

Seashore News



February 2019

Published Monthly by Niguel Shores Community Association

Issue 542

FROM THE HELM

The NSCA Board and Committees are at work on a variety of projects and activities for 2019. As mentioned in my article for January, volunteering is an important part of Niguel Shores, and the following committees are looking for new members interested in actively contributing to the smooth running of our community: Communications, Rules, Human Resources and AC/View. If you are interested in lending your talents to one of these committees, please complete the Volunteer Application found on the *niguelshores.org* website or obtain a paper copy in the Office.

January 9 marked the first **Resident Roundtable** for 2019. Thanks to all who attended the Roundtable and offered ideas on a variety of topics.

One of the topics discussed was including the sport and facility to play **Pickleball** within Niguel Shores. Pickleball is one of the fastest growing sports for all ages and many HOA communities and cities are now offering indoor and outdoor courts. As our community is interested in offering amenities and activities to include diverse options, the Board has elected to offer Pickleball as a test option, evaluating the number of interested residents who want to play, best times for Pickleball court time, and impact on the use of our existing tennis courts. **Beginning in the spring, the following Pickleball test will commence:**

- Court #1 (which is a non-reservation court) will be temporarily marked for two Pickleball courts.
- These markings will be temporary and of a different

color than the tennis lines. Portable nets will be available.

- Proposed Pickleball court time will be limited to M/W/F from 9:00 a.m. to Noon.
- Players are responsible for their own equipment (paddles and balls)
- Players will be asked to sign in for Pickleball time in order to help evaluate and make adjustments or recommendations.
- A Pickleball “lesson” will be offered, (no charge) as this game does have rules, different scoring and playing strategies than tennis or handball.



There are still details and logistics to be worked out prior to the test commencing. We will keep all informed through the *Seashore News* and our Niguel Shores website *www.niguelshores.org*. If you want more information about Pickleball, the best website is *www.usapa.org*.

Other projects and activities in the planning stages are ongoing work on the Master Landscape Plan to include the Binnacle, Brigantine, Windjammer, Windlass and Leeward slopes; camera installations at the Manta Court and Garibaldi gates; new recreation activities; and Phase 1 of the Mushroom Lights replacement.

Last but not least, Happy Valentine’s Day!

—Jeannie Sticher



GENERAL MANAGER'S REPORT

Annual Meeting and Election – Call for Candidates

It's that time again. We need to begin preparing for the NSCA Annual Meeting and the annual election of Board members. The Annual Meeting is scheduled for Tuesday, May 21 at 7:00 p.m.

This year the terms of Directors **Suzanne Enis** and **Art Staudenbaur** are concluding, so there are two (2) positions open for election. The term of office is two years and meetings are currently held once per month. If you, or someone you know, is interested in becoming a candidate for the Board of Directors, the first step is to complete the Nomination Form (Call for Candidates) that is included in this issue. Return the completed form to the NSCA Office by 5:00 p.m. on Thursday, February 28.

Everyone realizes that Niguel Shores is probably the best community in Dana Point. If you recognize what a wonderful community you live in, are committed to keeping Niguel Shores the "hidden jewel" that it is and even making it better, you may want to consider running for a position on the NSCA Board.

Being a Board member means taking an active role in the running of our community. It can be frustrating at times, but it may also be one of the most rewarding ways you'll find to volunteer your time. If you're interested in running for the Board or would like more details about Board member responsibilities, please contact me at mmiller@niguelshores.org or speak with a current board member.

Beach Bluff and Pets

Many residents in Niguel Shores have pets that they enjoy walking, and often times they will take them down to the grass area at the beach bluff. Remember as you allow your pets to defecate on this grass area, there are also children

who enjoy running around on the grass, doing cartwheels, playing games, etc. These children (your children/grandchildren) could be placing their bare feet or hands in the same area where an animal just went to the bathroom. It may be better to take your dogs somewhere else to do their business. Also, remember to pick up after your pets and make sure they are on a leash at all times. Niguel Shores does not have a dog park, but there is one within walking distance across the street behind the library.

Office Closed, No Construction

The management office will be closed on Monday, February 18 in observance of President's Day. There is no construction allowed on that day. In the event that you need immediate assistance during the time when the office is closed, please contact the patrol service at the gatehouse (949) 487-4185 for direction.

*Wishing all of you
a very happy Valentine's Day!*

—Marla Miller

For January's Board of Directors Action Summary
Please See our Website www.niguelshores.org

SEA TERRACE II ANNOUNCEMENT

Annual Homeowner's Meeting

Tuesday, March 19



**Mark Your
Calendar**

Don't forget to return your Board Election ballots
no later than February 28.

INTERESTED IN ADVERTISING IN THE SEASHORE NEWS?



SPACE ON THIS **INSIDE COVER**
IS CURRENTLY AVAILABLE!

Contact mnorthrop@niguelshores.org
for details

COMMITTEE REPORTS

EMERGENCY PREPAREDNESS

Being prepared has many check points, but one box I consider a must to check is coming up on February 14! And—YES—you still have a few days left to make that dinner reservation, buy a card, a box of candy, order flowers, or if you really want to get a big hug, visit the jewelry store. VALENTINE'S DAY!

Some other boxes to check as 2019 moves into its second month:

- Great time to replace smoke alarm batteries OR replace the alarms with newer, updated models.
- Put a reminder on your calendar to check and clean dryer filters and vents monthly. Not only does the dryer work more efficiently but it prevents fires.
- Have you had your furnace and water heater serviced lately? Do it!
- Do you have a whole-house water valve shutoff? If a pipe breaks, the valve is the quickest way to shut off water immediately and minimize damage and clean-up. Easy to turn it off when you go on vacation, too.
- Surprised by that unexpected (but welcome) wind and rain last month? Good time to have the roof inspected and necessary repairs done. Check gutters, too.
- When was the last time you updated your home insurance for fire coverage? I read some sorry stories about lapsed or negligible coverage following the horrific fires last November.
- Got a cellphone? Easy to video each room, closets, drawers, etc. and keep photos in the cloud to access for insurance if you experience a loss.
- Ever consider the options for alarm systems for your home? The new technologies are pretty sophisticated and easy to use. Many can be operated and monitored using your cell phone. For example, you can be sure your garage door is closed, even when you're in Peoria. The devices can video tape people on your front porch hot footing it away with that Amazon delivery. Motion sensors on doors and windows can send alerts. You can turn lights on or off from wherever you are. The list goes on.
- How about that battery back-up garage door opener in case of a power outage?
- And last, believe it or not, a recent joint study conducted by the Department of Health and the Department of Motor Vehicles indicates that 23% of traffic accidents are alcohol-related. That's serious news, but it also means that the remaining 77% might be caused by people who just drink bottled water, Starbucks, soda, and energy drinks.

Therefore, beware of those who do NOT drink alcohol. They cause three times as many accidents. Just sayin' . . .

—Kent Wellbrock

TRAFFIC AND SAFETY

Mail Theft

Residents in the vicinity of Faeroe Bay and Manta Court report that someone is breaking into their curbside mail boxes and taking anything of value. The unseen suspect then tosses the unsolicited advertisements from the mailbox up and down the street.

What is unique is that this thief is primarily operating between midnight and 6 a.m. Normally mail thefts occur during daylight hours just after the postal worker has dropped off the mail or package.

Several of the victims in these crimes reported the incidents to both our deputy sheriffs and the postal authorities, and they are investigating. The agencies report that similar crimes have been occurring in neighboring gated homeowner associations.

Our Securitas personnel are focusing their patrol in the Villas and Sea Terrace II. Hopefully, our deputy sheriffs, now knowing the problem, will be able to provide extra patrol to these neighborhoods. Our staff has been working with postal authorities and the sheriff's department to identify strategies to stop this sort of activity in the future. One specific idea being discussed will require everyone's approval to implement.

In the meantime, each of us can help by clearing out our mail boxes as soon as practical. Also, continue to report crimes to our sheriffs. Call **911** to report a crime in progress, or **(714) 647-7000** or **(949) 770-6011** to report a non-emergency crime. This will allow deputies the opportunity to focus their patrol to specific locations.

If you want a special accounting of all the mail that should be delivered to your residence, you may sign up to electronically track each piece addressed to you. Google "United States Postal Service Informed Delivery" and fill out a brief questionnaire. From then on, you will be notified of each piece of mail headed your way. Yes, this includes each piece of "junk mail" that we receive every day.

Brave Lars and the Coyote

Lars isn't the largest dog size-wise (only about 8 inches at the shoulder) but perhaps he has the biggest heart. He was recently taking his owner for a walk in



COMMITTEE REPORTS

the vicinity of Halyard and the Windward greenbelt. As he passed by, he saw something in the brush. His protective instinct to care for his owner took over. Disregarding his personal safety, he immediately ran into unexplored territory to investigate. There he found Wiley Coyote lurking, apparently waiting for prey to come by.

Well, the fight was on. Of course, there was plenty of yipping, yapping and growling. However, just as Lars thought he had the coyote where he wanted him, his owner yanked his leash and pulled him from Wiley's mouth. Wiley scurried away and, rather than chase him, Lars

thought of his owner. He allowed his frightened owner to hold him in order to calm her down.

The message here is clear: Keep your dog leashed when out walking. After Lars thinks about it, I am sure he will appreciate that he was on one.

Dog Waste

Animal waste creates a health and safety issue. Picking up your dog's poop is also a rule that will be strictly enforced in our community. There are many areas in our community where it is like a mine field. The health issues are obvious, but this waste material also attracts wild animals such as coyotes that resort to eating it when they are hungry. Remember, for everyone's sake, pick up after your pet.

—God Bless . . . Tim Murphy

WWW.NIGUEL SHORES.ORG

Where can you find the most up-to-date information on our community? At the Niguel Shores website: www.niguelshores.org

- Updates from NSCA Office
- Community Events and Meetings
- Board Actions and Information
- Homeowner Request Forms
- Guest/Gate Login
- Contact Directory
- Photo Galleries
- Dana Point Community Events
- Dana Point Library Information
- Seashore News Issues (2005-2019)
- Voice of the People
- Niguel Shores History



CHECK US OUT!

RECREATION COMMITTEE

Happy Valentine's Day! We hope you enjoy celebrating with your loved ones.

We are gearing up for a full list of fun activities for our community this year, beginning with our upcoming March event:

St. Patrick's Day – Friday, March 15, 5:30 to 7:00 p.m.

Mark your calendars for our annual St. Patrick's Day Celebration on the Clubhouse patio. Come and join us for a fine evening featuring our popular corned beef and cabbage sandwiches and green everything.



—Maria Elena Banks



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gene@Lanternbaycarpets.com Fax (949) 240-1167



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Dana Point, CA 92629

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

CLUBS

WOMEN'S CLUB

The Women's Club held their first luncheon meeting of the year on January 10, 2019. Guest speaker **Lauri Taylor**, author of *The Accidental Truth*, was truly remarkable. There were tears, laughter, gasps and sometimes you could hear a pin drop when Lauri was sharing her story about finding "the accidental truth" while researching the cause of her mother's death. Several lucky members had a winning raffle ticket and went home with their own copy of her book.

Our next luncheon meeting will take place on **Thursday, February 14**. We will be celebrating Valentine's Day with a love story featuring guest speaker **Patty Sharpe**. She will talk about the love of her life and his battle with acute myeloid leukemia (AML). You will not want to miss hearing Patty tell her story. Quoting Women's Club Vice President **Jennifer Hochstadter**: "Patty is an outstanding human being, a woman who makes you realize that you can accomplish anything. A TRUE INSPIRATION!"

So, yes, you read that date correctly. We will be meeting for lunch in the Clubhouse at 12:00 Noon on Valentine's Day. Please bring valentines to share with your table.

The Women's Club is open to Niguel Shores residents to promote friendship,



New Members Rebecca Russell, Janet Dohner, JoAnn Ashman



Neighbors Cathy Tyson and Speaker Lauri Taylor

fun and service in the community. For membership inquiries, please contact **Diane Dale** at dianedale@cox.net.

—Catherine Bitran

MEN'S CLUB

Our one meeting in January featured another fabulous breakfast by the **Gutnecht Team**.

The celebration of life for **Jerry Pearl** was a great success for all who attended. We send our thoughts and prayers for Jerry and his family.

Gregg Archer, a story-teller evolved from a Vietnam era Navy fighter pilot who became a Delta captain, was our entertaining featured speaker. Gentlemen fasten your seat belts.

Those of us coming of age in the mid-sixties through early seventies had to confront the potential reality of crawling on our bellies through the quagmire known as the Vietnam jungle. Gregg Archer, a new college graduate, dealt with it by enlisting in the Marines to fly jet planes. Before completing his enlistment, he learned he would have a better chance for jets in the Navy since most of the Marine pilots were flying helicopters. To be able to take off and land on a carrier, he needed additional training and preparation, which he passed with flying colors.

At this point in his story, we knew we were being addressed by a survivor. To illustrate the importance of situational awareness in three dimensions, Gregg brought his flight gear with him.

Imagine learning on your first bombing run that the football-sized hole in your wing and wing fuel tank was caused by an operational error committed by your executive officer. Lessons learned from misfortune punctuated his training.

Proficient in all manner of jet-powered aircraft, Greg completed his tour of duty near the end of the war. Western Airlines recruited him and many of his colleagues to fly commercial. To continue the fun of flying military and for the satisfaction of educating up-and-coming young pilots, Gregg re-enlisted in the Navy Reserves, achieving the rank of Captain. Western later became Delta, where Gregg continued flying until his normal retirement.

Women's Club Valentine Workshop

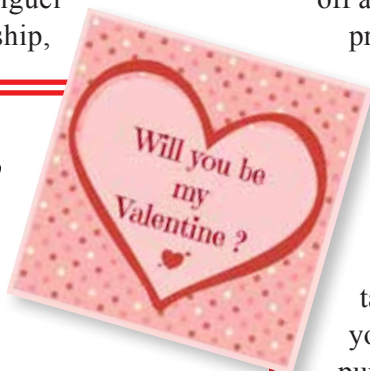
Construct beautiful Valentines
for friends and loved ones

When: Thursday, February 7, at 1:00 p.m.

Where: NSCA Clubhouse

Cost: \$10 for materials

Sign up in the NSCA Office. Limited to 20 members.



CLUBS

Going forward, on February 5, **James Fullenkamp** of Edward Jones Investments will be addressing our changing economy and frustrating stock market. Then on February 19, member **Kent Wellbrock** will help make us safe with information on emergency preparedness. Both are reputed to be outstanding speakers.

The Men's Club meets for breakfast with informative speakers twice a month and welcomes new members. For information contact rsaint@me.com.

—Robert Saint-Aubin, Secretary

GARDEN CLUB

Our January club meeting on Monday, January 21, featured **Aneta Dorhout**, a Master Gardener for ten years who loves to share her passion for succulents. Her enthusiasm for this garden specialty was obvious to all and she hoped one could easily get, in her words, “the succulent bug.”

Here are some succulent facts: You probably knew that succulents are drought resistant plants with thick, fleshy and swollen stems and/or leaves. This genus makes these plants well adapted to dry environments. However, they must not be confused with cactus. Nearly all cacti are succulents, but not all succulents are cacti. Succulents are plants that have some parts that are more than normally thickened and fleshy, usually to retain water in arid climates or soil conditions. The word *succulent* comes from the Latin word *sucus*, meaning juice, or sap. Succulents have the ability to thrive on limited water sources, such as mist and dew, and are often grown as ornamental plants because of their striking and unusual appearance.

Looking toward the next months, here is a summary of recommended garden chores:

ACTIVITIES

DANA POINT LIBRARY

This is a partial listing of Dana Point Library programs for February, 2019. For the full schedule see our website: www.niguelshores.org.

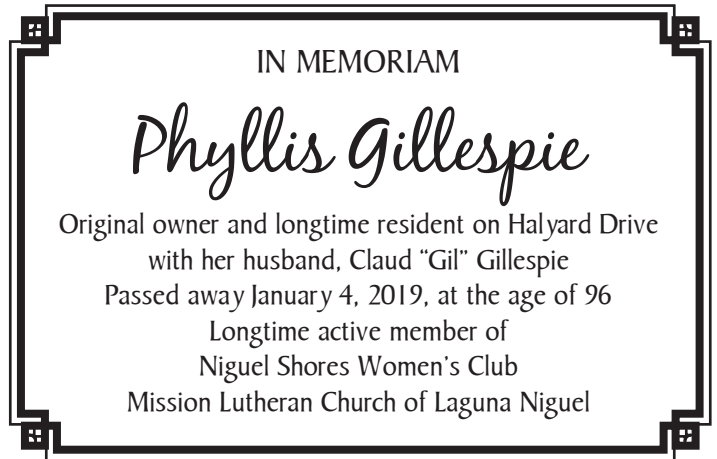
CHILDREN

Steamport – Sunday, February 3, 1:30 p.m. For grades K through 6. This month learn physics while creating wind instruments. Limit 15 kids.

Toddler Storytime – Tuesdays, except February 12, 10:30 a.m.

Read to a dog – First Wednesday, 3:00 p.m. Therapy dogs listen to your stories.

Preschool Storytime – Wednesdays, 10:30 a.m. Ages 3 to 5.



- **February:** Start seeds either indoors or protected outdoors for summer color.
- **March:** Plant fruit trees or prune existing for increased crop.
- **April:** Start watching for pests as they are starting to arrive.
- **May:** Fertilize and mulch.
- **June:** Feed turf. Water deep.
- **July:** Same as June.
- **August:** Enjoy your garden!

Our next monthly meeting is on Monday, February 18, when we will witness a great presentation on Floral Designing by **Kathe Hayden**, a designer whom Chris Daley and I saw give a similar demonstration at an OC District meeting last year. There will also be another surprise so don't miss this meeting. If interested in joining us, please leave your contact information in the office and we will get in touch with you.

--Karl Kuhn

Nature and Literature – Saturday, February 9, 11:00 a.m. Traveling Naturalists bring live animals and read their stories. Limit 40 kids with a grown-up.

Crafts and Story – Saturday, February 9, 2:30 p.m. Ages 3 to 7.

Lego Club – Wednesday, February 13, 3:00 p.m. Legos provided.

PJ Storytime – Monday, February 25, 5:30 p.m. For all ages with a grown-up. Presented by NCL Sunshine Readers.

Family Morning Movie – Thursday, February 28, at 10:30 a.m. Popcorn served. Call for title (949) 496-5517.

TWEENS AND TEENS

Tinker Tuesday – Every Tuesday except February 12, 4:30 p.m. STEAM for tweens.

ACTIVITIES

Teen Life-Sized Uno –Thursday, February 2, 1:00 p.m. Play life-sized Uno!

Teen Advisory Board (TAB) – Saturday, February 16, 2:00 p.m. TAB members make decisions about teen programming. For grades 7-12.

ADULTS

English Class – Mondays 1:00 p.m. and Fridays, 11:00 a.m. Free registration at esl.danapt@gmail.com. Provided by South Coast Literacy.

Coloring Club – Fridays, 10:00 a.m. Materials provided.

Write On Writer's Group –First and third Tuesday, 5:00 p.m. Meet to critique and support other writers.

Basic Computer Skills – Tuesday, February 5, 19, and 26, 9:00 a.m. Learn vocabulary, using a mouse, email, and internet searching. Call (949) 496-5517 to register.

Man Up, Read! – Second Monday, 10:30 a.m. *Tailspin* by Steven Brill available at the service desk.

Memory Club: Brain Boosters – First Thursday, 10:30 a.m. Memory activities and discussion.

Gentle Readers – Second Thursday, 10:30 a.m. *Still Life with Bread Crumbs* by Anna Quindlen available at service desk.

Avoiding Scams and Schemes – Thursday, February 21, 10:30 a.m. Stay a step ahead of scammers with information provided by Better Business Bureau.

Travel Club –Third Sunday, 2:00 p.m. John McKinney takes us on an epic hike to determine if a California coastal trail is possible.

Seaside Book Club – Fourth Monday, 10:30 a.m. *News of the World* by Paulette Giles available at service desk.

Foreign Film – Fourth Sunday, 2:00 p.m. 2018 Cuban-Canadian award-winning film, *Un Tráductor*: based the Chernobyl disaster.

—Karla Sanders

PAGE TURNERS

The Page Turners Book Club certainly does not lack a variety of reading selections. From last month's visit to China we are going to England this month reading a beloved classic by Jane Austen. The books we read are selected by members' votes. A large number of titles are suggested by members along with a short description of the book. The following is an example of such a submission.

"Persuasion, by Jane Austen, paperback, 272 pages. At twenty-seven, Anne Elliot is no longer young and has few romantic prospects. Eight years earlier, she had been persuaded by her friend Lady Russell to break off her engagement to Frederick Wentworth, a handsome naval captain with neither fortune nor rank. What happens when they encounter each other again is movingly told in Jane Austen's last completed novel. Set in the fashionable societies of Lyme Regis and Bath, *Persuasion* is a brilliant satire of vanity and pretension, but, above all, it is a love story tinged with the heartache of missed opportunities."

The Monday afternoon group will meet February 25 and the Thursday afternoon group will meet February 28. For information on the Thursday group, contact **Steve** and **Ann Morris** at samwrsi@cox.net and for the Monday afternoon group, **Frances Ozimec** at fozimec@cox.net.

—Frances Ozimec

REALLY SERIOUS BOOK CLUB

The Really Serious Book Club met at the home of **Mike Harrod** and discussed *Political Tribes—Group Instinct and the Fate of Nations*, by Amy Chua. The author examines our continued failure to recognize the sub-cultural differences and subtleties of the nations and areas we have invaded in the past, such as Vietnam, Afghanistan, Iran and Syria that have cost us in American blood and treasure. Not recognizing the primacy of the Vietnamese over the Chinese in Vietnam was especially costly. The multiplicity of jurisdictions and agencies in the areas of Afghanistan and Pakistan and varied goals of politicians make reaching solutions for peace impossible, as illustrated by our long-term occupancy in the areas.

The next book we will discuss is *Behemoth—a History of the Factory and the Making of the Modern World*. If you would like to join us, call **Norton Schwartz** at (949) 481-2459 or e-mail at nortlynne@cox.net. You will be supplied with an Oreo cookie if you come.

—Norton Schwartz

BRIDGE

The Bridge Club enjoyed a Christmas luncheon on December 19 and didn't meet on the 26. In January we resumed our regular meetings on Wednesdays at 11:00 a.m. in the Clubhouse, where we have three or four tables each week.

If you're interested in joining our group, please contact our new organizers, **Betty** and **Bob French** at (949) 312-2556. We only ask that you have a basic knowledge of the game and a base-line proficiency in playing. We look forward to having you come out and joining us.

Our recent winners:

January 2: 1st) Betty French, 2nd) Helen Campbell, 3rd) Bob French

January 9: 1st) Helen Campbell, 2nd) Betty French, 3rd:) Joannie Donohue

January 16: 1st) Frieda Baskin, 2nd) Joannie Donohue, 3rd) Karen Oerele

—Jim Pinola

MEN'S GOLF

January was a quiet month for the Men's Golf Club. With New Year's happening on a Tuesday (our usual golfing day) and the wet weather after that, we ended up with only two outings. That said, the rain followed by sunny weather made the courses lush and green. We managed to sneak in a Tuesday at Oak Creek and Strawberry Farms.

Coming up in February we will be playing San Juan Hills, Tijeras Creek, Talega, and Arroyo Trabuco.

FIVE NEW GOLF RULES, MAYBE

Rule 1.d.6 (b) A ball hitting a tree shall be deemed not to have hit the tree. This is simply bad luck and luck has no place in a scientific game. The player must estimate the distance the ball would have traveled if it had not hit the tree and play the ball from there.

Rule 2.b.3(g) There shall be no such thing as a lost ball. The missing ball is on or near the course and will eventually be found and pocketed by someone else, making it a stolen ball. The player is not to compound the felony by charging himself or herself with a penalty.

Rule 3.a.9(k) Putts that stop close enough to the cup that they could be blown in, may be blown in. This does not apply to balls more than three inches from the hole. No one wants to make a travesty of the game.

Rule 4.a.9(k) There is no penalty for so-called "out of bounds." If penny-pinching golf course owners bought sufficient land, this would not occur. The golfer deserves an apology, not a penalty.

Rule 5.g.15(z) There is no penalty for a ball in a water hazard, as golf balls should float. Golfers should not be penalized for manufacturers' shortcomings.

—Bob Russell



FAMILY FUN –
SPORTS FOR SPECIAL NEEDS YOUTH

For youth with special needs, the Spirit League of Orange County offers team sports in a positive, encouraging environment that builds sports skills, self-esteem, and friendship. And it's great fun too! I've personally witnessed the high-fives and smiles from kids at the games who previously couldn't handle organized sports, but really learned to enjoy playing on a team in Spirit League.

The League is designed for boys and girls ages 6 to 22 who have difficulty keeping up with their peers in physical and social activities. Spirit League welcomes athletes who might not be able to fully participate in their local neighborhood youth sports program due to autism spectrum disorders, learning disabilities, Down's syndrome or cerebral palsy, or other physical and emotional disabilities. Coaches, team mentors, and volunteers are background-checked and trained for working with special needs youth.

Spirit League athletes can choose from several sports, and teams are organized into Divisions based on age. **Basketball** runs January to March; **Baseball**, April to June; **Soccer**, September to November.

If your family has a special needs child, teen, or young adult who would benefit from the physical activity, personal attention, and good times offered by being part of a sports team, then check out the Spirit League website for more information: www.spiritleague.org.

—Sandy Homicz



MEET YOUR NEIGHBOR

BUNNY MAHONEY

Bunny Mahoney has been an active, contributing member of the Niguel Shores community for the past fifteen years. Born and raised in New Zealand, Bunny grew up surrounded by water, loving the outdoors and all kinds of water sports. She learned to sail as a child and actually had her own boat at the age of 10. It was Bunny's love of the water, especially sailing, that led to meeting her future husband, **Paul Mahoney**, in 1943.

Paul was a United States Marine stationed in the South Pacific when he contracted Malaria and was sent to a military ship's hospital to convalesce in New Zealand. When he was well enough to go out each day, he asked that the American Red Cross workers take him down to the beach. It was on one of those beach outings that Paul met Bunny.

She had gone out for a sail, as she did most days. When she returned to the shore, the cart she used to carry her boat back and forth to the beach was gone—apparently stolen. Paul spotted her struggling to carry the boat and stepped up to help her. They chatted for a while, but then Bunny excused herself to go home for lunch. Paul, who was obviously not shy, announced that he was quite hungry and would love to join her. It turns out that Bunny's mom was a very fine cook, and Paul stayed for lunch that afternoon and kept coming back for the beautiful company and the wonderful food.

Bunny and Paul were married in Auckland, New Zealand, in 1946. Shortly thereafter, they moved to the United States. Paul attended Temple University Law School in Philadelphia and Bunny worked as a secretary. Philadelphia was a culture shock for Bunny—very different from the quiet rural lifestyle she left in New Zealand.

When Paul graduated, the couple moved to the San Francisco area where Paul was offered a position with New York Life Insurance Company. The job required several relocations in California, and even a few years in New York, but they knew they wanted to raise their family and eventually retire in



Bunny and Paul Mahoney



The Mahoney Family

California. Paul and Bunny had four daughters, **Robyn, Gail, Shane** and **Leslie**. Their oldest daughter, Robyn, died of a cerebral hemorrhage when she was only thirty, a devastating blow to the entire family.

After his forty-year career with New York Life, Paul and Bunny decided to retire in La Jolla, where they lived for almost twenty years. Bunny and the children always traveled back and forth to New Zealand to see her family, and once Paul retired, he and Bunny spent winters in New Zealand.

Regardless of where they lived, the Mahoney family led an active lifestyle. They all enjoyed tennis and hiking, but the beach and water sports were their favorite activities.

Whether it was a family vacation in Hawaii or Lake Tahoe, they wanted to be near or IN the water. Eventually, the love of those activities drew them to Niguel Shores. When Paul became ill in the early 2000s, Bunny knew she needed to find a single level home close to family. Bunny's daughter Shane lived in Dana Point and had played tennis with friends in Niguel Shores, so Shane started searching for a property for Mom and Dad in the Shores. They made offers

on several homes, but with no luck. Then, early one morning, Bunny got a call from Shane telling her to get to Dana Point, "Right now!" Bunny did just that, and by lunch time she had purchased their home in the Villas.

As it turned out, actually moving into Niguel Shores had to be postponed a bit because Bunny had promised her granddaughter, Bianca, a surf trip to Australia as a high school graduation gift. The family's love of all things water-related greatly influenced Bianca, who started surfing in elementary school. She is now a nationally-ranked Big Wave Surfer who competes all over the world. Bianca successfully lobbied the Coastal Commission to require prestigious Big Wave surfing competitions to allow women to participate and to receive equal compensation when they win.

Once Bunny settled in to Niguel Shores, she felt at home right away. She especially loved the pool and joined

MEET YOUR NEIGHBOR CONT.

the Dippy Dolphins, an activity she continues to enjoy several days a week. She joined Page Turners and the Women's Club and served on the Women's Club Board for several years. Bunny's many activities also included Saddleback's Emeritus Institute film class; volunteering at the Assistance League of San Clemente in the Coral Thrift Shop; and working with the School Bell Program at Del Obispo Elementary School in San Juan Capistrano. As noted earlier, Bunny has long enjoyed an active lifestyle.

Unfortunately, Paul's health continued to decline, but Bunny found help with in-home caregivers so he could remain in the comfort of their home. Paul passed away in 2005 from complications of Alzheimer's.

Three years ago, Bunny and her daughters decided they wanted to do something special to celebrate Bunny's 90th

birthday. That same year, one of her daughters turned 60 and a granddaughter turned 30. So they began to plan a "30 - 60 - 90" celebration. At first the kids thought about dinner at a fancy restaurant, but Bunny had a different plan. She decided to take her entire family—daughters, spouses, grandchildren and great grandchildren—all 19 of them—to Fiji. Needless to say, it was a wonderful and, of course, very active adventure. The family actually took over an entire hotel in the small town of Taveuni.

Bunny is certain her move to Niguel Shores was the right one. She has always felt welcome by all her wonderful neighbors and friends. As for now, Bunny plans to stay active and enjoy life here in the Shores. Chances are most mornings you will find her doing one of the things she loves, exercising in the pool with her fellow Dippy Dolphins.

—Patti Staudenbaur



CAUSES OF FEAR, PHOBIAS AND ANXIETY IN DOGS

Note: This article discusses the causes and symptoms of these conditions. Methods of treatment will be discussed in my next article.

Fear, phobias and anxieties are common problems for dogs that may seriously affect the quality of their lives.

Fear may be triggered by the presence of predators or by other intense physical environmental stimuli. Individual dog breeds may have fears of different things. Fear as suffered by dogs can be indicated by attempts to escape, increased heart rate, and muscle tremors. A dog in fear might lower and tuck its tail, flatten its ears or have the hair stand up on its back.

Phobias differ from fears and anxiety but these three are closely related. Phobias are less common than fears and can come and go. The difference between a phobia and a fear is that a full-blown phobic response happens fast and can be incited with only one exposure to a stimulus. Phobias may often be triggered by thunderstorms and percussive sounds, including sounds from vacuum cleaners, windshield wipers, toilet flushing, and even sounds the pet owner may not hear. Phobias can be caused by inadequate socialization or a trauma suffered by a pet when young.

Herding breeds and hounds suffer more often than other breeds from noise phobias. Clients seek help for phobic issues more often than for fearful responses. A dog with a phobia may try to run away, seek to be close to an owner, become aggressive, tremble, hide, vocalize, eliminate stool or urine, salivate, dig, chew, pant, injure itself or cause property damage.

Anxiety can be triggered when a dog responds abnormally to normal social and physical environments. Signs of

anxiety include increased vigilance and scanning, increased heart rate, and increased motor activity. Anxiety reactions differ from fear reactions, as the response is generally not related to immediate changes in the environment or behavior.

The most common type of anxiety in dogs is **separation anxiety**. Dogs that come from shelters, rescue groups, prior homes, or that were strays are more affected. Changes in home location or household schedule, the presence of new people or pets in the home, living with a single owner, and the stresses of living in an urban environment can all contribute to separation anxiety. A dog with separation anxiety may become anxious when the owner prepares to leave, may tremble, bark or whine, dig, chew, create messes and avoid food or drink. An anxious dog may even hurt itself and break teeth, cut the mouth, or break nails in an attempt to escape. Separation anxiety can be difficult to diagnose because there are many possible causes for the behaviors seen with it.

Getting a Diagnosis

The diagnosis of phobias, fears, and anxiety is based on the clinical signs and the exclusion of other causes of abnormal behavior. To diagnose these conditions, your veterinarian will do a complete history and physical exam and may perform laboratory tests. Medical conditions, such as those affecting the urinary and gastrointestinal tract, hormones, metabolic diseases and seizure disorders, must be ruled out as the causes of the dog's abnormal behavior.

—Susan Davis, DVM



CUISINE CORNER

When the Capocciana family closed their popular Biagio's in Huntington Beach, Orange County lost its finest Italian restaurant—one that set the standard for truly good Italian food here and also into the old Italian communities in Los Angeles.

Even so, I'm glad Dana Point has two Italian restaurants that my wife and I enjoy because, when dining out, she isn't too fussy about where we eat as long as it is Italian. **Casanova's Ristorante** (Albertson's Center on Del Obispo) would be our choice to take friends or children or grandchildren for excellent Italian food on a non-special day. It consistently has a nice range of dishes and provides good service for a fair price.

However, for those special occasions when you crave the best Italian food coupled with a warm atmosphere and topped with an ocean view, then **Stella's Serious Italian Restaurant** (Gelson's Center on PCH) is the place. Much like the old Biagio's menu, Stella's intermingles Neapolitan high style dishes while embracing the inviting comforts of home.

Stella's takes pride in using the freshest possible organic products, and your taste buds notice the super quality right away. Remember not to focus too much on the Starters Menu, with all its appealing items, because you might ruin your ability to address the extensive Main Menu that includes nearly every Italian dish imaginable. Believe

me, each dish we tried has been prepared to perfection.

Stella's has a large woodburning oven and customers are encouraged to try one of the pizzas baking in it, but we went there for the real food so we resisted the temptation. Like most restaurants, considerable profit comes from the sale of bar drinks and wines. We noted that Stella's house wines are of good quality and substantially cheaper than nearby competitors.

The serving staff are enthusiastic senior people who know the food they serve and are most happy to explain the intricacies of each dish. Overall these folks are as professional as I have found.

One last thing—dessert. Pace yourself at dinner. Otherwise you'll miss selecting from ten or so great desserts offered. You can tell by the flavor that superior ingredients were used, and as a consequence, each item is not too sweet but extra flavorful.

One *more* last thing. I would be remiss if I failed to mention the live entertainment each evening provided by Gary King on the saxophone. Customers can choose from his repertoire of about 250 songs accompanied by taped music. The fine food, good service, and live music create a happy, friendly atmosphere.

My wife said I should mention that this is best place around to take your sweetheart or friend on Valentine's Day or any special occasion.

—Tim Murphy



Preventing Water Damage

Three centuries ago, the English jurist Sir Edward Coke presented a legal opinion that “the house of every one is to him as his Castle and Fortress,” a personal place of refuge and repose. From this comes the saying, “My home is my castle.”

But when repairs are needed, we might start thinking of “the castle” as a hassle—especially if we experience the problem of **water damage** from pipe leaks, faucet drips, aging roofs, clogged drains, errant sprinklers, or rainy weather.

Serious problems result when water invades a house. Damp soggy wood studs begin to rot. Mildew and dangerous mold may form. Insects can thrive inside this atmosphere. Beyond that, the repairs cost money and time. To avoid “the hassle,” here are some simple tips that may help prevent water damage to “the castle.”

- Have an experienced roofer check roofing, flashings, rain gutters, and downspouts annually.
- Be sure doors, windows, vents, and skylights are all tightly caulked with weatherproof material.
- Have a plumber or piping specialist check for potential leaks before they happen.
- Cut back plants growing close to exterior walls. Prolonged

contact with moisture from plants can damage siding. Invasive vines can expand into cracks or creep between the outside and inside walls bringing moisture with them, causing mold, and providing access for pests.

- Adjust landscape sprinklers so they don't spray the exterior of your house or your neighbor's.
- Be sure drainage carries water away from the property and out to the street so it flows into a storm drain. Homes on a downward slope should not send water from the property down the face of the slope. This causes erosion and/or slope failure. Be sure underground drains and above ground swales are free of debris that prevents the water from flowing properly.
- Keep the soil around your foundation several inches below the weep screed. Soil should slope away from the building to prevent pooling along the foundation and concrete slab. If not, the concrete can absorb this pooled water over time, allowing moisture to penetrate structural wood in walls and creating possible damage to flooring on the interior slab.

Our Niguel Shores homes might be our biggest investments, so it makes sense to protect them by preventing water damage. By taking some precautions, we can say, “My home is my castle—no hassle.”

—Seashore News Staff

SPOTLIGHT— PRESIDENT’S DAY

Ideas from George Washington’s Farewell Address

Did you know that on George Washington’s birthday every year the U.S. Senate gathers for their annual reading of **Washington’s Farewell Address**? The parties alternate yearly in reading the address out loud in the Senate Chamber. Republican Senator Ben Sasse of Nebraska did the reading in 2017; Democrat Senator Gary Peters of Michigan in 2018.

Washington’s **Farewell Address** is considered one of our nation’s **100 Milestone Documents**, as compiled by the National Archives and Records Administration. Its words of wisdom still hold true today.

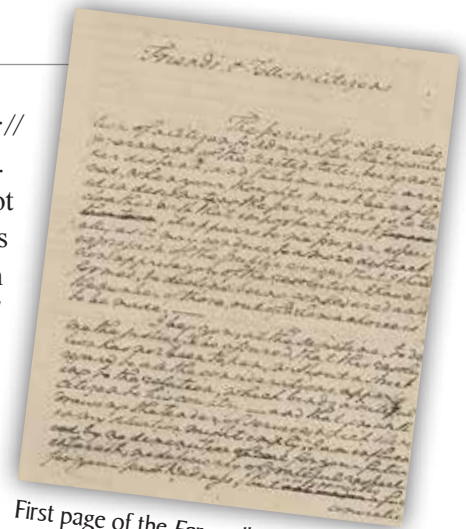
In composing the address, Washington expressed the affection he felt for our young country, speaking like a father giving practical advice to future generations. Among the many thoughts he presented, these three are often highlighted as the most important: **Maintain national unity. Avoid foreign alliances. Avoid divisive party politics.** You can read the entire document at http://avalon.law.yale.edu/18th_century/washing.asp or you can hear a Senator’s

explanation at <https://vimeo.com/121292907>.

When he decided not to accept a third term as President, Washington wrote out the *Farewell Address* by hand, dated it September 17, 1796, and then sent it to be published for the people in newspapers throughout the states.

This month, when President Washington’s words are read aloud by the Senate, we can only hope that our politicians will listen closely to his fatherly wisdom and heed his advice about supporting national unity, being wary of foreign alliances, and avoiding party partisanship in their dealings and decisions.

—Sandy Homicz



First page of the Farewell in Washington's handwriting.

Wellness... Sleeping Through the Ages

As the plane lifted off the runway for the six-hour flight home, every cell in my body was protesting. Not the lift off, but how tired I felt. I was only gone four days, but those four days were in a time zone three hours ahead of me, and every bit of my body was having a temper tantrum because it was so tired. The event I attended was well worth the trip, but sleep was fleeting and never enough. Sleep challenges are part of traveling, but how about everyday life? Is sleep really that important, and don't we all need the same amount?

As it turns out, sleep is *very* important, though sleep needs vary somewhat depending on age. Infants require 12 to 15 hours a night, those over 65 need just 7 to 8. Yet, one thing is constant for any age: Our bodies need to sleep in order to go through the many cycles of repair that are essential to remain healthy.

Our brains and all our organ systems require a certain amount of restorative “down time” to do a deep cleaning every night. During the day, our brains are preoccupied with processing all the information that we absorb, so nightly sleep is the only time available to organize our files. If that dirty work remains unfinished it carries over to the next

day, resulting in cranky people suffering from brain fog. To those who think they only need a few hours of sleep a night—think again. Sleep is an investment in total wellbeing, without which our health, overall performance, cognitive abilities, and neurocircuitry absolutely go bankrupt.

However, falling asleep and staying asleep can be elusive. Our body’s natural melatonin responds to darkness and signals our brains that we need to sleep, but melatonin is secreted in much smaller quantities as we age. Combine that with our stimulant-laden, electronic lifestyle with all its light and sound, and sleep can be hard to come by. For that reason, turning off our cells, tablets, computers, and TV thirty minutes before bed can make a huge difference. Keeping the lights low, taking a warm bath, making tomorrow’s To Do list (so you don’t think about it at night), and sticking to a bedtime schedule no matter what day of the week it is, helps tremendously. Also, caffeine late in the day with its six-hour half-life can keep you from getting the sleep you need—as can alcohol, a stimulant, waking you up in the wee hours of the morning—so drink these before 7:00 in the evening. Regardless of your age, do the prep work and experience a good night’s sleep. Remember, a good day starts the night before. Sweet dreams!

—Sharon Stewart



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

DANA POINT UPDATE

Happy 30th Birthday to Dana Point! On January 15, 2019 the City of Dana Point celebrated its three decades with a birthday cake and recognition from the Dana Point Historical Society. Our city's first Council members were sworn in aboard the brig *Pilgrim* in the Harbor in January, 1989. The current Council Members are Mayor Joe Muller; Mayor Pro Tem Paul N. Wyatt; Councilman Jamey Federico; Councilwoman Debra Lewis; Councilman Richard Viczorek. City Council meetings are open to the public and are held in the Council Chamber of City Hall, 33282 Golden Lantern, at 6:00 p.m. on the first and third Tuesdays of each month.

—Sandy Homicz

NEIGHBORHOOD ADS

Collecting used baseball equipment to donate to local kids who can't afford gear to play ball this spring! Drop off donations to box in NSCA ClubHouse lobby before March 1st. Contact Jackson at (949) 489-0290.

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

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SEGERSTROM CENTER

600 Town Center Drive, Costa Mesa • 714-556-2787 or scfta.org

Eddie Izzard: 'Believe Me' Tour

February 22 • 7:30 p.m.

Admission starts at \$39.00

Arguably one of today's top comedians Izzard's funny and emotional show has all of the intelligent human and ridiculous intrigue that fans expect from an Eddie Izzard performance.

Dublin Irish Dance "Stepping Out"

February 24 • 7:30 p.m. • Admission starts at \$29.00

Step into the high-energy production with Dublin Irish Dance for an evening of dance and song. World champion Irish step-dancers, an eight member traditional Irish band and a vocalist take the audience on a journey through the history of the Celtic culture experience.

ORANGE COUNTY FAIRGROUNDS

88 Fair Drive – Costa Mesa

Pacific Coast Sportsfishing Show

February 16-18 • 10:00 a.m. - 5:00 p.m.

General admission: \$10.00

Southern California's premier fishing show will feature tons of tackle, great travel destinations, boats and amazing seminars by the top captains in the area. A kid's trout pond is also available free of charge.

Cirque du Soleil's 'LUZIA'

February 21-March 25

Admission begins at \$50.00

Audience will travel to an imaginary Mexico in a waking dream, where light ("luz" in Spanish) quenches the spirit and the rain ("lluvia") soothes the soul.

For more information go to cirquedusoleil.com

41st Annual Orange County Home & Garden Show

February 23-25

General Admission \$6.00 – Seniors & Military \$4.00

Find everything for home and garden projects.

Don't miss the Great Landscape Competition with the best OC professionals competing for over \$5,000 in cash prizes plus a People's Choice Award.

ROGER'S GARDENS

2301 San Joaquin Hills Rd, Corona Del Mar

"Grow Your Own" Series

February 2 • 9:00 - 10:00 a.m.

Master horticulturist Steve Hampson, will discuss everything edible, including vegetables, herbs, fruits, berries and more. Learn about planting the last of the cool season vegetables, transplants from seed, insect control and fertilizing of fruit trees. Cost: Free Phone 949-640-5800 – www.rogersgardens.com

Succulent Heart Arrangement

February 6 • 5:00 - 6:00 p.m.

Fee: \$100.00 per person

Onita Castillo will show you how to create a unique succulent heart arrangement. Registration fee includes a terra cotta heart-shaped container, soil, succulent plants and instructions. For reservations call 949-640-5800 or go to shoprogersgardens.com.

OCEAN INSTITUTE

24200 Dana Point Harbor Drive

Mandela Painting by the Sea – Galentine Event

February 13 • 6:00 - 7:30 p.m. • Fee: \$35.00

Join local artists Christie & Daniela and gather your girlfriends for a special Painting by the Sea – Galentine Paint Night! No experience necessary. You will be painting and creating therapeutic Mandela Rocks and take them home to keep as a symbol and celebration of your friendship.

Girls in Ocean Science

February 16 • 8:30 a.m. - 4:30 p.m. • Fee: \$60.00

Female scientists will conduct hands-on workshops communicating the success and excitement available to women who pursue a science career. Young women who love science will come away empowered to explore careers in marine ecology and oceanography. Spend the day in research with leading scientists in labs and at sea aboard our research vessel, the Sea Explorer.

St. Valentine's Day Love Your Beach – Cleanup

February 16 • Doheny State Beach

Join in the first Cleanup of the year as we love Doheny back to good health after the runoff from winter rains.

BEACH CURRENTS

REAL ESTATE REPORT FOR NIGUEL SHORES

By **CONNIE MCKIBBAN**

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