

# Seashore News



March 2016

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Issue 507

## COACH LAMP UPDATE

Before I bring everyone up-to-date on the Coach Light Project I direct your attention to the photo shown here. What is shown is one of our old Coach Lights on the ground. How did it get there? Remember the ferocious winds that roared through our community in early February? Down went that coach light. Not only is it impossible to get replacement parts for these old coach lights but also they require many maintenance hours to keep them clean and working. As the above demonstrates, replacing these lights is justified.

On with the update. In the Maintenance Committee Report in the August 2015 issue of the *Seashore News (SSN)* I wrote that, after approval by the Board of Directors of a Coach Light Replacement Project, four phases were listed showing the plan to replace the Coach Lights in our community. As listed in Phase 1 and repeated here: The tentative start date will be September 2015. This phase includes removal of eighty-nine (89) coach light posts to be replaced with a composite material, decorative base and 20" Florence model, top-mounted light fixtures from Evergreen Lighting. Go to the Niguel Shores web site and read the rest of the report by clicking on the SSN link and then going to past issues



Wind damaged Coach Light

For the observant, to date, this phase has not started. Here is the reason. Not mentioned in the August report was the important requirement to obtain Dana Point city approval. Therein lies the problem. At the time of the August report it was felt that the city approval would not be difficult and would soon happen.

However, the city made numerous change requests before approval would be granted. One request required we engineer a new light foundation with steel rebar cages in the concrete for reinforcement of the poles. This took time to do. Next the city requested we show the location of the electricity meter box locations. Since these original meters, all 22 of them, were installed many years ago we could not find which meters services

which coach light. Facilities Manager George Cooley had to spend considerable time checking where each of the 89 coach lights was metered. He prepared a drawing showing those connections, which was then provided to the city.

All of that extra work required by the city caused delaying the start of Phase 1 of the Coach Light Project. The city permits have been received. As you read this report we have indeed started Phase 1 in February.

—Karl Kuhn

## DOG-GONE IT, PURR-FECT PICTURES NEEDED

CALLING ALL Niguel Shores homeowners and staff Pet Owners. Now is your chance to see a picture of your pet(s) in print for all your family, friends, and neighbors to see what a special, famous pet you have. I invite you to send me your most treasured digital picture of your pet(s) (Sorry, only one picture per household). I will be putting these pictures in the May edition of the *Seashore News (SSN)*. You will have to permit me to judge which pictures to put in the SSN because I may not be able to use every one submitted. Be creative with your pet picture and increase your chances. Please include your name, address and pet's name in your submittal, with the subject line—Pet Picture. I will be putting your pictures in the May issue which is, appropriately, National Pet month. So, get those cameras out.

—Karl Kuhn, Editor [kuhna@cox.net](mailto:kuhna@cox.net)





BOB GINO



## YOUR NIGUEL SHORES SPECIALIST **BOB GINO**

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## 2016 ANNUAL MEETING & ELECTION DATES

The deadline to submit your Candidate Nomination Form to the NSCA office was 5 p.m. on Tuesday, March 1. Candidates can still run for office after this day, but they will miss the cutoff date to be formally listed on the ballot that is mailed out to owners. If you love this community and want to keep the Association running effectively and efficiently, please consider serving on the Board and offering your time and commitment for a great purpose.

Please mark your calendars for the *Meet the Candidates Night* scheduled for Tuesday, April 19 at 6 p.m. This provides an opportunity for homeowners to hear from each candidate and ask questions. We have scheduled the Meet the Candidates Night close to the mailing of the ballots so everyone can go listen to the candidates speak and be prepared to vote once the ballot is received. The Annual Meeting is scheduled for Tuesday, May 17 at 7 p.m. in the Clubhouse.

## SUMMER CAMP

The Board will be reviewing the agreement and the possibility of approval for the Summer Camp again at the March 9 meeting. Nancy Vos will again take charge of the summer camp for the children here at Niguel Shores. The tentative dates for this camp will be June 20 through August 5. If you are interested in signing your kids up for the camp, watch for further details in upcoming issues of the *Seashore News*.

## ROTH CAPITAL EVENT

The Roth Capital Event will be held on March 13 through 16 this year. The event will be much the same as past years, going from 6-10 p.m. and the live music playing from 7:30 to 8:45 p.m. each of the nights. The set up will take place March 12 and 13 and the south portion of the salt creek parking lot will be closed during this time. Tear down will be completed soon after the event. As in previous years, there will be tents, a stage for music and entertainment, lighting, food and beverage services. This is an important event for the City of Dana Point and every effort has been made to minimize the effect on the Niguel Shores residents.

## HOMEOWNER REQUESTS

We have recently received homeowner request forms and wanted to provide all owners with some explanations about what the Association staff can and cannot do and how we handle specific requests.

Here are some of the recent requests with the exact wording from the owner:

**REQUEST:** *We want solar lights to get the sun to illuminate flag.*

**RESPONSE:** Since the Association only allows flags to be installed on an owner's personal property the flag must belong to the owner and any lighting should be installed by the owner. Also, prior to installation please remember to submit an application to the Architectural Committee for any exterior modifications on your property.

**REQUEST:** *Trim bushes lower behind my house*

**NEIGHBORING PROPERTY REQUEST:** *Do not trim the bushes so low behind my property. We want to meet with the landscaper to give them clear direction.*

**ANOTHER NEIGHBORING PROPERTY:** *We want to sit in our house and see the greenbelt area, so trim the bushes lower.*

**RESPONSE:** There are 960 homes that make up Niguel Shores along with many acres of slopes and greenbelts. The landscape contractor takes direction from management and part of that direction is to trim according to the plant type and not personal preference of individual owners. Recently we have had owners come into the office requesting that they meet with the landscape company to provide them with clear direction on what it is the owner wants done and how to trim. Please remember that the Association has an easement to maintain these areas and the landscapers are doing their job and will not take direction from an owner on how to maintain the property.

**REQUEST:** *A streetlight is out, please replace the bulb.*

**NEIGHBORING PROPERTY:** *Change the bulb in the street light, it is too bright.*

**RESPONSE:** Although our goal is to make every person in this community happy, there are going to be times when you are told that there is nothing we can do to solve the problem you are having.

If you have any questions please feel free to contact the Association staff. We will be glad to help you or direct your questions to the proper staff member so that your questions are answered in a timely manner. The Association office wishes everyone a Happy St. Patrick's Day!!

—Marla Miller



# BOARD ACTION SUMMARY

## **FEBRUARY 10, 2016 BOARD MEETING: (General Session)**

### **ACCEPTED AND FILED:**

- Financial Reports
- Delinquency Report
- General Session Committee Minutes

### **APPROVED:**

- General Session Meeting Minutes from January 13, 2016
- Appointment of Kathy Jones as View Preservation Committee Chairman
- Appointment of Marc McCarthy to the View Preservation Committee
- Resignation of Joan Beyer from the Landscape Committee
- Resignation of Keri Ridder from the Recreation Committee
- Resignation of Marilyn Moon from the Recreation Committee
- Appointment of David Goldberg as Investment Committee Chairman
  - Record date for election
- Groenendyke covenant as recommended by the Architectural Committee
- Community Center as polling location
  - Tree removal on Crossjack Drive
  - Tree removal on Flying Jib Drive
    - Tree removal on Manta Court
    - Tree removal on Halyard Drive
- Finance Committee recommendation for disbursement of surplus
  - Coach light change order
  - Coach light spare backup wall mount fixtures and permit fees
  - Janitorial contract renewal
- Beach Bluff concrete steps additional handrails and lights

- Beach Bluff fence section replacement and painting
  - Manta Court French drain installation

**DISAPPROVED:** none

### **APPEAL / MEETINGS / PRESENTATIONS:**

- Cabrillo Slope planting plan

### **REVIEWED/DISCUSSED:**

- Manager's Report

### **TABLED/CONTINUED:**

- Emeritus Summer and Fall 2016 Classes

## **FEBRUARY 10, 2016 EXECUTIVE SESSION: (Executive Session)**

### **ACCEPTED AND FILED:**

- Executive Session Committee Minutes

### **APPROVED:**

- Executive Session Meeting Minutes from January 13, 2016
- Damage claim release from USAA for slope repairs

**DISAPPROVED:** none

### **HEARINGS / MEETINGS:**

- (1) Consideration of architectural hearing violation fee reduction—approved

### **REVIEWED/DISCUSSED:**

- Legal correspondence
- Delinquency reports
- Hetherington report
- Worker's Compensation
- Staff Updates

**TABLED/CONTINUED:** none

*NOTE: The NSCA Board of Directors meets the **2nd Wednesday** of each month unless otherwise posted. The last approved General Session Minutes are posted on the Bulletin Board across from the NSCA Office entrance. 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 ON WEDNESDAY, MARCH 9, 2016**

# COMMITTEE REPORTS

## EMERGENCY PREPAREDNESS

ATTENTION ALL NIGUEL SHORES RESIDENTS: On Friday, March 18, we will be holding another CPR/AED/First Aid class in the Clubhouse from 9:00 AM-Noon. The fee is \$45.00 (please register at the office by Friday, March 11 with a check for \$45).

This is another great opportunity to get professional training and certification and learn critical life-saving skills and techniques. The class is open to folks outside of Niguel Shores, so feel free to bring a friend.

Did you know...? Less than one-third of people who need CPR receive it and less than 3 percent of Americans receive CPR training each year. DON'T be in that 97% group!

Also, DID YOU KNOW... 4 in 5 cardiac arrests happen at home!

THREE SURPRISES about CPR: You don't have to do mouth-to-mouth breathing anymore. The new, easy way, called hands-only CPR, uses continuous chest compressions. AND it's just as effective, experts say.

You can still give CPR if you haven't had training or your certification card is expired. Whatever you do is BETTER THAN NOTHING!! BUT, why not attend our class and learn key techniques and bonus techniques for First Aid and AED training?

You won't hurt anybody by trying. People worry they will break a rib. You can't hurt a person if they're dead. And the Good Samaritan laws offer protection against liability. You can't be sued for trying—and you can make a difference between life and death.

NOT FOR WOMEN ONLY, BUT...

It's TRUE: Heart Disease is the No.1 killer in WOMEN. Yet, only 1 in 5 American women believe that heart disease is her greatest health threat. Women are less likely to call 9-1-1 when experiencing symptoms of a heart attack themselves. It simply doesn't occur to them to do so. And why would it? The bulk of media attention on the disease is focuses on men.

HERE are more unsettling facts:

- Heart disease causes 1 in 3 women's deaths each year, killing approximately one woman every minute.
- 90 percent of women have one or more risk factors for developing heart disease.
- Since 1984, more women than men have died each year from heart disease and the gap between men and women's survival continues to widen.
- The symptoms of heart disease can be different in women vs. men, and are often misunderstood.

- While 1 in 31 American women dies from breast cancer each year, 1 in 3 dies of heart disease. We can address what causes heart disease, how it can be prevented, diet and nutrition, and other factors related to heart health and awareness but why not attend our upcoming class to learn more...as a starter. We didn't intentionally skip the guys in this segment but why don't you get him off the couch and do the class together?

—Kent Wellbrock

## FINANCE COMMITTEE

The Finance committee is pleased to announce that the financial results for calendar year 2015 were under budget. Income was better than anticipated due in part to investment interest exceeding expectations. We experienced expense savings in utilities, workers compensation insurance, drainage issues, reclaimed irrigation water, reduced bad debts and lower unexpected expenses. Legal expenses exceeded the budget due to slope matters. In the end, a small surplus was moved to reserves.

The revetment legal expense was completely covered through the special litigation funds that had been rolled over from prior years. The remaining special litigation funds have again been rolled over for use in 2016.

The complete financial statements will be mailed to Association Members in late April after the completion of the independent audit of the 2015 financial statements.

We are very fortunate to be living in a community that has active volunteers and an excellent staff to keep our community well run and a desirable place to live.

Thank you all for doing such a wonderful job!

—Sue Kichline

## RECREATION

The Chili Cook Off was cancelled because no entries were received. We will try again this fall to give you more time to plan your entry.

**St. Patrick's Celebration Thursday, March 17, 5:30 to 7:30 p.m.** on the Patio and Club Room. Come have corn beef sandwiches, as you enjoy beer with your friends in Niguel Shores. See you as we celebrate St. Patrick's Day.

**Garage Sale, Saturday, April 23 9 a.m. to Noon.**

We are helping you with the garage sale when you clean out for the spring. Information will



# COMMITTEE REPORTS

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be in the office for entry and day before for directions. Mark you calendar. More Information next month.

—Carol Yocom

## TRAFFIC & SAFETY

### Safety Tip:

During the last couple of years several of our neighbors have experienced fires in their homes necessitating the response of the fire department. Of the two I am most familiar with, each family sustained thousands of dollars in property damage, but thankfully no one was injured. Family members in each case reported that they were able to minimize the overall damage to their homes by using personal fire extinguishers. They had these devices readily available, and used them while awaiting arrival of the fire engines. Having a fire extinguisher readily available is a great idea even if it saves only one treasured family memento.

I did a little research on this and found that you can purchase literally hundreds of these devices for under a hundred dollars at hardware stores or on line. Of course the key is to get one that suits your family and remains readily available. For my wife and I, we are buying one for the kitchen and another to cover the rest of the house.

### Lock it or loose it:

Thieves continue to strike unlocked cars in our community. I am not aware of one single incident involving a forced entry into a locked vehicle. The M.O. of these car clouts is to simply walk down the street and test the door handles on parked cars. If they come upon one that isn't locked they will enter the car and take what they want. The sad thing is, that if you left your car parked outside and unlocked on a regular basis during the past year, I would be surprised if a thief had not entered it at least once and conducted a survey of your property.

Almost all thieves are aware that entering a locked car to steal something is a felony that could possibly result in an eventual sentence involving a year or more in jail. As the result, thieves generally don't take that chance any more. Instead they specialize in stealing from unlocked cars with less risk of being caught, and even then if apprehended the misdemeanor crime carries only a light penalty.

### Frustration at the Gate:

On a regular basis someone, normally a guest, loses his or her composure when being denied entrance at the Mariner Gate. On some occasions former guests or family members have intentionally been excluded by the host resident.

However, that typically is not the case. Most often it is because our guest lists have not been updated. Our security personnel will work with the prospective guest and attempt to contact the identified host. Unfortunately, sometimes contact cannot be made and the individual has to be turned away.

A lot of anxiety can be avoided if we carefully keep our guest lists updated and add new guests as soon as practical. Please be patient and understand that proverbial last minute guests entered via home computer, may or may not reach the system at the gate for as long as one to two hours. To minimize the potential for conflict in these situations, please ensure that these last minute guests know your name and phone number so that you may be contacted for verification. We should also realize our guests cannot authorize the admission of other guests.

Finally to avoid unnecessary frustration please remind our guests to clearly display their guest passes on their dash to avoid a citation and/or towing.

God bless.....

—Tim Murphy

## WWW.NIGUELSHORES.ORG

Please be sure to log on to [www.niguelshores.org](http://www.niguelshores.org) for important and up-to-date information about what is happening in our community as we begin to head into spring. So many resources are available to you right from your home computer or from your mobile device. Most everyone is aware how easy it is to call friends, family and service providers into the community by using our website, however, did you know that you can also make a reservation to use our wonderful tennis courts by going on line. Simply go to home page at [www.niguelshores.org](http://www.niguelshores.org), click on the **Tennis** tab at the top right corner and you will see all the information on tennis court time schedules as well as options to reserve the courts for you or your guests for a specific time or court.

Another great resource is the list of Men's Club recommended service providers. This list has been recently updated, and while the Association does not endorse any service providers, the Men's Club has provided an updated list of contractors and service providers that their members have had positive experience with. Just log on to the website, go to the Clubs tab at top left of homepage and go to the Men's Club option, once there scroll down to **Men's Club Maintenance List**. Please also check the website for a list of programs sponsored for adults, teens, tweens and children at the Dana Point Library, directly across the street. These are just few resources for all of us to be aware of.

—Patti Staudenbaur

# CLUBS

## WOMEN'S CLUB

On March 10, Kirsten Donald from the *Pacific Marine Mammal Center* in Laguna Beach, will be our speaker. The Pacific MMC is a non-profit organization dedicated to the rescue, rehabilitation and release of marine mammals stranded along the Orange County coastline. Kirsten will tell us the history of the rescue center and also how the volunteers take care of the ill animals and return those that can be returned to the ocean.

This month we will hold a raffle for a ticket to the home tour. The raffle tickets are \$1 for 1 ticket or \$5 for 6 tickets. You must be present to win.

Look for your e-mail invitation on Thursday, March 3. Please answer by noon on Sunday, March 6. You will be notified by email if it is your turn to bring a salad for 10-12 people. The luncheon fee is \$3 for members and \$5 for guests.

### Pacific Marine Mammal Center Field Trip

In addition to hearing our speaker from the Pacific Marine Mammal Center, Tina Fornadley is planning a field trip to the Center either the third or fourth Thursday of March. Details will follow.



### Coastal Spring

Our biyearly home tour will be held on Tuesday, April 26 from 9:30 a.m. until about 1 p.m. We will tour 5 or 6 homes and then return to the community center for a luncheon catered by Sundried Tomato. Wine will also be served. Tickets are \$30 for members and \$35 for non-members. As this is a popular event, guests will not be able to be accommodated until April 1. Guests from outside the community can only attend if they are with someone who lives in the community. You may leave your check in the office or bring it to the next Women's Club Meeting.

For information on joining the Women's Club, please contact Marian Kennedy at [rgkmek@yahoo.com](mailto:rgkmek@yahoo.com) or Gloria Weintraub at [rdabook@cox.net](mailto:rdabook@cox.net).

—Ginny Nevitt

## MEN'S CLUB

In February, the Men's Club's speakers touched on two fascinating examples of leadership, and the wisdom that we saw was priceless.

On February 2, Lisa Bartlett, Chairwoman of the Orange County Board of Supervisors, spoke to us. From the

COASTAL SPRING  
**Niguel Shores Women's Club  
Home Tour**  
April 26, 2016 – 9:30-1:00 o'clock  
Details to follow  
**Save the Date!!**

moment she arrived, she was at home and among friends. Though she is the leader of the sixth largest county in the U.S. (which is larger than 22 of our states) she welcomed being just *Lisa* to so many of our club members who have known and trusted her judgment for years.

She gave us an update on the Dana Point Harbor Revitalization Project, a \$150–\$200 million project that will be a public/private partnership. She stressed the importance of the County choosing the correct private partner that will be managed through an RFP/RFQ (request for proposal/quote) process that will take about a year. When asked about when we could see some initial movement, she predicted that in 3-6 months the infrastructure improvements will start that will focus on parking, roads, and recycled water to the harbor area. In her well known and fiscally prudent way, she pointed out that *value engineering* would be key in assuring that we can have the improved facilities, screened boat storage, and a sustainable asset without the county going into debt. In that light, she pointed out that the OC Sailing & Events Center is currently running a \$330K yearly deficit and she believes that the Center can be made more sustainable by changing to a business model that strives to break even while providing the community services that are currently available. Normally, our members would have declared that view a “have your cake and eat it too” approach, but they know this public servant as a person who can make these kinds of things happen. (Baby Beach users were happy to hear that it will not be affected by these plans).

As time ran short, she quickly addressed some background and rationale of an issue that many are concerned about—parking and building height issues in the Lantern District. She pointed out that parking impacts so many other decisions and, in the long run, quality of life in the surrounding neighborhoods. She reiterated the importance of parking, suggesting that other concerns are subordinate

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to it. Lisa recommended that each of us study both sides, ask questions and vote our conscience.

On Feb. 16 our guest speaker was Coach Michael Davis, who coaches the Western High School *Pioneers* Girls Softball Team in Anaheim. Coach Davis has an uplifting philosophy that strives to use athletic coaching to teach lessons for living a happy and useful life. How refreshing!! In a world where my favorite college basketball coach was ejected from a game last week for unsportsmanlike conduct, perhaps he could benefit Coach Davis' principles.

First, among these jewels is *Teach First—Win Later*. Then he shared stories about the necessity for a coach to *be humble or he will be humbled*, which is particularly useful when dealing with parents. In this example, he shared his ideas that a coach must find a subtle way to steer parents into *letting their children learn to handle their own lives*. A list of his philosophical guidelines can be found on his web site [www.coachmike4life.com](http://www.coachmike4life.com). The one that truly sums up the value that good coaches bring to our world may be: *To the world you are just one person. But to one person you might be the world*. In recalling related experiences, Coach Davis shared that in our fast-moving society a coach or a teacher may be the only positive influence in some of our children's lives. We are truly indebted to those who devote their lives to making that positive influence for our coming generations.

Our next speaker, Carl Kukkonen, is scheduled to join us on March 1 to discuss Granada and Nicaragua.

—Jerry Allen

## For the Seashore News

It is with pleasure that I announce the growth of our Niguel Shores Men's Club gaining five new members at the last two meetings.

My goals, as the new president of our community club for men, are to maintain it as one of the most beneficial organizations anywhere.

We will continue with the excellent hot breakfasts, prepared from scratch, by head cooks Jack Sweeney, Jerry Koppang, Charlie Clark, Mike Roberts and Bob Enger. Each has a team to serve and clean up. The price will remain only \$3. A full year's membership is \$15. That is truly contributing socially to our community.

Speakers will continue to be outstanding to entertain and inform about what is really happening in our beautiful city and county. Some are professional and are normally paid. For the Shores, they do it at no charge.

We want to maintain our open, supportive community friendliness that is becoming more evident with each



C. Warren (CW) Gruenig, Al Glatt, Dick Sargent, and Jerry Allen.



Supervisor Bartlett giving Certificates of Recognition

meeting. We will continue our respected events such as our famous July 4th Independence Day breakfast where last year we served 500 residents and friends. There will be other activities, as well, such as the day at the Del Mar races and activities where we can invite our ladies. Last year we had the successful Men's Club October Fest and the plan is to have something like it or better this year if we get the participation and I personally think that we will.

On behalf of the Executive Team of Dick Sargent, Jerry Allen, Al Glatt, and myself, it will be my pleasure to welcome you to breakfasts at your Niguel Shores club for men.

—C. Warren (CW) Gruenig President

## GARDEN CLUB

The Garden Club met on Monday, February 15. Consistent with the long established tradition, the Hospitality group provided a varied menu of sandwiches, cheese and crackers, cut up fruit and an assortment of small pastries and cookies. Our thanks to Carmen Murphy, Carolyn Brase, Ann Strauss, Barbara Milner, Marilyn Moon, Margaret Brugger, Bob Borland, Nadine Allen and Grace Glatt for the lunch.

Our guest speaker was Monique Rae, from San Juan Capistrano, who is an avid bird lover and helps in rescuing birds. She has now found her true love in looking after the well being of our hummingbirds. She provided a spectacular slide presentation with beautiful photographs of hummingbirds, their nests and the care the mothers take of the young hatchlings.



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These birds are native to North, Central and South America. Their lifespan can be 10 years but they live on an average, from three to five years. Their resting heart rate is 500 bpm, compared to 72 for us. They can fly non-stop across the Rio Grande, a distance of 500 miles! Their heart beat when flying goes up to 1250 bpm! They normally hatch two eggs at a time and their breeding season tends to be the winter months. In order to feed their young ones, they visit 1000 to 2000 flowers a day, and each flower 2 to 3 times in a day. To support a hummingbird in your garden, you would need between 400 and 1000 flowers. Your water feeder should contain 1 part granulated white sugar and 4 parts water. It is a



good idea to bring the mixture to a simmer, before filling the feeder. Good luck and hope you can provide a safe refuge for the extra-ordinary birds.

We added five new members. Welcome, Lydia and Richard Reese, Tom and Pam O'Keefe, and Laurel Livesay.

We have a field trip to the Food and Farm Lab at the Great Park in Irvine on March 21. We will be carpooling and leaving from the club house around 11:15 a.m.

And finally, what do you call a grumpy and short tempered gardener?  
*A snap dragon!*

—Laks Sehgal

## ACTIVITES

### BRIDGE NEWS

We have a great group of ladies playing bridge every Wednesday at 11am in the Niguel Shores Clubhouse. We welcome new players, both men and women; if you are interested in Bridge please consider joining us. Give Helen a call at 496-4230 for details on how to join the comradery. We have a good mix of talented minds that enjoy the game, share snacks and have lots of fun.

#### Our latest winners are:

January 27 . . . Lee Farrell, Doris Deal, Dorothy Horany

February 3 . . . Jane Olson, Freida Baskin, Pouri Fowzi

February 10 . . . Freida Baskin, Doris Deal, Margaret Brugger

February 17 . . . Lee Farrell, Judy Bates, Joanie Donahue

—Helen Campbell

### AFTERNOON PAGETURNERS

The Monday afternoon PageTurners' group will meet on March 28 and the Thursday group on March 31. Both groups will discuss *All the Light We Cannot See* by Anthony Doerr. This novel is a highly successful book set in France and Germany during WWII. (*Hauntingly beautiful* said Janet Maslin, *The New York Times*)

For more information about PageTurners contact:

**Monday afternoons:** Diane Hearne: dhearne476@gmail.com

**Thursday afternoons:** Lisa Buchner: lisabuchner@cox.net

—Diane Hearne

### LIBRARY NEWS

The following is a list of programs and events for March 2016. All events held in the Community Room unless otherwise noted. Walk-ins welcome.

#### Toddler and Preschool:

**Toddler Storytime.** Tuesday, March 1, 8, 15, 22, 10:00 to 10:30 a.m. This event is for children 18 – 35 months accompanied by a parent or caregiver.

**Preschool Storytime,** Tuesday, March 1, 8, 15, 22, 10:30 to 11:00 a.m. This event is for children 3– 5 years old accompanied by a parent or caregiver

**Children All Ages:** The following events are for children of all ages with a parent or caregiver.

**Wolf Haven Family Program.** Thursday, March 10, 4:00 p.m. to 5:00 p.m. Join us for an educational program focusing of the gray wolf hosted by Wolf Haven International.

**American Gift Book and Crafts,** Saturday, March 19. 10:30 a.m. to 11:30 a.m. Learn more about the American Girl series. We will discuss the books and make crafts related to the series.

**Special Whale Storytime.** Saturday, March 12, 11:00 a.m. to 12:00 noon. Children and families will enjoy stories, songs and activities about whales.

**PJ Storytime** with the Sunshine Readers. Monday, March 28, 7:00 to 8:00 p.m. Walk-ins welcome. Your children will love the high energy and antics of the Sunshine Readers! Pre-registration not required.

# ACTIVITIES

## Children School Age:

**Homework Help.** Mondays, March 14, 21, 28 at 3:30 p.m. and Wednesdays, March 2, 9, 16, 23 at 3:30 p.m. This event is for students grades K-8 for free assistances from high school tutors on a first come, first served basis.

**Read to a Dog.** Wednesday, March 2, 3:00 to 4:00 p.m. This event is for beginning readers and is held in the Children's Area.

**Captain Encouragement.** Tuesday, March 1, 3:30 to 4:30 p.m. This event is for school age children ages 5 to 8. This month will be an engineering challenge.

## Tween, Teen:

**Teen Time,** Monday, March 14, 21, 6:00 to 7:00 p.m. March 26, 2:00 to 4:00 p.m. Ages 12-17. We are celebrating

Teen Tech Week the entire month.

**Teen Advisory Board.** Monday, March 7, 6:00 to 7:00 p.m. Teens, tell the library what you want. From books to programs, we want to know.

**Teen Fandom Party:** Saturday, March 13, 2:00 to 4:00 p.m. Teens ages 12-17, get your geek on and celebrate what you love. From Dr. Who to Fruits's Basket, we'll have activities for everyone.

**Tween Scene,** Thursday, March 17, 4:00 to 5:00 p.m. Tweens ages 9-12. This month complete in a building challenge.

## Adults

**Tea Time Book Club,** Monday, March 28, 10:30 to 11:30 a.m. for tea and book chats. Bring your favorite cup for tea.

—Karl Kuhn

# SPORTS

## WOMEN'S GOLF

What a day! Was summer here? Last month we had a perfect winter golf day with brilliant sun but cool air. This was a perfect summer golf day, even

almost too hot! The game was regular play with bonus holes given to us by Captains Pam Strayer and Val Mitchell.

### Winners:

Low Gross . . . . . Val Mitchell  
Low Net . . . . . Pam Strayer  
Closest to the pin on #6 . . . . Claudia  
Closest to the pin on #8. Judy Boitano  
Longest drive on #9 . . . . Julie Patton

After lunch on the terrace we said farewell to Pam who will be in her New England home until November. She invited us to visit her there. Social members present were Chris Beaver, Ceacy Johns and Ruthie Stahl, Chris Beaver warned us about putting our purse in the shopping basket and gave us the procedure to follow if our wallet is stolen. A delightful bonus occurred when Mama deer and the two youngsters joined team #1 at the fourth green, then crossed the ravine to be with us on the 5th hole.

Next Fun Day is March 14. Call Judy Boitano (661-9495) or Julie Patton (491-0908) to sign up or to cancel. They asked us to wear green to celebrate St. Patrick's Day.

Some golf humor: My uncle, who has golfed all his life, says that GOLF stands for "getting old and living fine"

Question: Is the word for the game spelled put or putt?  
Answer: putt. Put means to place something somewhere. Putt means a vain attempt to do the same thing.

—Liz Kelsch 661-5802

## FITNESS CLASS

*I am running this note again because I erred in the Feb. SSN with the incorrect time of the class. Here is the correct article.*

### Want a good workout in our own backyard?

At the Community Center, instructor Leslie Davis gives a complete low-impact routine, according to your specific needs. This class is ongoing for over 20 years.

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# NIGUEL SHORES REAL ESTATE UPDATE

Sales in the Past 90 Days



**GEOFF DUNLEVIE**  
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GDunlevie@gmail.com

GeoffDunlevie.bhhsocalifornia.com

Niguel Shores Resident  
Committee Volunteer  
Men's Club Member

Address	Bed/Bath	Sq. Ft.	Price
33616 Halyard Dr.	2/2	1044	\$895,000
33642 Halyard Dr.	3/2	1500	\$900,000
24242 Porto Verde	2/2	1620	\$1,005,000
24121 Gourami Bay	3/2	2120	\$1,095,000
24172 Vista D'Onde	2/2	2104	\$1,650,000
33485 Dosina Dr.	3/3	2475	\$1,900,000
33651 Windlass Dr.	3/3	2376	\$1,915,000
23712 Colima Bay	3/3	1800	\$2,036,000
33771 Shackleton Isle	3/2	2831	\$4,100,000

There are currently 10 homes for sale in Niguel Shores ranging in price from \$829,000 to \$6,100,000.

**"If you or someone you know is interested in buying or selling in Niguel Shores – don't hesitate to give me a call."**

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## Carol's Cuisine Corner

*March Let's do Lunch. We have so many choices. Call friends, celebrate birthdays or enjoy the afternoon with good food and nice places. Some of the following places will provide all that for you.*

**CIAO PASTA TRATTORIA,** (Italian) 3166 1 Camino Capistrano, SJC, 496-5002. Hours 11 a.m. – 9:30 p.m.

**RAMOS HOUSE CAFÉ,** Historical area (American, Brunch Sat and Sun) 31752 Los Rios, SJC, 443-1342. Hours 8:30 a.m. – 3 p.m. Closed Mondays.

**URTH CAFE,** (Organic) dog friendly, 308 N. Coast Hwy., LB 376-8888. Hours 6 a.m. – 11 p.m.

**BAYSIDE** (special occasions) 900 Bayside, NPB, 721-1222. Hours 11:30 a.m. – 10:00 p.m.

**RANCHO CAPISTRANO WINERY,** (American) 26755 Verdugo, SJC, 481-6682. Hours 11 a.m. – 10 p.m.

**SUN DRIED TOMATO CAFÉ,** (comfort) 31781 Camino Capistrano, SJC, 661-1167. Hours 11 a.m. – 10 p.m.

**L'HIRONDELLE** (special occasions) 31631 Camino Capistrano SJC, 661-0425. Hours 11:30 a.m. – 8:30 p.m. Closed Mondays.

**SPLASHES,** (Special occasions, view, American) 1555 S.Coast Hwy,

LB, 376-2779. Hours Breakfast, 7 a.m. – 11am, Lunch 11:30 a.m. – 3 p.m. Dinner 5 p.m. – 10 p.m.; Brunch Sat. and Sun

**EL ADOBE** (Mexican History, Nixon's Place) 31991 Camino Capistrano, SJC, 493-1163. Hours: 11 a.m. – 10 p.m.

**CHAPAROSA GRILL,** (Caribbean) 30271 Golden Lantern L.N. 363-9888. Hours 11a.m. – 10 p.m.

**BONJOUR CAFÉ,** (light French) 24633 Del Prado DP; 496-6368. Hours 7 a.m. – 3 p.m.

Watch next month for opening of new restaurants in our area. Any time *Let's do Lunch.*  
*Bon Appetite! — Carol Yocum*

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# WELLNESS – 22 MINUTES

Did you know that if you sit for an hour, just an hour... you know 60 minutes...without getting up, you've just shortened your life by 22 minutes? I know that's a SHOCK, it was to me, but it's true...studies have proven this out. Now, I don't pretend to be an expert on body metabolism, but by my calculations, if you sit for four hours a day and you don't really move much, that's 88 minutes that you lost from your life ( $4 \times 22 = 88$ ). 88 minutes...hmmm...what could I do with those 88 minutes that I just lost? Maybe a walk through all of our ocean-close beauty that's right in our own backyard would be a starting point. Or how about time with friends and family that is love filled and rich, and how about...oh, wow...this list could be a long one, couldn't it?

So when could we possibly sit too much? I mean, really...I'm *always* busy doing something! Oh ya, oops...how about in front of our computers, like I am right now! We do so much communication with others sitting in front of a computer, iPad, or hand held device that we don't even perceive that we are actually sitting like a bump on a log while we're at it. In the defense of some of the cell phone addicts, if you walk and talk, or listen to something at the same time, you *are* getting in some much needed motion in your life, but you do miss all the benefits of being unplugged, taking in your surroundings, and more...but that's a topic for another time.

Of course, I can't leave out TV viewing, which is a career for some people. Can't forget video games either, which are not limited to young kids. You can imagine if you combined several hours of daily TV, and video games with all of your computer time, well...it could look pretty dismal in the context of longevity! All of this just reminds us of how much a sedentary lifestyle leaves such a negative footprint on our lives and our health. Sedentary people have a much higher rate of disease on so many levels, that can shorten their lives...there's those pesky 22 minutes again.



**If you would like to make a comment or suggest a topic please send an email to . . .**  
*Sharon Stewart RN, Certified Health Coach — [Sharon@TakeShapeWithSharon.com](mailto:Sharon@TakeShapeWithSharon.com)*

. . . if you sit for  
four hours a day  
and you don't really  
move much, that's 88  
minutes that you lost  
from your life . . .

The solution to all of this bad news is to step back and decide what's important to you, in your lifetime, no matter how long it ends up being. If it doesn't really matter, then one could just sit their life away! I mean, after all, we're complex creatures capable of amazing things, and one of those amazing things is that we can exercise our power of choice! However, I do know that, *we don't know what we don't know!* People, who don't get up and move, don't know how great they would feel and how much the quality of their lives would improve...physically and mentally. Like Stone Age man (and woman!) where life was pure, physical survival, we were designed to move, not sit. We're basically the same creatures. For the majority of us, though, our bodies have unfortunately changed for the worse because we don't move enough, and we allow the food industry to decide what we should eat...bad idea!

As I write this, I'm also very aware of the fact that many, many people in our lives have very limited abilities to move due to the residual effects of disease, or accidents. If someone in your life has limited mobility, but could benefit from your offering of help, reach out to them! They'll tell you how you can help, no matter how passive the motion might be. Each situation is unique, but we are all in this adventure called life together, and supporting each other makes life richer.

So, if you sit a lot, you can make the choice to get up out of your chair often and walk around the house while you're on the phone, stretch, go outside and look up at the sky, go for a walk! If you're driving a desk in a "cube" at the office, do the same thing...stand up, stretch, walk down the hall, and get outside during lunch. Park further away from the store, if it's safe, and walk places whenever you can...you get the idea! Combine this with physical exercise, healthy eating, and a good night's sleep and get those 22 minutes back where they belong, in your LIFE!

## NEIGHBORHOOD ADS

**Cole's Carts:** Golf cart repair, service, additions, street legal registration, and more. Contact (949) 735-2969 or email at coleschamber@gmail.com

**Want to make Cash?** I sell your unwanted treasures on Ebay and make you MONEY! Seeking: Antique & Vintage items, Designer purses & shoes, jewelry, etc. Call Resident Bessie at (224) 277-3393.

**Need a professional photograph?** I'm available to capture images of your family and pets. Artistically photograph food & products for your business. Resident, 40 years experience. Call Audrey (312) 316-2040.

**For Rent:** Sunset view townhome avail for short-term rental (30 day minimum), sleeps 4, Lrg courtyard plus backyard w/putting green, gas BBQ. Inquires please call Mary Ann at (626) 485-4981.

**Man's Bike For Sale:** Nearly new Timberline Fitness Series, 6061 Fitness Geometry, 21 Gear Options, \$195 plus foot air-pump. (701) 261-2350.

*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. See Rule 5525 (Non-Commercial Ads Only)*

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# MEET YOUR NEIGHBORS

## The Burdi Family

This month's meet your neighbor is about the dynamic Burdi family that live on Mercator Isle, who since moving to Niguel Shores has weaved themselves into the fabric of the community. I am very grateful that this vivacious family allowed the paper to share their memories and accomplishments through their years together. Here is their story.

Back in the 50s Michael a first generation American was raised in the fast paced city of Chicago. Growing up Michael had interests like other teens, but one that he enjoyed greatly was fixing things that were damaged. A skill that he incorporated into his path to becoming an orthopedic surgeon. Michael earned a degree from the Northwestern University, then attended medical school at Stanford University. Lynne who grew up in England attended the University of the West pursuing a career in pediatric nursing. She worked two years in her field, before taking a hiatus where she backpacked solo exploring the regions of Australia, New Zealand, Indonesia, and Southeast Asia. Wow! It seemed that it was Kismet that the two medical mavens paths would cross.

In 2000 they met in San Diego at the UCSD medical facility where Lynne was a resident nurse and Michael an orthopedic resident. The couple dated five years, moving to Denver where Michael was to take part in a spine surgery fellowship. In Denver both fell in love with the alpine life of skiing and snowboarding, along with biking the rigorous mountainous trails. In 2005, Michael and Lynne's next move was to return to California where they resided in a rental property in the lantern district of Dana Point. That same year, while on vacation amidst the beautiful serene landscape of the island of Hawaii, the couple became engaged. The following year Michael and Lynne fulfilled their nuptials in Laguna Beach and thus became the Burdis. In 2007 Michael and Lynne had their first child a daughter, Isla.

With the focus now on the duties of parenting the couple still made time to partake in some western skiing along with traveling to Europe visiting France, Italy, Greece, and Croatia among other countries. In 2009, Michael started his orthopedic practice at the Community Orthopedics Medical Group in Mission Viejo where shortly after this business decision, the Burdis moved into a rental property on Timor Bay in Niguel Shores a residence that Lynne, who was then pregnant with twins, found. Michael found it funny that the moving men saw the new residence before he did, solely trusting Lynne's excellent judgement. The family lived on Timor Bay till 2013 when again they were to move, but

this time to their newly purchased dreamlike, ocean view home on Mercator Isle where the family currently resides.

Michael and Lynne have three beautiful children Isla, Milo, and Gianni. Isla 8 ½, attends St. Anne's in Dana point where she is a member of the swim and tennis team. Milo, six year old, attends Broderick Montessorri along with his twin brother Gianni. Milo's main interest is in the Marshall Arts of JuiJitsa, whereas Gianna loves the arts. Both boys have been on skis since the age of three, a sport encouraged and enjoyed by Burdi clan when they vacation up on Mammoth Mountain and other alpine peaks. Michael and Lynne along with their many travels still have a yen for seeking

out the thrills of life, from the challenging peaks on the mountains in the northwest to Michael's free diving and spear fishing in the depths of the ocean.

Talking to these two I found not just the adventurous nature that each imply, but their gentle and caring positions not only with their children, but how as professionals the patients under their care are treated. Michael takes deep pride in his profession as a surgeon and feels great satisfaction when he sees patients that were initially in severe pain and torment, return to their normal way of life due to his surgical skills. Lynne a resident nurse at Laguna Niguel Surgery Center nurtures weakened post-op patients back to health through her professional, vivacious, comforting and caring manners, traits that she emulated from others in her field, early in her career.

The Burdis being of the marine nature spend a lot of their free time on their boat, the *Off Call*, fishing and just enjoying the tranquil waters of the Dana Point harbor, but often can be seen tooling around the community in their beachy golf cart, a buggy that resembles something you would see on an old beach boy album cover. Lynne who in earlier years ran long distance competitively still competes in 10k races combining training at the Lifetime Gym in Laguna Niguel along with teaming up with other runners inside the Shores. This outgoing couple not only love their dream home, but feel very welcomed and settled in the community. They can always be seen with their family at Niguel Shore events, the community pool, music festivals and of course the beach and the bluff. They love the feel of the community, it's quaint environment, where people are very friendly especially at the bluff where they have made many friendships. Being a spirited family the Burdis find The Shores a fun loving community where the amenities are very conducive to their lifestyle, and feel very fortunate that they live here. A feeling shared by many.

—Joseph Barry



The Burdi Family

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