

Seashore News



January 2025

Published Monthly by Niguel Shores Community Association

Issue 613

FROM THE HELM

A Season of Light, Reflection, and Community in Niguel Shores

As 2024 comes to a close and we enter 2025, we feel the cheer and warmth of the holidays and reflect on the values that bind us together as a community. Here in Niguel Shores, we are fortunate to live in a place that fosters connection, understanding, and care for one another—a spirit that feels especially meaningful during this special season.

For those in our community celebrating Hanukkah, which continues through January 2, it is a time to honor the triumph of light over darkness and the enduring strength of the Jewish people. The story of Hanukkah reminds us of the resilience of faith and the power of hope, even in the face of great challenges. In light of recent global events and the rise in antisemitism, it feels especially important to reflect on these themes and show solidarity with our Jewish neighbors.

The Christmas season brings its own message of peace, joy, and goodwill. As we gather with loved ones to celebrate the holidays and the new year, we are reminded of the values we share—hope, light, and a deep sense of community. Whether it's lighting a menorah or decorating a tree or singing Auld Lang Syne at midnight, these traditions unite us in celebration and gratitude.

What a perfect time of year to grab a glass of wine with your neighbor!

At the same time, we must address the challenges facing Niguel Shores. Recent break-ins in our neighborhood remind us of the importance of vigilance and working together to ensure the safety and security of all residents. To that end, we are exploring the idea of forming a Neighborhood Watch Committee. This initiative would not only enhance our security but also strengthen the bonds within our community, reinforcing the spirit of togetherness that defines Niguel Shores.

In many ways, this effort mirrors the message of the season. Just as the lights of Hanukkah and Christmas illuminate the darkness, a Neighborhood Watch can serve as a beacon of collective care and responsibility. It's about watching out for one another—not just during the holidays, but all year long.

As we celebrate this season of light, let us also carry forward its lessons: to cherish our shared humanity, to stand strong together in the face of challenges, and to work toward a brighter, safer future for Niguel Shores. Wishing you and your

loved ones a joyous holiday season and a new year filled with light, love, and the warmth of our incredible community.

—Mark Russell, President
Niguel Shores Community Association

SEA TERRACE I ANNUAL MEETING

Tuesday, January 14, 2025

6:00 p.m.

Niguel Shores Clubhouse



*The sun sets on
2024
and rises on
2025*

MAY THE NEW YEAR BRING
LIGHT. LOVE. WARMTH. JOY.
HOPE. AND PEACE
TO YOU AND YOUR FAMILY.



*Thank you Niguel Shores!
Looking forward to an amazing 2025!*



SOLD - 33865 Manta Ct - \$3,150,000



SOLD - 23671 Sidney Bay - \$2,550,000



SOLD - 33561 Sextant Dr - \$2,238,000



SOLD - 23752 Timor Bay - \$2,172,000



SOLD - 23895 Taranto Bay - \$2,100,000



SOLD - 23685 Sidney Bay - \$2,000,000



SOLD - 33902 Manta Ct - \$1,875,000



COMING SOON - Niguel Shores



COMING SOON - Niguel Shores

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Kathy Samuel
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GENERAL MANAGER REPORT

New Year, New Beginnings—As we wrap up the holiday season and begin a new year, many of us will make resolutions. Some may resolve to lose the holiday weight; others may decide to use their gym membership. I would like to offer a resolution that we all try to treat each other with kindness in 2025.

Christmas Tree Disposal—CR&R will pick up your Christmas tree on your regular trash service day at no charge. You may leave the tree out on the curb until January 15, 2025. The tree must be free of all ornaments and lights, not attached to a stand, not flocked, and not placed in a bag. It cannot exceed 6 feet. If it does exceed this height, cut off the top and throw that in the green trash. If you have any additional questions, you may contact CR&R at (877) 728-0446.

NCSA Rules Updates—The Board made additional changes to the rules at the December meeting. The final draft will be approved at the January meeting and then mailed to the members for comments before being formally adopted by the Board.

Holiday Decorations—Please remember that all holiday lighting and decorations must be removed by January 15, 2025.

We all look forward to another amazing year at Niguel Shores. Happy New Year to all from the Niguel Shores Staff!

—John Muller

HOLIDAY CLOSURE
The Office will be closed on **January 20** for observance of the 30th Anniversary of Martin Luther King Jr. Day.

DECEMBER 2024 BOARD ACTION SUMMARY

(GENERAL SESSION)

ACCEPTED AND FILED:

- Unaudited September 2024 and October 2024 Financial Reports
- General Session Committee Minutes

APPROVED:

- General Session Meeting Minutes from October 9, 2024
- Ratification of Transfer of \$75,000 from Banc of California Operating to Ameriprise Operating
- Ratification of Transfer of \$202,361.55 from Ameriprise Operating MM to Ameriprise Reserve Account
- Fiore Racobs and Powers Retainer Agreement
- Legacy Path
- Tree Removal – 23812 Hobart Bay
- Tree Removal – 33902 Manta Court
- Tree Removal – 33916 Manta Court
- Office Computer Server Upgrade
- Umbrella Insurance Coverage Increase
- Slope Bare Spot Replanting

- Breakers Isle Slope Replanting Process
- Ascending Stairway at the End of Faeroe Bay up to Common Area Replacement
- Inspector of Elections 2025
- Full Street Evaluation
- Butterfly Garden Planter Proposal
- Request for Meeting with Group Hosting Live Music Event at Sea Terrace Park
- Suspension of All Events Open to the Public in Niguel Shores

DISAPPROVED:

- Motion Failed: Partial Street Evaluation
- Request to Access the Association
- Vehicle Barcode Waiver Request
- Motion Failed: Approval of Live Music Event at Sea Terrace Park

REVIEWED/DISCUSSED:

- Legal Analysis
- Management/Committee reports

TABLED:

- Annual Rule Review

NOTE: The last approved General Session Minutes are posted on the Bulletin Board across from the NCSA 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 3rd WEDNESDAY, JANUARY 15, 2025, BEGINNING AT 6:00 P.M.

COMMITTEE REPORTS

COMMUNICATION COMMITTEE

Niguel Shores History Projects—Our community is more than fifty years old now, with many wonderful memories from times past and many more memories still to be made in the years ahead. To honor our past and the neighborly spirit that is such a unique part of the Shores, the Communication Committee is working on a **History of Niguel Shores** for our community website. If you have any photos or stories about activities in the Shores, we welcome them. Send to seashorenews@hotmail.com or drop something off in the office.

See the announcement in this issue for the **Niguel Shores Legacy Path** which provides past and present homeowners a place in Niguel Shores history for years to come.

Our Contributors—Many dedicated writers and photographers make up the *Seashore News* team. You'll see their names in bylines at the end of articles or in credits on photos. We want to acknowledge some longtime contributors: **Susan Davis DVM**, our resident veterinarian, for her ongoing contribution of articles on pet care; **Sharon Stewart RN** whose wellness advice has been part of our monthly issues for more than ten years; **Tim Moore**, whose articles have provided a sense of camaraderie and lots of valuable information; **Mike Oliva**, Bridge expert and humorist, who keeps us up to date on Bridge activities; **Don Baer**, tennis enthusiast, who stepped up two years ago to report on tennis in the Shores; and **Laurel Yocca, Meg Wilson and Gary Tinnes** whose photos appear in nearly every issue.

Do you have some neighborhood news to share, or an idea for an article in *Seashore News*? Let us know at seashorenews@hotmail.com. We would like to hear from you!

—Sandy Homicz

MAINTENANCE COMMITTEE

We are ringing in the new year with plenty of ongoing and new projects around our beautiful community. A major ongoing project is the rotating asphalt resurfacing repair. After part of the planned 2024 project was completed, the work was deemed unsatisfactory and the project was put on hold. The Board is currently reviewing a proposal from a consultant to assess the planned work for 2024 and 2025 to determine a more efficient and economical approach moving forward. The Board is also considering having the consultant review the asphalt street project as a whole and possibly revise our whole approach to the repair schedule.

The tennis and pickleball court resurfacing has been completed and the courts are looking great. The street sign replacement is still ongoing and will continue well into the new year.

Speaking of signs, new rules and etiquette signs are being installed in the new amenities areas to keep the games running smoothly! Remember the multiuse sports court and Bocce courts are to be used only for the sports they were designed for. Not for bicycle riding or dog run as some of our residents have tried.

There are also several homeowner requests currently being addressed, so remember if you have a concern please bring it to our attention and we will be happy to review it.

Have you noticed the traffic cones and black tarps covering the storm drains as you enter our community? Well our committee did, and we asked Maintenance Manager Bob Everson what was up. Apparently, anytime a public utility is performing work in our community the drains are covered to mitigate potential runoff as those drains empty to our beautiful beaches. South Coast Water District has been working in the area of Niguel Shores Drive and Leeward for several months so the drains have been covered for some time. Some members of our committee noticed the drain covers had started to be disheveled and had become an eyesore. South Coast water was asked to reinstall the covers and keep them looking tidy.

That's it for now—and just as keeping Niguel Shores extremely well-maintained goes on all year long, so should those New Year's Resolutions!

—Geoff Dunlevie

RECREATION COMMITTEE

Community events may be winding down for the past year, but **there's much more to look forward to in the year ahead**. As we look to 2025, here are some exciting possibilities for future community gatherings:

- St. Patrick's Day
- 4th of July
- Garage Sale
- Band by the Sea
- NSCA Sports Day
- Labor Day BBQ
- Cinco de Mayo
- Christmas Market with Santa
- Memorial Day BBQ
- Ice Cream at the Bluff
- Holiday Lights
- In N Out Night

—The Recreation Committee

TRAFFIC AND SAFETY COMMITTEE

Locking Your Car: A Simple Yet Effective Solution

The most basic but powerful step to take in securing your car is to **lock your doors**. It seems obvious, but many car owners still neglect this crucial task. In some cases, cars are left unlocked because the owner believes that the area is safe or they will only be away for a few minutes.

COMMITTEE REPORTS

Unfortunately, it only takes a few seconds for a thief to break into an unlocked car.

Modern vehicles often come with alarms, anti-theft devices, and even tracking systems, but all of these protections can be bypassed or rendered ineffective if the car is left unlocked. A locked car serves as the first line of defense against theft, signaling to thieves that your vehicle is not an easy target.

Remove Your Valuables: Don't Leave Temptation Behind

A significant part of preventing car break-ins is **removing valuables** from your vehicle. Even if you lock your car, leaving items such as electronics, bags, or cash inside can tempt criminals to break in. Thieves are often looking for things that can be easily stolen and sold, and items left in plain view are a beacon for potential criminals. To minimize the risk, always remove any valuables from your car, including:

- Smartphones, tablets, and laptops
- Wallets and purses
- Bags, backpacks, or gym bags
- GPS devices and electronics
- Spare change or cash
- Important documents or identification

If you must leave something in your car, try to store it in the trunk or under a seat, where it is less visible. Even then, it's best to consider whether the item is worth the risk of having thieves break into your car.

—Traffic & Safety Committee

SEA TERRACE I NEWS

Annual Meeting—I just wanted all homeowners from Sea Terrace I to know that our annual meeting will be held on **January 14, 2025** in the Niguel Shores Community Center Clubhouse at **6:00 p.m.** At this time we will share some additional paint colors, which have been added to our current three paint palettes. We will be reviewing our current financials/budget at this meeting. We will also answer questions about our paint process, which you can find on the NSCA website under the Sea Terrace 1 Tab. We are painting the homes on Halyard this year.

New This Year—Hopefully you received your annual Board Election Ballot and your Annual Dues Invoice. If not, please contact Cathy Tyson at (949) 388-7146. Thank you.

—Jeff Paige, President Sea Terrace I Board
jpaige3149@aol.com



Holiday Lights winning streets: **Manta Court (north side), Tasman Bay, Sextant Drive, and Timor Bay.** Residents won a holiday party at the Clubhouse.



CLUBS

WOMEN'S CLUB

The Women's Club had a fantastic holiday season! The club's festive gatherings were enjoyed by members and others who came as guests. In the words of **Dianne Cahill**, "It was so lovely to spend the holiday season with such a wonderful group of women. The party was fantastic, and the evening stroll to the Ritz, with old friends and new faces, made everything even more special."

To kick off the holidays, about thirty Women's Club members walked to the Ritz on December 3 and enjoyed libations in the bar, then gathered by the beautifully decorated tree. **Gigi McDonnell** commented, "The warm glow of holiday lights and the promise of cocktails by the grand tree added magic to the night." New resident, **Erin Smaldino**, appreciated the friendly neighbors on the walk, as they "made her feel so welcomed into the community."

Cathy Sherline and **Sheryl Cooper**, along with their committee of elves, did an amazing job transforming the clubhouse into a magical winter wonderland for the Women's Club Holiday Party on December 12. The decorations (including the portable mistletoe pole), welcoming elf volunteers, and delicious tables of food helped spread holiday cheer among the partiers. The ice breaker games encouraged mingling between old and new friends. **Leslie Moore** appreciated the games and "loved meeting so many new gals at the holiday events." New member, **Karen Hanley**, summarized, "What a fun, festive evening with our Niguel Shores neighbors! This was our first Women's Club event and we enjoyed meeting new people and celebrating the holiday season!"

It was great to see the club's generosity in supporting the Marines with donations and baked goods too! Thank you to Tina Fornadley for organizing.



Women's Club members head to the Ritz to toast the season and enjoy the lighted tree.



Santa's helpers deck the halls.

Looking ahead, the **January 9 Luncheon** with speaker **CBS News Correspondent Tracy Smith** will be a stellar way to kick off the new year. At *CBS Sunday Morning*, Smith has interviewed countless newsmakers and celebrities, from Smoky Robinson to Olivia Rodrigo. And, on *48 Hours*, she has reported on issues

CLUBS

from bullying, to sexual abuse to hate crimes. Her impressive career and breadth of topics covered make her an exciting speaker to look forward to. Members, watch your email for the luncheon invitation with details.

—Karey Palmer

MEN'S CLUB

We love and cherish the masculine vibe of our twice monthly Men's Club meetings, but somehow the mood is always a little lighter and the room a little brighter on those rare occasions when our better halves are invited to join us for a Men's Club event, such as our final meeting of 2024.

The special occasion to warrant the ladies' attendance was the Christmas theme of the meeting, highlighted by the presence of the **Dana Hills High School Choir**, here to entertain us with their fine performance of traditional holiday carols. Director **Ray Medina** and the choir did not disappoint. The ten-member choir was costumed right out of the 1890s, with males in top hats, suit coats, and dress trousers, and lasses in long skirts, scarves, and festive headwear. A sight to behold. Director Medina has a gift for banter with the audience and made the performance extra fun by getting the crowd involved in sing-along participation for some of the well-known verses. But the real highlight was the



Cheers and smiles at the Women's Club Holiday Party.

excellent singing of the choir's multi-part harmonies, not a sour note, not once, perfectly executed versions of many standards such as *Away In A Manger*, *Jingle Bells*, and even *Gloria In Excelsis Deo*. Bravo! They got a well-deserved standing ovation at the end. What a great way for all present to start the holiday season.

That's it for 2024 Men's Club. Happy Holidays and Happy New Year to 2025.

—Tim Moore



Dana Hills Choir performs at Men's Club Breakfast.

IN MEMORIAM

Warren C.W. Gruenig

C.W. was beloved for his warm personality, unwavering support of others, and his ability to connect people from all walks of life. He was a driving force in the Men's Club, serving as President and longtime Board member, arranging for speakers, and writing Men's Club articles for the *Seashore News*. C.W. leaves behind a legacy of kindness and wisdom, and he will be missed by all who knew him.

CLUBS

GARDEN CLUB

The focus of our first meeting of the new year is **BEES!** Bees are responsible for pollinating many plants and trees, including those that produce fruits, vegetables, nuts, and spices. Pollination allows plants to fertilize and grow seeds, which helps ensure the survival of the surrounding ecosystem. The top five reasons, according to Friends of the Earth, that they are so important is that they help produce 1/3 of our food supply; provide 1/2 of the world's fibers, oils, and other raw materials; create many medicines; provide food for wildlife; and prevent soil erosion.

“If the bee disappeared off the face of the Earth, man would only have four years to live.”

—Albert Einstein

The club will meet on **January 20 at 11:00 a.m.** in the **Clubhouse.** Our speaker is Beekeeper **Bev Krassner-Bulas**, who will speak to the importance of bees for a healthy planet and what we can do to insure their survival.

In December, we celebrated the season with our Holiday Party Potluck. Members shared food and participated in a garden-related gift exchange. The club also joined with the Men's and Women's Clubs donating toys to the children of Marines of Camp Pendleton.

The California Garden Club Inc. **Member of Distinction Award** was presented to Marietta Hannigan in recognition of all that she has done for the club. Marietta moved to

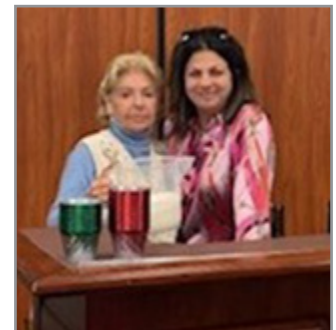
Niguel Shores in 2023. She very quickly joined Garden Club and began volunteering for numerous committees and projects. She is serving on the Board of Directors as Membership Director, and co-chaired the holiday party and plant sale. She also helped with the yearbook, assists with hospitality and photography, and is responsible for communications. Marietta is always willing to help out wherever she is needed.



Garden Club Member Award of Distinction went to Marietta Hannigan!

We always **welcome new members** to the Garden Club. 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. Please contact Sandi Stauffer at sandistauffer@comcast.net with any questions. We hope that you will join us.

—Judi Palladino



SPOTLIGHT

The Niguel Shores Legacy Path

We are excited to introduce a new project that will pay tribute to our Niguel Shores property owners. Installation of a pathway of Legacy Engraved Pavers has been approved by the Board, and the office will begin accepting orders in February.

The **Niguel Shores Legacy Path** would be installed on the decomposed granite path surrounding the new great lawn area of the community park. (See the photo for an example of the proposed design). Niguel Shores participants will have the opportunity to purchase an engraved paver surrounded by several blank pavers. The engraved paver will feature a personalized message limited to three lines of text, 20 characters total. The surrounding blocks, without engraving, would be placed around the engraved paver or within the design, to ensure stability and visual interest. The proposed project aims to feature approximately 168 or more engraved pavers. (We have to reach the goal of 168 to begin the project, but can add more than this

amount.) A cornerstone would be installed in the walkway, identifying the project as the “Niguel Shores Legacy Path.”

The cost to participating property owners would be \$150, with a limit of three orders per residence. This fee would cover the costs of installation, engraved and surrounding pavers, and some upkeep costs. There is no profit intended, but only the cost of pavers, installation, and maintenance.

Details on placing orders will be included in the February issue of *Seashore News* and will be available in the Niguel Shores office with a firm deadline for orders to be placed within 60 days following roll out. We are very excited to bring this project to our community.

—Heather Harding & Art Staudenbauer



ACCOLADES



FOR A GOOD CAUSE

Our NSCA Board President, **Mark Russell**, also serves on the Advisory Board of **CarePossible**, an organization dedicated to providing mental health and addiction care for veterans, military families, and low-income individuals. CarePossible’s mission is to save lives and families by offering free, professional care to those in need. The organization raises funds through grants, donations, golf tournaments, and community events, as well as securing behavioral health treatment scholarships from respected organizations. To date, CarePossible has distributed over \$3,000,000 in mental health and addiction treatment scholarships to veterans in crisis.

Mark’s involvement with CarePossible stems from a deeply personal experience. He recalls being at the Route 91 Harvest Fest in Las Vegas in 2017—the site of the largest mass shooting in US history. The night before, he had befriended two US military veterans, spending time together enjoying the music and activities. When the tragic events unfolded the following evening, it was their military training and quick instincts that made all the difference. Mark credits these veterans with saving his life and reflects that their courage inspired him to take action. “After that experience, I felt a strong pull to do more for our military. If there’s a veteran in need, I want to help.”

Mark shares more of his story and his connection to CarePossible in a YouTube video at youtube.com/watch?v=ULTvjUqgjGc&t=244s. To learn more about this worthy cause, visit carepossible.org. If you or someone you know needs mental health or addiction services, please call (949) 303-8264 for information on how CarePossible can help.

TOY AND GIFT CARD COLLECTION Marine Corps League-South Coast Detachment 22

Women’s Club, Men’s Club and Garden Club sponsored a holiday toy and gift card collection for Marines and their families at Camp Pendleton. Presenting the gifts to Marines and representatives from the Marine Corps League South Coast Detachment 22 are **Tina Fornadley**, **Laurel Yocca**, **Laura Syme** of Women’s Club and **Sandi** and **Janice Stauffer** of Garden Club.



2024 - A Year In Niguel Shores



JANUARY - Work in Progress on Recreation Amenities



FEBRUARY - Resident Round Table Comments from the Community



MARCH - Sports Clinic and Court Improvements



APRIL - Fashion by the Sea



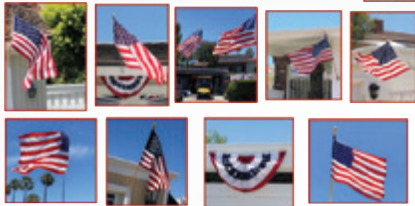
MAY - Volunteer Appreciation Celebration



JUNE - Recreation Amenities Opening Day



2024 - A Year In Niguel Shores



JULY - Our Fabulous Independence Day Celebration



OCTOBER - Oktoberfest

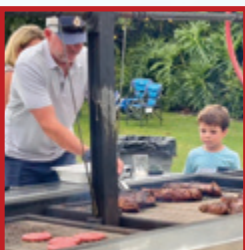


AUGUST - Time for Ice Cream, the Beach, and Dancing at the Bluff



NOVEMBER - Lobster Fest and Turkey Trot

SEPTEMBER - Labor Day BBQ



DECEMBER - Holiday Lights, Parties, Toy Collection



ACTIVITES

BRIDGE

December brought us Christmas and Hanukkah along with the Christmas Market on the Bluff and many clubs having their own parties. Our Clubhouse was so busy that we are putting off our Bridge party until sometime in January, 2025. We have some new players in our bridge group and several of our members are introducing our club to their friends. We look forward to meeting you.

Our winners are as follows:

11/20: Lesley Boyer took first place; Bill Imbriale skated into second, slightly ahead of Bob Ruben who settled for third.

11/27: Jim Pinola commandeered first while Mike Oliva was left holding second. (There were only 8 players so only one first and one second place winners.)

12/4: Bill Imbriale snapped up first place; Jim Pinola lowered himself to second; Stuart Monroe surprised himself and came in third.

12/11: Bob French surprised himself with a first place; Patty Hollis held on to second; Jim Pinola dropped down to third.

Bridge was really fun this last year and if you are interested in playing, please give a call to **Bob** or **Betty French** at (949) 312-2556 or visit us on Wednesdays after 2:00 p.m.

—Mike Oliva

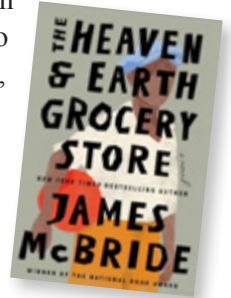
PAGE TURNERS

This month the members of the Page Turners book club resume their monthly book review discussions. Our January selection is *The Heaven and Earth Grocery Store* by James McBride. Set in the 1920s and 30s, the novel follows the fortunes of a group of Jewish immigrants and African Americans who live together on Chicken Hill in Pottstown, Pennsylvania.

One NPR reviewer states, "... the plot summary is so simplified I feel like I've committed some kind of a crime against the nuances of this novel. McBride's roving narrator is, by turns, astute, withering, giddy, damning and jubilant. He has a fine appreciation for the human comedy: in particular, the surreal situation of African Americans and immigrant Jews in a early-to-mid-20th-century America that celebrates itself as a color-blind, welcoming Land of Liberty."

Page Turners always welcomes newcomers to the group so if you would like more information you can contact me at fzimec@cox.net.

—Frances Ozimec



HAPPY HOLIDAYS
from My Home to Yours



OFFERED AT \$2,499,000

23776 BRANT LANE, LAGUNA NIGUEL
4 Bedrooms, 2.5 Baths | Approx. 3,538 Sq. Ft.

The Kite Hill home with the largest floor plan boasts a private pool/spa, fruit orchard, English pub-style bonus room, steam room, and a luxurious primary suite. This dream home offers numerous upgrades, including paid solar, newer HVAC, and remodeled kitchen and baths.



OFFERED AT \$2,100,000

33682 HALYARD DRIVE, DANA POINT
2 Bedrooms, 2 Baths | Approx. 1,499 Sq. Ft.

This turnkey Niguel Shores beach cottage offers a single-level, low-maintenance lifestyle. The home features a versatile bonus room, a private backyard with a spa and fruit trees, a modern kitchen, and updated bathrooms.



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#1 AGENT
YEAR TO DATE OCTOBER 2024
LAGUNA BEACH OFFICE



Successful Together

NIGUEL SHORES
MARKET DATA



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REALTY

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

SPORTS

TENNIS

Physical Benefits of Tennis

Cardiovascular Health

- Improves heart function
- Reduces risk of cardiovascular diseases
- Maintains healthy blood pressure and cholesterol levels

Mobility and Flexibility

- Enhances joint flexibility
- Builds muscle strength and endurance
- Improves overall mobility
- Maintains bone density
- Aids in daily activities
- Prevents osteoporosis and fractures
- Muscle Strength and Bone Health

Balance and Coordination

- Enhances balance and reduces falls: Tennis requires quick, precise movements and changes in direction, which help strengthen the muscles and reflexes needed for good balance. This can lead to a lower risk of falls and related injuries.
- Improves coordination and control the hand-eye coordination involved in hitting the ball and moving around the court enhances overall coordination, which is essential for many daily activities.

Mental Benefits of Tennis

Active Mind

- The strategic and tactical aspects of tennis challenge the brain, keeping it sharp and engaged. Learning and practicing new skills stimulates cognitive function.

Reduced Stress and Better Mood

- Physical activity, including tennis, releases endorphins, which are natural mood lifters. The social interaction and the pleasure of playing a fun sport also contribute to a more positive outlook.

Promotes Social Interaction and Sense Of Community

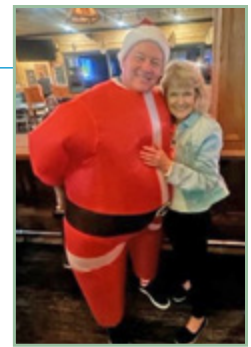
- Participating in tennis clubs, leagues, or casual games fosters social connections and combats feelings of isolation. Building friendships and staying socially active are key components of mental well-being.

Penni and I wish everyone a happy and prosperous new year. Remember, keep your racquets moving and “Live Life Happy, Wild and Free.”

—Don and Penni Baer

PICKLEBALL

Niguel Shores pickleballers have truly embraced the spirit of fun, fitness and fellowship as evidenced by active courts with passionate and fun loving players. Our courts have become a hub of activity, with residents of all ages gathering to enjoy this exciting and accessible sport.



Pickleball goes off-court for a Holiday Party



Photos by Scanna Harding

The popularity of pickleball is undeniable, and it was especially evident at our recent holiday party. With over 75 attendees, the atmosphere was very festive as we all enjoyed good food, games, prizes and lots of good holiday cheer. It was great to see everyone dressed in their holiday best to celebrate the season and the camaraderie that pickleball fosters.

For those new to the game, pickleball combines elements of tennis, badminton and ping pong, making it easy to pick up for all but challenging enough to keep players engaged with a healthy competitive spirit. Our community courts have been a fantastic space for learning, competing and building connections with friends and neighbors.

If you haven't tried pickleball yet, now is the perfect time to grab a paddle and join the fun! Whether you're a seasoned player or a curious beginner, there's a place for you on the court. Let's keep the momentum going and make pickleball an even bigger part of our vibrant community life. See you on the courts in 2025!

—Gigi McDonnell

WATER AEROBICS

The water aerobics group here in Niguel Shores is seeking an instructor for our classes which meet Monday, Wednesday and Friday from 9:00 to 10:00 a.m. If you are interested or can recommend someone who could teach from the water or the pool deck, please contact the office for more information. It's a great way to get your own exercise, too! This is a paid position and we are a very friendly group! Thank you!

—Michelle Ralph

Wellness – Positive Changes, Healthy Choices

It was a Wednesday. I'd had a lovely lunch with a friend from elementary school (we meet up once a year) and then stopped on the way home to shop for what I needed for my contribution to our team's homeless dinner that night. I was enjoying the holiday spirit in the air, the friendly people, and just feeling great! I took that spirit home with me and, with holiday music playing, got to work on my main dish for 35 people. It was also my turn to drive to Laguna Canyon to deliver it all. My good friends on the team delivered their dishes to our house before I took off around 6:00 p.m. The holiday lights along Pacific Coast Highway were beautiful. When I arrived at the shelter, the staff was grateful, as always, for the delivery of dinner. It felt good to help them feed their guests who would come to the shelter that night. All was well.

Then, as I drove south toward home, I started feeling off. I had a bit of a headache and my abdomen was a tad touchy. I pulled into the garage, shut the door, and realized I had to call it a night and go to bed. I was getting some kind of "stomach flu" (of which there is no such thing, since the flu is always respiratory, just FYI).



I was coming down with gastroenteritis and grew worse and worse rapidly. You can probably imagine the rest without an ugly description to paint the picture

for you. Six hours of "losing my lunch" (and more) had me in a place I wish on no one. Horrible and exhausting.

The next day was spent trying to regain my energy. However, the day after that, Friday morning, I felt great! I woke up and the sky had never been bluer, the coffee never tasted better, the birds never chirped more joyfully, and the people I met on my short walk could not have been friendlier! I've recovered from being ill before, but this was like an epiphany. Granted, I either caught this from someone who had unscrupulous hygiene habits, or from something I ate. But because of how absolutely horrible I felt, I appreciated the beauty of this very stark rebound to feeling wonderful again.

This made me realize that we talk about how much we appreciate the blessing of good health, but do we really internalize that concept and allow it to guide how we live? It was that feeling that inspired me to once again acknowledge the value of good health in our lives. The New Year is here, and with it comes an opportunity to create a mindset that supports healthy habits along with the grace we all need to get us through the tough times. This New Year let's revel in knowing the incredible beauty of our body's ability to feel its best lies in our making positive daily changes. These changes can become the cornerstone of the healthy life we want to live.

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

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MEET YOUR NEIGHBOR

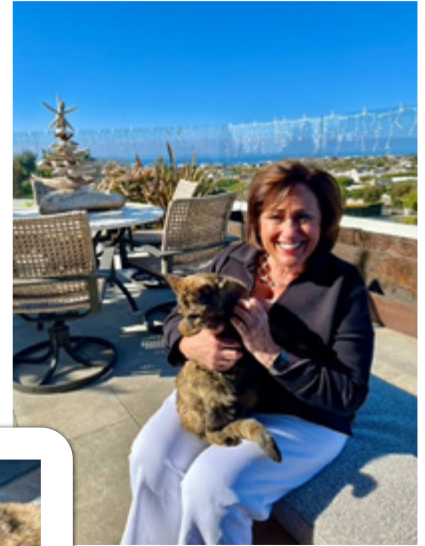
Need help for a Women's Club event, a Garden Club project, or someone to co-chair 4th of July activities? Look no further! Meet our new resident with a flashing smile and a can-do attitude over every roadblock, **Marietta Hannigan**. We welcome Marietta to Niguel Shores!

Marietta hails from Belleville, Illinois, about twenty miles from St. Louis. She is one of five children, and the oldest girl. She attended South East Missouri State University in Cape Girardeau, Missouri and majored in business with a minor in art. Her future career actually began when, as a college student, she was hired part time at \$6.50 an hour at Sverdrup and Parcel, a major architecture and engineering firm.

After graduation, she was offered a full time position with Sverdrup and Parcel. Wishing to be honest with her new employer, she volunteered that she was looking for another job, perhaps out of the area. However, she stayed with the company as they merged with Jacobs, a major corporation employing sixty thousand people around the world and managing all phases of construction from plans and designs to engineering and personnel in a broad variety of disciplines from private industry to NASA space projects, including the building of facilities, bridges, tunnels, schools and labs worldwide. As part of Jacobs, Marietta rose to chief strategy and communications officer, traveling the globe, living and working where the next project took her. She notes that her work was so fulfilling, "that I forgot to leave." In a given year, she might have been in the Middle East, New Zealand, or somewhere in Europe. She comments, "Every time I got bored, the company offered me a new position and location."

Marietta purchased her Niguel Shores home on Manta Court after searching to settle in a place with a view. She has lived in places all over the world as well as in Washington DC, Dallas, and Pasadena. So, how did Marietta discover our community? It turns out that a sorority sister from Missouri lives in Monarch Bay and through that sorority sister she met Jeannie Sticher, who introduced her to Niguel Shores. Talk about a small world!

Even though Marietta has fully embraced the Niguel Shores lifestyle, she is still a St. Louis Cardinals fan with season tickets. She also loves to ski and usually visits her place in Steamboat Springs in the fall. Her love of skiing began in 1978 when, as a college student she purchased a ski trip with



five days of lessons and ski lift tickets all for \$200. Wow!

At one time Marietta wanted to be an archaeolo-

gist, but life took her in other directions equally interesting. However, recently she had the opportunity to go on an archaeological dig to Gotland Island in Sweden with her niece. They worked in an area which had been an old Viking settlement, but predated the Vikings by 1000 years. She thoroughly enjoyed that adventure and is ready for another.

When asked what she likes about living in Niguel Shores, Marietta cites the beauty of the bluff and the strong sense of community. She absolutely feels she made the right decision to put down roots here. Anyone who knows Marietta and her tortoise shell rescue cat Stevie, or visits their beautifully remodeled home, is sure to see they are enjoying the good life in Niguel Shores.

—Susan Courtney and Michelle Ralph



Niguel Shores extends a warm welcome to **Ron and Donna Cornejo** (The Villas) and **John and Cheryl Thackery** (Sea Terrace I).



NEW CDC RULES FOR DOGS ENTERING THE U.S.

Last year the Center for Disease Control (CDC) announced new rules for dogs entering the U.S. As of August 1, 2024, dogs that spent the prior six months only in rabies-free or low-rabies-risk countries can enter the U.S. with a receipt showing online submission of a **CDC Import Form** as acceptable documentation. This form can be filled out the day of travel and the receipt can be shown to airlines and border officials as a printed copy or on a phone screen. The receipt will be good for travel into the U.S. for six months from the date of issuance, including multiple entries.

In addition to the CDC Import Form, all dogs entering the country must have a microchip and be over six months of age. Additional documents and requirements will still be in effect for dogs coming from high-rabies-risk countries. For more information and updates visit cdc.gov/dogtravel.

New Typhus Cases In Orange County

Five human cases of the flea-borne typhus infection are confirmed in Orange County. Vector control officials urge residents to keep pets and homes free of fleas because fleas transmit typhus. This serious bacterial infection spreads to other species through flea feces. People cannot get typhus directly from a flea bite, and it is not spread from person to person. The common way that people do get infected is by scratching a flea bite, thereby introducing flea fecal matter into the blood stream. It can also be spread by introducing infected

flea feces into body wounds, by inhalation of the feces, by ingesting the feces in food, or by touching the eyes with hands contaminated by flea feces. The common flea-carrying typhus is the cat flea, but rat fleas also can contain the bacteria.

FDA Confirms Safety of Purina Pet Foods

The U.S. Food and Drug Administration completed a review of Purina pet products and announced no public health concerns associated with Purina pet foods. The FDA conducted the review because of a jump in reported adverse events in the last year and complaints from owners about Purina on social media. The FDA received approximately 1,300 adverse event reports between November 22, 2023 and April 15, 2024. The most common clinical sign was gastrointestinal upset followed by kidney, liver or neurologic signs. The FDA did a facility inspection and conducted a thorough analysis of Purina products that came from pet owners as well as ones sealed from retail settings. In an announcement July 31, 2024, the FDA concluded, "... the existing evidence does not identify a public health concern that could explain the symptoms detailed in these adverse event reports about Purina pet foods."

Insured Pets Remain At 4%

The proportion of insured dogs and cats remains only 3-4% in North America, even though more pets than ever are covered by health insurance. Some analysts say pet insurance is a failure as it has been on the market for 40 years but has not reached a higher percentage in usage. Nationwide Pet, the largest pet insurer in the U.S., made headlines recently as they dropped 100,000 policies due to financial concerns. Pet owners are not happy because once they lose their insurance, it is hard to get insurance for pre-existing conditions. The pet insurance industry has been forced to raise premiums due to rising veterinary costs. Private-equity investor JAB Holdings owns some dozen North American pet insurance brands. How this affects premiums and coverage remains to be seen. Do your homework and shop carefully for pet insurance.

—Susan Davis, DVM

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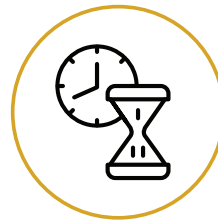
ACTIVE LISTINGS

The active listing inventory in the past couple of weeks plunged by 314 homes, down 9%, and now sits at 3,044, its lowest level since the start of Jun and its largest drop of the year. In Nov, 32% fewer homes came on the market compared to the 3-year average before COVID, 713 less.



DEMAND

Demand, the number of pending sales over the prior month, decreased by 53 pending sales in the past two weeks, down 4%, and now totals 1,310. Last year, there were 1,113 pending sales, 15% fewer. The 3-year average before COVID (2017 to 2019) was 1,774, or 35% more.



MARKET TIME

With supply falling faster than demand, the Expected Market Time, the number of days to sell all O.C. listings at the current buying pace, decreased from 74 to 70 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 1,842 closed residential resales in Oct, up 13% compared to Oct 2023's 1,632 and up 14% from Sep 2024. The sales-to-list price ratio was 100.0% for Orange County. Foreclosures accounted for 0.1% of all closed sales, and there were no short sales.

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