January 2020

Published Monthly by Niguel Shores Community Association

### **Niguel Shores January Events**

### **IANUARY 7**

8:00 a.m. Men's Club **Breakfast** with firefighter and first responder Bob Feltz 7:00 p.m. Volunteer **Appreciation Celebration** 

### **IANUARY 8**

6:00 p.m. Resident **Roundtable** 

#### **IANUARY 9**

12:00 Noon Women's Club Luncheon with representatives from Meals on Wheels and Fisher House

### **IANUARY 15**

7:00 p.m. Sea Terrace **Townhomes 1** Annual **Association Meeting** 

#### **IANUARY 21**

8:00 a.m. Men's Club Breakfast with land sail racing pilot Don Rypinski

#### **IANUARY 30**

11:45 a.m. Women's Club **Trip** to Capistrano Mission and Lunch at Cedar Creek

To place future announcements of club events, send information to seashorenews@hotmail.com by the fifteenth of the month before the event.

### FROM THE HELM

In December, I mentioned that Orange County is seeking a **Coastal Development** Permit (CDP) from the California Coastal Commission to repair the Revetment protecting the slope by our Beach Bluff and the Breakers Isle homes.

The California Coastal Commission hearing on the Niguel Shores Revetment Project that was scheduled to be heard in December has been postponed until February 2020. Details on the date and location of the February hearing will be available and announced to the Community at a later date.

Your Board members and General Manager will attend the hearing to encourage the Commission to grant the CDP so that the County may begin the repair process.

The next Resident Roundtable will be held on January 8 at 6:00 p.m. in the Clubhouse. The Ad Hoc Master Recreation Committee would appreciate your attending and previewing some ideas for new and enhanced Recreation Amenities. If you are not able to attend, the visuals will be on display in the Clubhouse Lobby until late January. Time permitting, we will also discuss Neighborhood Watch and how we might institute that program in Niguel Shores.

The annual Niguel Shores Volunteer Appreciation Celebration will be held on January 7 at 5:30 p.m. when we will announce the Volunteer of the Year. The Board thanks all our volunteers for their many contributions to our Community and we hope to see you at the Volunteer Appreciation event.

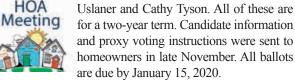
—Dick Kichline

#### SEA TERRACE 1 TOWNHOMES 1 ANNUAL MEETING

The Sea Terrace 1 Townhomes Annual Association Meeting will be Wednesday, January 15, at 7:00 p.m. in the Community Center Clubhouse. All Sea Terrace 1 homeowners are invited to attend. Refreshments will be served.

The purpose of the annual meeting is to elect Board members, review the annual budget and discuss the paint process for 2020. We will also introduce the candidates for the 2020 Board.

We currently have three vacancies on the Board and the following people are running for those open Board positions: Jeff Paige, David



We encourage all Sea Terrace 1 homeowners to attend, especially those on Halyard **Drive** as that is the street we will be painting this year. You will have a chance to see the available paint colors and ask any questions concerning the paint process.

Looking forward to seeing you on January 15.

—Jeff Paige

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### GENERAL MANAGER'S REPORT

Orrection to Budget Amount: In the December GM Article it was stated that the Assessments were increasing \$25 per month but it should have been \$25 per quarter. By this time, you have already received the quarterly statement and see that the assessments did increase by \$25 per quarter, however, I do want to apologize for any confusion this may have caused.

Welcome 2020: As we enter into the New Year of 2020, we may look at the upcoming year and set a goal or a resolution, gather with loved ones and celebrate, go to a parade or enjoy some football; but, whatever we do, we should always remember the simple things in life and our connections with family, friends, and neighbors are truly what is important. So, I offer a Toast of Appreciation to everyone in Niguel Shores and to a successful new year ahead.

### **Niguel Shores Community Association Staff Appreciation:**

George Cooley, Facility Manager, celebrated his 15-year anniversary here at Niguel Shores this past year. We are truly lucky to have George on staff and especially for such a long time. He is a valued employee and has done an excellent job during his service at Niguel Shores. George started here as a Maintenance Lead and was soon pro-

moted to the Facility Manager. He has served in that capacity for 12 years now. George enjoys his job and, most important, working with the Board and Maintenance Committee. When I talked with George about working here, he stated that although his job can be challenging, it is never boring. One thing George loves is solving problems and fixing things that no one else can figure out how to fix. He says the best part is that he actually gets paid to do something he enjoys.

Matt Northrop, Community Administrator, celebrated his 10-year anniversary at Niguel Shores this year. Matt has done a great job during his time here at the community. I asked Matt about his thoughts on being part of the NSCA Staff, and he said he appreciates the good people and warm atmosphere, and these are something to value in any workplace. Matt feels it is truly a privilege to know so many people in the community. We all appreciate everything that Matt contributes in so many ways to the efficiency of the

office and I know that the Committees he works with hold him in high regard too.

Blayke Miller, Customer Operations Specialist, celebrated her 5-year employment anniversary working at Niguel Shores and we are so lucky to have her happy, smiling face each time we walk in the office. When Blayke is asked by residents, "Do you like working here?" her response is always "YES!" Blayke stated that she really loves the people she works with and the residents who live here. "Niguel Shores genuinely cares about the people who work and reside here and are true to their values. No two days are the same and, although sometimes challenging, this is truly a great place to work." Blayke knows most people after one visit to the office and makes everyone feel very welcome.

I am hopeful that this staff stays for many more years to come. It is truly a pleasure working with such dedicated, hardworking, outstanding people who perform beyond expecta-

> tion in their jobs and need little to no supervision. Thank you, George, Matt and Blayke for your dedication—we all appreciate you!

Christmas Tree Disposal: CR&R will pick up your Christmas tree on your regular scheduled day for trash service at no charge. You may leave the tree out on the curb through January 15, 2020.

The tree must be free of all ornaments, lights, not attached to a stand, not flocked and not placed in a bag. The tree cannot exceed 6 feet. If it does exceed this height, cut off the top and throw that in the green trash. If you have any additional questions you may contact CR&R at (877) 728-0446.

**NSCA Rules Updates:** The updated rules were approved by the Board at the December meeting. You should be receiving them soon, but you will only receive the revisions. If you wish to obtain a full copy of the rules they are posted on the website at *www.niguelshores.org* and available in the office. We will be happy to help you if you have any questions.

**Holiday Decorations:** Please remember that all holiday lighting and decorations must be removed by January 15, 2020.

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

NSCA acknowledges Matt Northrop Blavke Miller

NSCA acknowledges Matt Northrop, Blayke Miller, and George Cooley for their longtime service to the community.

The Board of Directors Action Summary for December is posted on the Niguel Shores website at <a href="https://www.niguelshores.org">www.niguelshores.org</a>. The last approved General Session Minutes are posted on the Bulletin Board across from the NSCA Office entrance. The General Session and Executive Session Agendas for the next Board Meeting will also be posted on the Friday prior to the next meeting. THE NEXT BOARD OF DIRECTORS MEETING WILL BE HELD ON THE 2nd WEDNESDAY, JANUARY 8, 2020, BEGINNING WITH A RESIDENT ROUND TABLE AT 6:00 P.M.

### AD HOC MASTER RECREATION AMENITIES COMMITTEE

The members of the Ad Hoc Master Recreation Amenities Committee have been very busy researching ideas and possible new or enhanced recreation amenities for Niguel Shores. In regard to the recent Survey Monkey sent to owners with email addresses on file, thanks for responding with initial demographic information. This was helpful for early research concerning the demographic makeup of our Community.

On January 8, the Board will host the first 2020 Resident Roundtable, and Committee members will be showing some pictures and preliminary ideas for potential new or enhanced amenities. We invite you and your family to come to the meeting beginning at 6:00 p.m. to preview these ideas and offer feedback to the Committee members. At this point in time, we are in the discovery and research stage of our work. Nothing has been finalized or is "in concrete" or has dollars attached.

If you are unable to attend this Roundtable, the picture boards and feedback forms will be available in the Lobby area until January 27. Once feedback is gathered, the Committee will meet to discuss your input and which ideas will be researched further in more detail. Your feedback is very important to the Committee's work. We appreciate you attending the Roundtable, providing feedback and/or previewing the ideas in the Lobby as we move forward.

—Jeannie Sticher

### TRAFFIC AND SAFETY

Meeting with Sheriff's Personnel: This past month three sworn deputy sheriffs and a community service representative from Dana Point Police Services attended our regular committee meeting. The purpose was to establish a better line of communication and announce intentions for an enhanced policing profile.

The community service representative spoke about the possibility of a Neighborhood Watch program within our community which would boost communications between the Sheriff's Department and our residents. It is also designed to get neighbors working together on issues of mutual concern.

The deputies indicated that we are going to receive more patrol time, and if a traffic violation occurs within the community (such as failure to stop at stop signs), citations may be issued.

Limited Powers: Frequently minor issues develop which may or may not require a police presence. Far too often, folks first phone the gate or office instead of the sheriff. This only delays the immediate response of trained first responders. Our staff and patrol officers are not authorized to perform police duties and normally will not respond until the emergency, if there is one, has been controlled. Upon receiving a call necessitating police service, our staff will instruct the caller to phone the sheriff. Calling the gate or office could cause a delay in receiving emergency service. The point is to phone our sheriffs directly on any police-related matter. For emergencies, dial 911. For non-emergency dispatch, call (714) 647-7000 or (949) 770-6011.

Porch Pirate Hits Niguel Shores: Recently, a new modus operandi has developed among thieves. The thief canvases neighborhoods for recently delivered parcels left on porches. These thieves walk up to the porch, quickly abscond with the package, and flee to a nearby car. Thieves that steal in this fashion have been dubbed as "Porch Pirates."

In November, we had at least five such incidents in one day. Monarch Bay had a similar number, and the remainder of Dana Point was hit, as well as Laguna Niguel. Nobody directly saw the suspect(s) but deputies and victims started to look at security cameras and door bell video systems. (Their effectiveness varies, but most allow a view of the porch and the area out toward the street). Soon a rough idea of when the crimes occurred and a general description of the suspect and his car developed. Our post commander, Jesus Banda, and our office staff poured through records and our video surveillance tapes. After a lot of searching they "got it"—a clear video depicting a car and license plate number, and better yet, an extra-clear picture of the suspect and his unique tattoos. Our deputies now know who the suspect is, and are presently searching for him.

How did the thief get inside our gated facility? The video clearly shows that the suspect drove right up to a secured gate and acted as if he were frustrated that it wouldn't open. A resident apparently seeing this then drove up behind him, tripped the barcode reader, and opened the gate which allowed the suspect's car a clear path inside.

—God Bless . . . Tim Murphy

### **MAINTENANCE**

Wow, so strange to type 2020! We hope you had a wonderful Christmas and holiday season enjoying some much needed time with family and friends. While 2019 was a busy year for community maintenance projects, 2020 planning is already under way and, in some cases, has already started.

In the spirit of appreciation in the New Year, we want to thank our maintenance and office staff and acknowledge their work on behalf of all the residents of Niguel Shores, under the direction of our resident volunteers on the various committees and the Board of Directors.

Often, various projects require closure of our beautiful amenities like the pool/spa area, clubhouse, tennis/pickle ball courts, park or bluff. Sometimes gates, streets and sidewalks require repairs and need to be closed from time to time. We understand that these closures can be an inconvenience to residents who so enjoy all that Niguel Shores has to offer. However, we ask that you remain patient with the office and the maintenance staff as well as the Securitas officers at all times. It is important to remember that they are working on our behalf and doing their best to minimize any inconvenience as much as possible. It is NEVER appropriate to use verbal, physical abuse, threats, or intimidation with any employee, contractor or volunteer in the community—as stated in our CC&R's as well as our Community Rules instituted by our Board regarding Verbal and Physical Abuse.

We thank you for your patience and support in making Niguel Shores the "Extremely Well Maintained Community" it continues to be. Happy New Year to all from the Maintenance Committee!

—Geoff Dunlevie

### **EMERGENCY PREPAREDNESS**



Here are some twists to traditional New Year resolutions that you should consider making (BUT, go ahead and keep those you've already made as well).

**Insurance:** As a starter, how about reviewing your homeowner's policy. Take a look at the key factors, such as your replacement value, deductible, loss of personal property, and loss of use.

It may be useful to have a conversation with your insurance agent (When was the last time you did that?) especially if you've owned your home for a number of years. In particular, review the replacement value if you've recently upgraded, improved or remodeled your house.

Use your phone to take pictures of EVERY room in your

house, regardless of whether it is neat and tidy. (You might wait until Hubby is done with his shower.) Open all your kitchen cabinets and take pictures of the contents. Do the same for your closets and bathroom cabinets. Also, the garage and the outside of your home, too. These can be invaluable in the event of any loss or damage to your property, and WILL make a difference if you need to file claims. BTW, send those pics to the Cloud and even to your kids.

Credit Cards: Here's another twist to a resolution. Got too many credit cards? Want to close some of those accounts? Might not be a bad idea, BUT don't do it all at once! That could hurt your credit score. If you're in the market for a major loan, such as a mortgage or auto loan, hold on until that's accomplished. Close the accounts one at a time over weeks or even months. You'll probably want to keep the cards with the highest credit limits and perhaps your oldest card as well. Monitor your scores to see how long they take to recover from each closure. Be sure to use your remaining cards occasionally by charging small amounts and paying the balance in full. That will keep the cards active and help prevent the issuer from canceling them.

Social Security: Another twist. Why in the world would you want to delay Social Security payments when you decide to retire? Because doing that will INCREASE the amount you receive if you extend the beginning of payments up to 70 years of age, providing you can afford to do so. It also reduces your tax consequences. I suggest you contact your CPA/tax adviser to see what strategy is best for you. Google the National Bureau of Economic Research for papers on Social Security claiming strategies, including Recent Changes in the Gains From Delaying Social Security, Leaving Big Money on the Table and The Decision to Delay Social Security Benefits. Do some research and homework and call your tax adviser for specific strategies that might affect you.

Resolve to start the New Year off with better preparing yourself and protecting your home and finances.

—Kent Wellbrock





### WOMEN'S CLUB

Happy New Year From The Niguel Shores Women's Club! We welcome our new members, Roxanne DiMaggio, Alice Dilorio, Dee Gruenig, and Marty Uslaner into 2020, and invite all interested Niguel Shores ladies to join us on Thursday, January 9 for our first Luncheon Meeting of the year. The Women's Club activities include monthly luncheons with wonderful speakers, delightful outside activities, fabulous fun and friendship-plus our Fashion Show in March, Home Tour in April, and June Tea. Please contact Jennifer Paige at jopaige@aol.com or Judi Palladino at twopalls@yahoo.com for more information on membership.

On December 12, our Holiday Party with this year's theme, "Home for the Holidays," was a great success. Women's Club members and their guests enjoyed a festive evening in a relaxed woodland setting with holiday music, hearty appetizers, drinks, and desserts. In addition, together with the Men's Club, we collected toys for the children of the **5th Marines** at Camp Pendleton.

On January 9, our luncheon speakers will be from Dana Point Meals on Wheels and the Fisher House at Camp Pendleton-two worthwhile causes we have chosen to support this year. Age Well Senior Services goal is to make sure no senior in need goes hungry by providing vital nutrition programs through Meals on Wheels. Fisher House at Camp Pendleton offers free lodging for military families who have a loved one receiving medical treatment at a VA or military medical facility. To learn more about how our own Niguel Shores residents volunteer with these organizations, see the Seashore News articles on pages 12 and 13 of this issue.

Our Outside Activity for January is a trip to the Mission in San Juan Capistrano with our own Judy Palladino taking us on a private tour. See all the details in the Outside Activities announcement on this page.

Happy 2020 from the Women's Club to all our Niguel Shores friends!

—Terry Link

### MEN'S CLUB

Our popular 2019 Christmas Holiday Breakfast for members and guests featured the talented Dana Hills High School Choir led by Director Ray Medina, winner of numerous honors for his work with high school choirs. The tables were decorated with candles and greenery, and everyone enjoyed a scrumptious breakfast centered around a treasured casserole recipe from the family of club member Geoff Dunlevie.

This month, on January 7, we will hear from Bob Feltz, whose experience includes 39 years in the Fire Service with 32 in the Orange County Fire Department/ Authority. His assignments and public service, if listed, would be nearly endless. Examples are FEMA National Incident Management System All Risk Logistic



Instructor, Command and General Staff coach/instructor, and Vietnam Veteran in fire fighting for the Air Force. His first deployment was to the Oklahoma City bombing as a logistics specialist. Some of his assignments have sent him to hurricane headquarters, the Presidential Inauguration, the Haiti earthquake center in Miami, the California wildfires but these are just a teaser for the stories he will relate.

January 21 brings us something fun and different. Don Rypinski, land sail racing pilot, will tell us what

### Miguel Shores Women's Club Outside Activity For January

**EVENT: Mission San Juan Capistrano and lunch at Cedar Creek Inn** DATE: January 16, 2020 TIME: 11:45 a.m. to 2:45 p.m.

SPECIAL INSTRUCTIONS: Please meet in the Clubhouse Parking Lot at 11:45 a.m. and we will break out into carpools. We will drive to San Juan Capistrano and have lunch first at the Cedar Creek Inn where entrees cost about \$18.00. Then, we will begin our private tour of the mission led by our own Judy Palladino and return to Niguel Shores at 2:45 p.m.

RSVP: By January 14, please fill out the Mission Outside Activity form in the Office with a check for \$12.00 to NSWC for the tour fee. This will let Tina Fornadley (go4itre@gmail.com) know that you will be carpooling with us. Thank you!





sustained racing is like at surprisingly high racing speeds. With land sailing, such as the North American Land Sailing Association's International Championship competition, pilots from all over the world compete in lengthy races braving extreme heat or cold and hunger. Don gave up competition sailing a few years ago when he sped across



Land sailing racers.

terrain at over 75 mph yet was *last* to finish. In the rear position there was so much dust that he missed a turn mark and was headed for a fence at full speed. After purposely spinning

three consecutive 360 degree circles, his "land yacht" fortunately came to a stop. He got out, kissed the ground and decided that he could no longer compete safely against the speeds of younger daredevils. Now he enjoys the sport of land sailing by sharing his experiences with others. We will be the fortunate ones to hear him.

A \$25 annual membership in the Men's Club provides fellowship, good food, fun and great speakers. We meet on the first and third Tuesdays of the month at 8:00 a.m. in the Clubhouse. Come join us to meet your neighbors and begin your day with a good breakfast.

Finally, the club is indebted to **Robert Saint-Aubin** who did some terrific writing over the past several years for these men's club articles. I hope that I can submit half of his quality writing. Working with **President John Yocca**,

Treasurer Eric Eckes and Board Members Dick Kichline, Bob Russel, Roy Dohner and Steve Morris is a dream team that will make my job easier.

—C. W. Gruenig



Yocca Family in Niguel Shores Logo Attire

### **GARDEN CLUB**

The club's **Christmas Party** on Monday, December 16 was a resounding holiday success. As members entered the beautifully decorated Clubhouse they were greeted with a hardy "Merry Christmas." Members brought salads, appetizers, and



Festive centerpiece

desserts for everyone to share. They also brought garden related gifts to exchange during the raffle after lunch.

Beautiful table centerpieces set the mood for the festivities. The meeting began with members enjoying a colorful array of delicious food brought in by members. Next members got into the exciting task of choosing a gift when their raffle ticket was pulled out of the proverbial hat. Believe me, there were some real treasures to be picked from. It was a great way to end our 2019 Garden Club activities.

Lastly, I remind all club members that for our **January 20** meeting we have an excellent speaker, **Jan Chronert** of **Armstrong Nursery**, who will tell us all that we need to know about Orchids. Don't miss it. We will also have signup sheets for the spring committees.

—Karl Kuhn

### **ACTIVITIES**

### BRIDGE

Each Wednesday at 11 o'clock in the Clubhouse usually 16 or 20 residents and guests gather to play bridge. In December we enjoyed our holiday feast and several hours of bridge.

Sadly, we announce that our cherished member **Helen Campbell** has passed away. She will be greatly missed by all in our club.

Please call **Betty** or **Bob French** at (949) 312-2556 if you are interested in playing bridge with us.

#### **Our recent winners:**

11/20 1) Mary Ann Theisen 2) Frieda Baskin 3) Jim Pinola12/4 1) Mary Ann Theisen 2) Frank Lapple 3) Mike Oliva

-Bob French

IN MEMORIAM

# Helen Campbell

(1925-2019)

Resident of Abalone Drive since 1998. Helen never missed Wednesday Bridge Club and loved to win!

She was a longtime member of Bridge Club, Women's Club, and wrote Bridge Club articles for the *Seashore News*.

She will be missed by all who knew her.

### DANA POINT LIBRARY

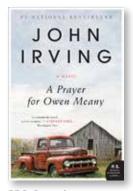
Dana Point Library activities for January, 2020 listed by date and time. Programs are free and open to the public. Registration may be required.\* Contact the Service Desk at (949) 496-5517 or see www. ocpl.org/libloc/dana/calendar for more information.

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DATE	TIME	ACTIVITY
2	11:00 a.m.	Memory Club: Brain Boosters Class – adults
3		Coloring Club – adults
5	1:30 p.m.	STEAMPORT – grades 1-6
7	9:00 a.m.	Basic Computer Skills* – adults
	3:30 p.m.	Tech Tutors help with technology. Bring your device.
	5:00 p.m.	Write On! Writers' Group – adults
8	3:00 p.m.	Lego Design, Build, Create by Friends of Library – all ages
9	10:30 a.m.	Gentle Reads: Small Blessings by Martha Woodroof – adults
10	10:00 a.m.	Coloring Club – adults
11	1:00 p.m.	Winter Crafts Open House by Friends of Library – ages 12 and under
14		Basic Computer Skills* – adults
		Toddler Story Time/Stay and Play
	3:30 p.m.	Tech Tutors help with technology. Bring your device.
15	10:30 a.m.	Preschool Story Time/Stay and Make a Craft
	4:30 p.m.	Study Buddies help with homework – preK to 6th grade
16	3:30 p.m.	Tween Tech Time: Create moving, blinking 3D designs – ages 10+
17		Coloring Club – adults
18	11:00 a.m.	Salad Bowl Garden: Plant a bowl of healthy greens* – ages 12-adult
	2:00 p.m.	Bilingual Spanish/English Story Time – all ages with an adult
	2:00 p.m.	Teen Advisory Board – grades 7-12
19	2:00 p.m.	Travel Club: Europe with Rick Steves – adults
21	9:00 a.m.	Basic Computer Skills* – adults
		Toddler Story Time/Stay and Play
	3:30 p.m.	Tech Tutors help with technology. Bring your device.
	5:00 p.m.	Write On! Writers' Group – adults
22		Preschool Story Time/Stay and Make a Craft
	3:30 p.m.	Experiment and Learn: Parachutes – ages 5-8
24		Coloring Club – adults
26	2:00 p.m.	Foreign Film: <i>Twin Flower</i> , Italy 2019 – adults
27		Seaside Book Club: Rocket Men by Robert Kurson
		English Class by South Coast Literacy* – adults
	5:30 p.m.	Pajama Story Time by NCL Laguna Storytellers – all ages
20	10.20	with an adult
28		Toddler Story Time/Stay and Play
		Young Readers Book Club by Friends of Library – ages 5-8
• •	3:30 p.m.	Tech Tutors help with technology. Bring your device.
29		Preschool Story Time/Stay and Make a Craft
30		Family Movie: Toy Story 4 – all ages
2.1	4:00 p.m.	Teen Book to Movie: <i>The Sun is Also a Star</i> – ages 13+
31	10:00 a.m.	Coloring Club – adults

—Dan de Neve, Dana Point Library

### PAGE TURNERS

January finds both Page Turners groups settling in to our familiar routine of meeting monthly to discuss one of the ten books chosen last spring by the members. Our selection this month is A Prayer for Owen Meany by John Irving. The following are author Stephen King's comments on this book: "John Irving, who writes novels in the unglamorous but effective way Babe Ruth used to hit home runs, deserves a medal not only



PBS Great American Read Top 100 Pick

for writing this book but for the way he has written it . . . A Prayer for Owen Meany is a rare creation in the somehow exhausted world of late twentieth century fiction—it is an amazingly brave piece of work . . . so extraordinary, so original and so enriching . . . Readers will come to the end feeling sorry to leave (this) richly textured and carefully wrought world."

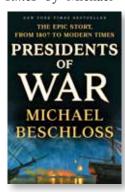
Meeting dates this month are Monday, January 27 and Thursday, January 30. For information on the Thursday group contact Steve and Ann Morris at samwrsi@cox.net and for the Monday group **Frances** at *fozimec@cox.net*.

—Frances Ozimec

### REALLY SERIOUS BOOK CLUB

Our January book is the 600 page Presidents of War: The Epic Story from 1807 to Modern Times by Michael

Beschloss, a presidential historian who is often featured on PBS or other television channels. An excellent writer, Beschloss presents personal details and background that yield a different view on segments of history you thought you were familiar with. He gets into how the Presidents handled the public, Congress, and the Military in times leading up to and during



war. Jefferson does

not come off well, nor does Madisonbut that is as far as I have read to date. By the time we meet on January 20 at 1:30 p.m., we are sure to have much more to discuss about this book that the New York Times calls "a superb and important book" with "fascinating nuggets on virtually every page." If you would like to join us, please contact Norton at *nortlynne@cox.net*.

-Norton Schwartz

#### FRIENDS OF THE DANA POINT LIBRARY

11:00 a.m. English Class by South Coast Literacy\* – adults

Friends of the Library volunteers gathered December 12 for the unveiling of their landscape project at the Dana Point Library. Among the volunteers are Niguel Shores residents Lisa Buchner, Dolores Freeman, Sherry Frymoyer,



Frances Ozimec, Laks Sehgal, Ann and Paul Strauss. Funds for the many projects and programs the Friends provide to the library come from the Friends' sales at local kiosks, on the Internet, and at the Friends of the Library Bookstore located at the entrance to the library. —Lisa Buchner

### **PICKLEBALL**

**Court Times:** Pickleball courts are available daily from 9:00 a.m. to dusk. Drop In Play hours are Monday, Wednesday, Friday, and Saturday from 9:00 a.m. to Noon.

**Pickleball Holiday Celebration:** To this correspondent's eye, it seemed we had more than 60 picklers enjoying our holi-

day party on December 11, with some of the members really getting into the spirit (as you can see from the photo here).

Thank You! The past few months have seen a lot of fun times on the pickleball courts with increasing skills by all players and a



Picklers really know how to party! (left to right) Julie Skillman, Kathy and Chris Zoch.

welcoming environment for new players. Special thanks to **JoAnne Webb** for taking the lead on introducing Pickleball into Niguel Shores, the NSCA Board for their support, the steering committee, and all the players that keep coming out to grow our pickleball community.

**How To Do a Legal Serve** (USAPA Tournament Rule Book):

- 4.A.5. The serve must be made with an underhand stroke whereby the server's arm must be moving in an upward arc
- 4.A.6. The paddle head must be below the server's wrist when it strikes the ball. The highest point of the paddle head cannot be above the highest part of the wrist (where the wrist joint bends)
- 4.A.7. Contact with the ball is made below waist level (waist is defined as the navel level)

**Contact Us:** If you are interested in being added to the pickleball email list, email your information to *niguelshores*. *pb@gmail.com*.

—Steve Barrett

### MEN'S GOLF

The Niguel Shores Men's Golf Club had a great 2019 and everyone is looking forward to more great golf in 2020. We played some excellent courses, had fantastic weather, and added some great new members.

On December 10 we met for our annual end of year putting contest followed by a brunch at Talega Golf Club. We had 24 talented players take on a difficult course laid out by Talega's finest. Some of the holes seemed impossible, but the crew from Talega showed they were able to make it in two putts. The winning team was **Sam Johnson** and **Dick Kichline**, which says even those non-golfers who show up for the putt contest can

complete (as long as I calculate the scores). As always, it was fun for all.

At brunch we presented the much coveted "White Jacket" to the **2019 Golfer of the Year, Chris Dolkas.** Chris has stepped up to help manage the weekly golf outings and is very deserving of this award.



Men's Golfer of the Year Chris Dolkas

This month we start out at Arroyo Trabuco, followed by Oak Creek, Talega, and Tijeras Creek. It should be a great 2020!

—Bob Russell

### WOMEN'S GOLF

New Year's good wishes to all! Our golf outing last month at the Ranch in Laguna Beach included three golfers, **Irene McDonald, Catriona Sigsby,** and **Julie Patton.** After the rains, the course actually played quite well and was in great shape. It was wonderful hearing running water throughout the course and the cliffs surrounding. Our holiday luncheon was

attended well with a total of 17 ladies including a founding member, Carol Holinger.

### Golf played out this way:

Low Putts . . . . Julie Patton Low Score . . . . Catriona Sigsby

As we do every month, we invite and encourage all you lady golfers to come out and play! If you'd like to be included in the tee times for **January 13**,

The Ranch at Laguna Beach Nine-Hole Golf Course

please text or call Brenda Gino at (619) 921-5821.

—Brenda Gino

### **TENNIS**

Happy Tennis in 2020! The Tennis Round Robin in December and the Holiday Happy Hour were hits with all who attended—everyone from 17-year-olds to those in their 70s! It's good to know we have many talented junior players in the Shores!

Hopefully we can organize more play in the future. Anyone interested in finding matches or participating please contact *4oceanbreeze@gmail.com*. Be sure to include your level: Beginner, Intermediate, Advanced and/or any league level you have played for USTA, Pac Sun, Hill and Canyon or others, as well as your preference for singles, doubles or mixed play.

If you provide contact details and the info above, you will be added to the tennis list for those looking for matches so you can contact each other to set up matches.

If you'd like to hear from a tennis information committee to stay informed about Niguel Shores Tennis, please contact Don Baer at *pacific92629@yahoo.com* or (949) 422-9140.

Happy Hitting in the New Year!

—Jenny Rose

### Women's Club Party "Home for the Holidays"







Men's Club Choral Breakfast







Garden Club Party







Bridge Club Holiday



Toy Collection





### Tree Lighting











Pickleball Party







Holiday Lights







Golf Brunch











### NIGUEL SHORES VOLUNTEERS SERVING MILITARY FAMILIES AT CAMP PENDLETON

Tiguel Shores is a community based on volunteerism. Our residents contribute countless hours to make sure Niguel Shores continues to thrive as one of the most desirable places to live in South Orange County. Some of our residents not only volunteer within our gates but also share that spirit of volunteerism with organizations throughout Southern California. One very special way that our residents donate their time is by supporting the men and women of the U.S. Military and their families at Camp Pendleton through various philanthropic and charitable groups, such as the three featured here.

### **Assistance League of Capistrano Valley**

Several of our Niguel Shores neighbors help Camp Pendleton's Marine families through the Assistance

League of Capistrano Valley (ALCV). Among these volunteers are Joan Ingle, Bunny Mahoney (now retired after many years of service), and Kathy Newport. ALCV is an all-volunteer, non-profit organization funded by the Bargain Box Thrift Store in San Clemente. One of its philanthropies is providing new clothing and needed supplies four times



Joan Ingle volunteering at Assistance League Shop

a year to children of military families at Pendleton, as well as awarding scholarships for graduating CUSD high school seniors of military families.

### **Fisher House at Camp Pendleton**

Niguel Shores resident Sherry Frymoyer actively participates in the good work of Fisher House at Camp Pendleton—a "home away from home" for military families



Sherry Frymoyer and Molly

while their relatives are undergoing medical treatments. Recently retired after a forty-year career as a Registered Nurse, Sherry keeps busy with many activities including the Niguel Shores Garden Club, Dippy Dolphins, the Pet Project Fundraiser, her hobby of oil painting, caring for her Maltipoo named Molly, and keeping in touch with her daughter

and grown grandchildren in Texas. Sherry her husband, Glen Gaubatz, have supported Fisher House monetarily over the years, but now she actively helps at Fisher House Camp Pendleton and also distributes information at local events about their work. She loves greeting visitors on Open House Days,



Sherry distributing Fisher House material at Dana Point Farmer's Market

getting to know the Fisher House resident families, and helping with whatever they need while lodging there.

Founded in Bethesda, Maryland in the 1990s by Zachary and Elizabeth Fisher, there are presently over 80 Fisher Houses located in the United States, Germany and the United Kingdom. They offer free temporary lodging for both active and veteran military families who need to be close to loved ones during a medical crisis.

Four of these homes are in Southern California—Long Beach, Camp Pendleton, and two in San Diego-comprising Fisher House of Southern California, a nonprofit, all-volunteer collaborative effort of American Gold Star Mothers, the American Legion, Fisher House Foundation, and other support groups.

Fisher Houses are usually in close proximity to a Veterans' Hospital or, as at Camp Pendleton, directly on a military base. The homes are decorator-furnished, modern



Fisher House at Camp Pendleton

and comfortable, ranging in size from 7 to 21 suites, each with a private bedroom and bath. They have laundry facilities, a fully-stocked kitchen where families can prepare meals, a dining room, large living room with television and computer areas, and children's play space.

Lodging at Fisher House is a resource that translates into enormous financial assistance for a military family who would otherwise spend thousands on outside hotels and meals while a relative undergoes treatment. It is estimated that the four Southern California homes save families approximately \$2.7 million annually. Presently, Fisher House is supported by private donations, government funding and grants. The residents are not necessarily active duty military; rather they are the parents, spouses, and children of an ill or injured serviceman or woman, and they reside at Fisher House to support their loved one's recovery.

**Dori Dennis Moorehead** of Fisher House will speak this month at our Niguel Shores Women's Club. She says, "Our organization is filled with the most amazing and friendly people on the planet and we are looking to add new members, especially people who live in OC and closer to Camp Pendleton and San Diego. I would love for people to start thinking about us as a place to spend some great volunteer time." For more about the work of Fisher House, contact Dori at (916) 340-5085 or see www.fisherhouse.org.

### Armor of Light Military Support Niguel Shores resident Len Beebe is well-known in our community as Chair of the Maintenance Committee, the leader of a Men's Club breakfast team, the father and grandfather of a large family with loads of activities, and the owner of a very social neighborhood cat named Ozzie. Len and his wife, Carol, can often be found at Camp



Armor of Light volunteer Len Beebe

Pendleton working with the **Armor of Light** group that takes care of two platoons—the **Knightriders** and the **Purple Foxes**. With Armor of Light, Len participates in eight or nine events for the platoon families a year, such as Thanksgiving where they fed 300 in the hangar, or Christmas where they worked with Sea World for discounted tickets and served a full meal in the Sea World Pavilion complete with Santa Claus. There are summer beach outings, gift collections for kids of different age groups, a celebration at Change of Command, a boutique where wives and girlfriends pick out donated items to help them dress up for the Marine Corps Birthday Ball, and Heroes Home for the Holidays which sends Marines home to see their families at Christmas. You can learn more about Armor of Light at www.armoroflight.us.

-Kathy Newport, Patti Staudenbaur, Sandy Homicz

### NIGUEL SHORES VOLUNTEERS SERVING THE HOMEBOUND

### Never Too Busy To Do A Good Deed

In addition to serving on our Niguel Shores Community

Association Board of Directors and holding multiple responsibilities in many other Niguel Shores organizations, **Jeannie Sticher** also volunteers with **Meals on Wheels** to bring meals to the homebound. Doing this is not exactly a new idea for Jeannie since her father delivered Meals on Wheels for over 20 years.

Every Tuesday, Jeannie brings three meals to each client on her route (one hot meal, a breakfast, and a frozen or ready-to-eat din-



Jeannie Sticher delivers for Meals on Wheels in Dana Point.

ner). She arrives at the Dana Point Community Center by 9:45 a.m., loads the meals into coolers or hot packs, and away she goes! Routes sometimes vary, but Jeannie usually delivers to about 9 to 12 seniors who do not have cars, have difficulty getting out, are on a short-term delivery schedule due to illness, recovering from a hospital visit, etc. Meals on Wheels delivers five days a week, with the weekend meals added to the Thursday or Friday deliveries. Clients are invoiced at \$9.00 a day, but arrangements are available for those who cannot afford to pay or only pay a portion.

Jeannie says her deliveries take no more than two hours. "Dana Point is not that big! And, yes, I do deliver in Niguel Shores to some homebound residents. We not only bring food, but we do a check to ensure our clients are all right, have not fallen, and are generally okay. Clients either must be willing to answer the door, leave the door unlocked, or place a key in a secure location. We cannot

leave meals on the front porch or outside."

Training is provided for Meals on Wheels volunteers. Qualifications include having a valid CA driver's license, car insurance, a car that can carry a few coolers, ability to follow a route and walk a short distance



or climb stairs, and use a cell phone in case of emergency. Those interested in volunteering or arranging for meal delivery can call **Sandra Andrews** at (949) 496-4252.

-Sandy Homicz

# Plan Ahead for Paris



Ah! Paris! The City of Light, City of Love! Many have visited this amazing city, some yearn to return, and others go for the first time to see what it's all about.

There are countless books, blogs, travel magazines, websites and per-

sonal recommendations to guide the tourist. So,

why write about it here?

One reason is to pass on a few essentials along with some lesser-known, well-worth-the-visit attractions we personally enjoyed that may pique your interest.

### **Getting Around**

- Paris is a walkable city and wonderful in any season. Purchase a Paris map for an overview and as a backup to your GPS.
- Understand the orientation of Paris, which is split in half by the Seine River and divided into 20 arrondisements.
- Organize your sightseeing by arrondisement, if possible.
- Be familiar with transportation as Paris is easy to navigate using Metro (in-city subway), RER (suburban rail linked to the Metro system), bus, taxi, Uber, or Lyft.
- Paris Train Metro Week Pass—Navigo Decouverte is a multi-use week pass smart card for Paris Metro trains, RER, and buses. Check online for current prices. Bring a photo so the card can be reloaded for future trips. Also available are Navigo day pass cards or a carnet of ten tickets.
- Scenic Bus Route #69 is a great and inexpensive way to get an overview of Paris. The scenic route crosses the city east-west, running between the Eiffel Tower and Pere Lachaise Cemetery, passing many great monuments on the way.

#### **Some Favorite Museums**

Consider buying a Paris Museum Pass. It pays for itself in two days with four key admissions and you'll skip ticket-buying lines.

- Musee D'Orsay
- Musee de l'Orangerie
- Rodin Museum
- Musee du Louvre
- Musee Picasso (reopened in 2014 after a 5 year, 52 million euros renovation)
- Foundation Louis Vuitton (Designed by Frank Gehry and nicknamed the "Iceberg." Opened in 2014 and located within the Jardin d'Acclimation in the Bois de Boulogne.)



### Places Beyond the Well-Known

- The Viaduc des Arts
- Place des Vosges
- Bagatelle Gardens
- New Bibliotech National
- The Gobelins
- Palais Royal and Passage Vivian

### **Day Trips by Train or Bus Tours**

- Versailles
- Brugges, Belgium

Giverny

- Fountainbleu, Chantilly,
- Chartres Vincennes

#### A Food Lover's Paradise!

- **Boulangeries**—bakeries that bake their bread on the premises, but may also sell patisseries
- **Patisseries**—pastries and the pastry shop they are sold in
- Croissant—a MUST in France—ALWAYS order a croissant au beurre (it should be straight from end to end, not curved)
- Pain au Chocolate—much like a croissant with delicious chocolate inside
- Chouquettes—lightly brown little sugar puffs that are crisp on the outside, creamy and tender inside with a sweet crackle from the pearl sugar on the outside
- **Don't ask for** *une baguette.* You will receive a baguette ordinaire, the Wonder Bread of baguettes. Ask for *baguette tradition* or *baguette a l'ancienne.* It's much tastier
- Decadent hot chocolate! Try it at two top tearooms: Angelina's on Rue de Rivoli and Café de Fiore in the Saint Germain des Pres area. The 1903 clas-



sic Angelina's serves *chocolate africain* so thick you can eat it with a spoon . . . and topped with whipped cream

- Best ice cream in Paris—Berthillon (closed in August) on Ile de Cite. If you have only one ice cream cone in Paris, make sure it comes from Berthillon
- **Farmers Markets**—check them out for days and times. Great place to shop for a picnic in Paris
- Restaurants are too numerous to name, but you might try L'Ami Jean at 27 Rue Malar (seventh arrondisment) for an authentic and delightful Basque dinner
- Try PAUL, a Parisian chain boulangerie. Baguette sandwiches, chocolate tarts and great macarons. Dine in or grab and go for a picnic in the park

### Update on the Fire and Rebuilding of Notre Dame

Good news! The French Legislative Assembly has approved a timeline which would see Notre Dame church back to its former glory by the 2024 Summer Olympics. More good news! Since 2013, honeybees have been colonizing atop some very famous Paris landmarks, including about 20,000 atop Notre Dame. A bee company recently checked on the hives and announced the bees have totally survived the fire.

### **Safety**

The U.S. State Department recommends anyone traveling near possible protests in Paris or other parts of France to use common sense, be aware of surroundings, review travel plans if you will be in France on weekends, and avoid demonstrations, which are typically announced ahead of time. The following English-language websites cover local French news:

- France24.com
- TheLocal.fr

Rfi.fr

■ *RATP.fr* (for Metro closures)

For additional assistance, contact the U.S. Embassy in Paris at +33 (1) 43 12 22 22 or *CitizenInfo@state.gov*. Those traveling in the south of France can contact the U.S. Consulate General in Marseille at +33 (1) 43 12 22 22 or *CitizenInfoMarseille@state.gov*.

As the Number One travel destination in the world, Paris offers so much to see and experience. There truly is something for everyone. Be safe, do your homework before you go, talk with locals, meander and explore this magnificent city. Enjoy!

—Michelle Ralph

### Wellness... Change Your Thinking, Change Your Life

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New Year's

Resolutions

rapped up in my PJ's and slippers while enjoying the morning sun, I inhaled the delicious aroma of the cup of steaming, hot coffee I held in my hands. Each sip was a delight to my taste buds and warmed my body as I slowly savored every mouthful. There's just nothing like that first cup of something hot and tasty to drink in the morning, especially on a winter's day in January. Being all alone in the house, with the exception of pets and "dust bunnies," this cozy am-

bience was just what I was looking for to take a closer look at my life—to hold up the mirror and ask myself if I'm happy with the way my life is going. What should I change, add, or remove? Once identified, how do I make those changes a reality?

First, it's important to note that this moment of intentional self-examination

happens to coincide with our fledgling New Year—a time when people vow to make changes in their life for the better, often in the form of resolutions. These are very popular this time of year, as evidenced by their presence in the news,

TV, the internet, and casual conversation with family and friends. With great excitement and expectation, we jump headlong into changing our life through a new behavior, like losing weight, going to the gym, or even never swearing while driving! However, resolutions are a little like diets. You follow through for a while, things improve, and then very quietly you get distracted. Diets are the same way. They begin and they end. You have some success and then the calories creep back, returning you to where you started. The truth is there is no end point or destination, just a journey, or a path along which we're changing our habitual thinking, our paradigm. Changed external behaviors combined with old unchanged

habitual thinking will keep you right where you are in the long run.

If you want to make some big, much needed changes in your life, and the New Year is giving you that blank canvas to really get going, stop for a moment and think about those desired changes and the images they conjure up. If you want to lose weight,

or do more exercise, or devote time to charity work, or clear out that stuff in the garage—whatever life changes you want to make—think about *why* these are important to you.

Continuously be mindful about your "why" as you begin to make changes, as repetition imprints it in your mind. Your new thoughts create feelings, feelings create action, and actions create your results, your long-term results. Regardless, give up making short lived resolutions this year and instead, change your thinking, and change your life.

—Sharon Stewart, RN

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

# What Do I Do? My Cat Can't Go!

If your cat has trouble urinating or has a tendency to urinate in strange places, you should know this is a common problem called Feline Lower Urinary Tract Disease (FLUTD). The symptoms should be taken seriously. If you witness them, seek prompt treatment of your cat by a veterinarian.

### Important details to know about the condition:

- **Age:** FLUTD can affect cats of any age, but typically we see it in mature cats, ages 1-10.
- **Breed:** FLUTD can affect cats of all types but is more commonly seen in purebred cats.
- **Gender:** FLUTD is found in both male and female cats, but it is a more serious condition in male cats.
- **Diet:** Some cats are sensitive to the amount of magnesium and phosphate in diets and need diets low in these minerals. These cats may develop crystals and/or stones in their bladders or urethras that lead to irritation, pain and urinary obstruction.
- Causes: Causes of the condition include age, diet, stress, and breed of cat. Cats who do not drink enough water or who have exclusively dry diets are more likely to have FLUTD. Infection is not a cause of the condition.
- **Symptoms:** Straining to urinate, increased frequency of urinating, blood in the urine, and urinating in strange places are the most common symptoms. Male cats can become obstructed and unable to urinate because their urethras are smaller. We call these cats "blocked cats." They often exhibit abnormal behavior. They may howl, vomit, cry in pain, crouch in the litter box for long

periods of time or may be unresponsive and lethargic. Sometimes clients fail to recognize that their cats are blocked if they miss the early signs of straining in the cat box or if they have cats that urinate outside.

- **Diagnosis:** Diagnosing FLUTD involves checking a urine sample at a veterinary clinic.
- **Treatment:** Treatment often includes a change in diet to a "urinary diet" that reduces the formation of crystals. **Note:** Over the counter "urinary diets" are *not* the same

as prescription diets and are not recommended. Wet food is preferred over dry for cats with FLUTD because wet food contains more water and can help flush out crystals from the urine.

If the cat has evidence of infection in the urine, your veterinarian will prescribe antibiotics.

If the cat is blocked, he will need to be anesthetized, have a urinary catheter placed in his urethra, and the

bladder will need to be flushed. Your veterinarian may take x-rays to make sure the cat does not have stones in the bladder or urethra. Often this cat is given fluids under the skin or in the vein. Blood tests are done to see the kidney function. This process can be expensive but there is no other option for blocked cats.

■ **Prognosis:** Prognosis is good if FLUTD is properly treated. Prescription diets are effective in eliminating recurrence of clinical signs. Cats with FLUTD need to remain on the special diet exclusively for the rest of their lives. Any other cat food or treats or human tuna can precipitate a recurrence of the condition.

—Susan Davis, DVM





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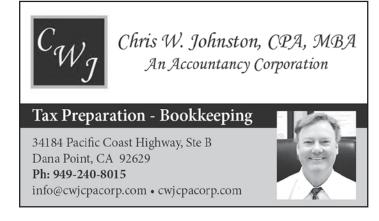
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Our niece got accepted to Biola! We'd like to buy her an inexpensive car to commute to school. Call or text 949/204-0969, Niguel Shores resident.

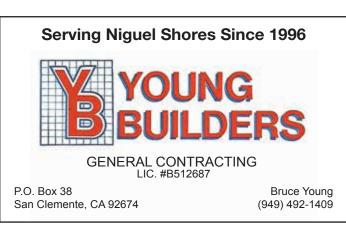
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May all your joys be true joys, and all your pain champagne.



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# HAPPY NEW YEAR!

and sending heart felt thanks ... - Connie



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\*(Representing Seller, Buyer, or Both)\*









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23835 BLUEHILL BAY

33821 MERCATOR ISLE

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