament. Niguel Shores is a great community where friends and family can participate in this exciting sport enjoyed by pickle ballers of all ages and competitive ability.





We are delighted with the way this Pickleball Tournament went! For those of you who missed this tournament, or for the competitors who hoped to fare better during

this event, you've got time ahead to practice. See you on the courts!

-Gigi McDonnell

TENNIS

Spec Tennis—Tennis is not unlike all sports that evolve over time and are enhanced through the years to provide easier play and more involvement by players. Just as pickleball evolved enabling athletes to utilize skills learned in other sports, we now have the new racquet sport of **Spec Tennis** growing in popularity to bridge a gap between tennis and pickleball.

Spec Tennis uses oval-shaped 18-inch perforated paddles and orange dot low compression balls. The low compression ball is made of rubber and felt. It is 50% slower than a regular tennis ball, and wind and noise are not factors as they might be with the whiffle-type pickleball. For juniors or those starting to play tennis, coaches have learned that lessor compression on the ball allows players to learn to swing correctly through the ball.

You play the same rules as tennis, but only serve underhanded. There is no "kitchen area." All players are behind the baseline at service and then wide-open tennis play on the same size court as pickleball or the service boxes on a tennis court.

Scoring a game is first team/player to reach 4 points, a set is to win 4 games, and a match is the team/player that

NIGUEL SHORES NEEDS YOU!

The **Maintenance Committee** is seeking one more member.

The **Seashore News** is seeking a volunteer for delivery in Atlantic Garden Homes.

Learn more and apply in the office.





wins 2 sets or 3 sets depending on the chosen format. The first servicer, as in tennis, continues for that game until 4 points are made for the game and each player has a service game in the match.

Spec Tennis is taking hold at many tennis and pickleball facilities. If you are beginning to play tennis, you might try this to become familiar with tennis strokes and ball flight.

At *spectennis.com* you can see videos and rules of the game. We hope that all residents will be involved in these racquet and paddle sports, as well the bocce ball, shuffleboard and ball sports in the Shores new recreation area.

We look forward to seeing you on the courts. Please contact us as (949) 422-9140 or *pacific92629@yahoo.com* to submit tennis information for the *Seashore News*. Keep your racquets moving and "Live Life Happy, Wild and Free."

—Don Baer



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

Wellness - Giving and Gratitude

rowing up, my brother and I were made very aware that giving to others was how our family operated. Gratitude for all the blessings that surrounded us was a concurrent theme as well. The two went hand in hand: The more you gave, the more you realized you had so much for which to be grateful. As kids, we often expressed our gratitude for what most kids are grateful for -bikes, skateboards, Saturday morning cartoons, chocolate ice cream, the beach. That's when my mom would remind us to think of others to whom we were grateful, followed by an inspirational discussion that shaped our hearts to give and appreciate.

That upbringing has paved the way for my daily journey. Giving and gratitude do tend to get a little more attention at Thanksgiving and the Holiday Season, but certainly aren't limited to this brief time of the year. The good fortune we experience on a daily basis, whether it be a hug from a family member or a smile from a stranger, are gifts to be savored and shared. Appreciation of such gifts can feed the soul and pull us toward giving back to those around us. When we do, we're filled with a feeling of satisfaction and well-being like no other.

What does this have to do with health and wellness?



Well, have you ever noticed that when we slow down and simply be and do good things, we feel better about ourselves? And when we feel good about ourselves, we tend to make good choices—including

choices about how we care for our bodies. To put this in the context of our physical health, giving to others and appreciating what we have can leave us feeling positive about ourselves and may lead to making good choices, which will result in continued good choices, and so it goes.

Making good choices certainly applies now during the calorie-laden holiday season. Let's imagine you're at the holiday table eyeing slices of chocolate cake. But you stop and think how good you'll feel in the morning if you skip it, and so you do. In the morning, you tell yourself your story and how good you feel about the choice you made, further empowering yourself toward your daily goal of a healthy lifestyle. Especially during this Season of Eating! If you simply cannot resist, steal a bite from a friend or loved one. The gratitude you'll experience for giving yourself such a valuable gift (good health) is priceless.

As we gather this Holiday Season, let's count our blessings of family, health, friends, love, employment and more. When it comes to health, let's remember the blessing of choice. Caring for your one and only body is an essential vehicle for traveling this journey called life. Good health is a foundation upon which we can build everything else. And while appreciating that blessing of health, let's also remember to give back to those around us so the power of giving and gratitude fills our lives and the lives of others. The good choices we make have the power to inspire those around us to do the same. Now, that's a gift.

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

DANA POINT THIS MONTH

DIA DE LOS MUERTOS

Ofrendas, Music, Art, Food, Beverages November 2 3:30 to 8 p.m. La Plaza Park



FARMERS MARKET AND CRAFT VENDORS November 9, 16, 23, 30 9 a.m. to 1 p.m. La Plaza Park

VETERANS DAY SERVICE **November 11** 10 to 11 a.m. Strands Vista Park Vfwpost9934.org

DP 47TH ANNUAL TURKEY TROT

5K, 10K, Kids Gobble Wobble November 28

Dana Point Harbor Register at *Turkeytrot.com* **COMING UP SEA COAST SYMPHONY**

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SPOTLIGHT

Lantern District Street Names

Tract maps from 1925 reflect changes in Dana Point's streets from their original names to the rainbow-colored names of the Lantern District. Hillcrest Drive became Street of the Blue Lantern. Juanita Drive became Street of the Ruby Lantern. Amber,

Green, Violet, Golden, Silver, Copper and Crystal Lantern all followed in time. Early developers and investors in the area are credited with the introduction of these lantern names. However, it was Dana Point real estate developer Sidney H. Woodruff who implemented the use of ship-styled lamps and colored electrical lights that matched the street names. Woodruff was also responsible for creating the "Hollywoodland" sign in Los Angeles, now recognized worldwide as the "Hollywood" sign.

Lantern District Street Lamps—

The lantern shapes of the original street lamps, similar to ship lanterns from the time of Richard Henry Dana's visit in 1835, are a bow to the nautical history of Dana Point and its harbor. Some sources claimed that colored lanterns were used to identify the type of cargo various ships brought to the harbor, but historical records do not show the ships using colored lights to indicate what they carried.

Historical photos and news articles indicate that the street lamps were all a frosted white color, as they

are now. A dome-shaped bulb at the top of the lamp post was colored to match the street name and only those posts at the intersection of each street with the new Roosevelt Highway (now Pacific Coast Highway) had the colored top bulbs. Entire streets of lights were not colored as was sometimes imaginatively but incorrectly reported by those who may have never stayed after dark to view them when lit! Today, the colored post lights begin at the Lantern District Arch and are found at intersections where each lantern street crosses Del Prado.

The Great Depression began only three months after Governor Young dedicated the opening of the Roosevelt















Highway in 1929 and threw the switch lighting Dana Point's 400 new ornamental lamps. World War II followed in December 1941, and as a result, many of the lanterns were removed or used as scrap metal for the war effort. Some of the original lamps were refurbished in

1989, and fifteen of these are now in La Plaza where Hennessey's is located. Ten more new replicas were later made for use on PCH and Del Prado. Now that you know what to look for, you will even find a few originals in front of personal homes, especially along El Camino Capistrano above the harbor.

DP Harbor Continues the Lamp Tradition—The Harbor Renovation Project is continuing the lamp tradition by incorporating lantern color names for the new boat docks. A ship's lantern marks the entrance gate to each dock which, unlike the street lanterns along the Lantern District, are actually lighted with the color they are named for, instead of just having colored post toppers. Additionally, all the utility post lights down the length

of the docks are programmable and can be set to reflect the color of the related dock name or even special colors for holidays including alternating red, white and blue for July Fourth.

Since plans call for more docks than there are lantern streets, you will notice some duplicate colors such as the docks of the Ruby and Crystal Lanterns, but many new colors have been introduced such as Jade, Sapphire, Cardinal, and Navy.

Visit DP Historical Society—You can see one of the original lamps from 1929 up close, as well as a floor to ceiling photo of the *Lady and the Lamp*, at the Dana Point Historical Society on Golden Lantern. If you'd like a piece of Dana Point history for yourself, consider purchasing a limited addition ship lamp ornament from the Historical Society before they are gone!

—Jennifer Rose



Dog Walking 101

Tere are some pros and cons about dog-walking from the Journal of Lthe American Veterinary Medicine Association (AVMA), as well as my own recommendations for safe dog-walking.

Dog Walking For People - Pros/Cons-Studies show moderate-intensity exercise, such as dog walking, for 30 minutes daily can lead to measurable physical and psychological benefits. The Arthritis Foundation even recommends dog walking to relieve arthritis symptoms. Studies speak of dog-walking injuries to people, but the risk is fairly low. Most injuries to people result from falls when dogs pull on leashes or the person trips because of entanglement with a leash. Long or extendable leashes can create enough distance between the dog and the handler to generate forward momentum, predisposing the handler to arm injuries or falls when a dog suddenly pulls or changes direction without warning.

Dog Walking For Dogs - Pros/Cons—Domesticated dogs benefit from the stimulation of exploring an environment away from home and socializing with other dogs on a walk. Physical benefits of walking for dogs include improved cardiovascular health and weight management. However, dogs can be injured on a walk from interactions with other animals, from a poison or toxic plant ingested, or from leash pulling.

Dog Walking Tips

- Dogs will instinctively pull on a leash. They want to get ahead and sniff and interact with the environment, people, and other dogs. Make sure you are trained how to properly hold the leash and pull on it safely if the dog needs restraint.
- Young dogs are more active and less predictable. Spend time training them to minimize pulling and make your walks more enjoyable.

- Fearful or anxious dogs may pull more on the leash. Your veterinarians can advise ways to reduce this anxiety or refer you to an animal behaviorist for help.
- Consider what type of collar to use when walking your dog.

Head Collar: If your dog is a puller, a head collar or "gentle leader" works like a horse harness. These reduce the dog's tendency to pull because there is nothing around the body or neck to trigger the pulling instinct. It takes some time for your dog to adapt as the experience is new to them, but these collars really work! Do not yank a head collar, as this can pull the dog's neck sharply to one side.

Choke Chain: These collars give a quick pull to get the dog's attention, then they release the tension. Used correctly, these can be very effective. However, they can be harmful to the dog's neck if fastened incorrectly or if too much force is exerted on the collar. Choke collars cannot be left on unattended dogs as they can catch on things and choke the dog.

Pinch Collar: For large dogs that like to pull, pinch collars do not tighten and release like choke collars. Instead, they have prongs that pinch the dog's neck when pulling. However, if the collar is too tight or left on continually, these can be painful or damage the dog's skin. This type of collar is only for walking.

Harness: Made of material that can fasten anywhere on the dog's body, harnesses are good for dogs with neck or spinal issues because they are designed to reduce the chance of injury to these areas. Make sure the harness does not connect near the neck or it may transfer the force of pulling to this area, thus defeating the purpose of the harness. Be prepared for your dog to pull on the harness as that is what they are bred to do.

-Susan Davis DVM



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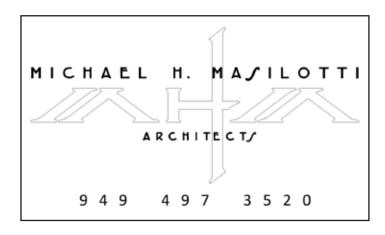


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MARKET UPDATE



ACTIVE LISTINGS

The active listing inventory in the past couple of weeks increased by 28 homes, up 1%, and now sits at 3,694. In Sept., 25% fewer homes came on the market compared to the 3-year average before COVID (2017 to 2019), 743 less. Yet, 323 more sellers came on the market this September compared to September 2023. Last year, there were 2,408 homes on the market, 1,286 fewer homes, or 35% less.



DEMAND

Demand, the number of pending sales over the prior month, increased by 44 pending sales in the past two weeks, up 3%, and now totals 1,598, its highest level since the beginning of July. Last year, there were 1,335 pending sales, 16% fewer. The 3-year average before COVID (2017 to 2019) was 2,206, or 38% more.



EXPECTED MARKET TIME

With demand rising faster than supply, the Expected Market Time, the number of days to sell all Orange County listings at the current buying pace, decreased from 71 to 69 days in the past couple of weeks. The 3-year average before COVID (2017 to 2019) was 87 days, slower than today.



CLOSED SALES

There were 1,622 closed residential resales in Sept., down 2% compared to Sept. 2023's 1,647 and down 14% from Aug. 2024. The sales-to-list price ratio was 98.9% for O.C. Foreclosures accounted for 0.1% of all closed sales, and there were no short sales.

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- Ron and Irene Foster





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