

Seashore News



January 2021

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Issue 565

FROM THE HELM

As we say goodbye to 2020 and a big welcome for 2021, I expect we all will add “good riddance.” This past year has been a challenge for everyone and we should all congratulate each other for keeping our community safe. With an effective vaccine now being distributed, we are all hopeful for a return to a normal life in 2021. Of course, we are not yet out of the woods, so we encourage everyone to do what is necessary to stay safe and well.

My wish list is for all our facilities to be open to owners, residents, and guests. This would include the Women's, Men's, and Garden Clubs meeting again in our clubhouse as well as the groups who play cards or just get together. I look forward to a return of our 4th of July Celebration and the



many great activities that our Recreation Committee works so hard to plan and put on. It would be great meeting up again with friends and neighbors for our gorgeous sunsets at the bluff. And ... I would like to ban all ZOOM meetings.

I know we have a ways to go, and this winter and spring will still be difficult. We all need to be patient, but I feel good times are not too far off.

This year has made me particularly thankful to live in such a great place as Niguel Shores. Thoughtful friends and neighbors have helped us all get through these difficult times and maintain a positive outlook.

Wishing all a very Happy New Year and a great 2021!

—Bob Russell

As the sun sets on 2020, the new year 2021 rises before us like a child filled with love, wonder, hope, and possibility.



WISHES AND RESOLUTIONS

We canvassed our clubs, committees, and activities for thoughts on how our community can continue moving forward on a positive note into the new year.

Check their ideas in the articles inside!

SEA TERRACE TOWNHOMES 1 AND 11



See Announcements on Page 3

CONGRATULATIONS! HOLIDAY LIGHTS WINNERS!



Photos on Pages 10-11

THANK YOU NIGUEL SHORES! OUR 2020 FOOD DRIVE RESULTS

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MEALS



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949-444-1674

Kathy@KathySamuel.com

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WELCOME 2021

As we enter the New Year of 2021, we may look at the upcoming year and set a goal or a resolution—and as we do this, let's always remember that the people who cross our path and the simple interactions of every day are what is most important. So, I offer a **Toast of Appreciation** to everyone in Niguel Shores and to a successful new year to come!

A Few Wishes for 2021

- **Wish for Patience** – With many COVID-19 restrictions still in place, we all need to be patient in the days and months to come. Take a deep breath, close your eyes, count to 5 (slowly) and Think Patience. We all can use a little patience from time to time.
- **Wish for Gratitude** – Let's express gratitude every day for what we have and all the good things in our lives. This is a beautiful community with many wonderful people so let's be grateful for all this community has to offer.
- **Wish for Integrity** – One of the best qualities we show in our actions is integrity, so let's hope for everyone to demonstrate integrity on a daily basis. If we all interact with integrity how much easier would our lives be!
- **Wish for Laughter** – When things seem to reach their worst, laughter can help to lift the spirit. Laugh at the absurd situations you are faced with and then laugh at yourself. Laughter is the best medicine, and it will lighten up any situation.
- **Wish for Less Stress** – Counselors tell us to deal with things as they come, do our best, and then let it go. Removing the stress whenever we can will help us feel better and it will definitely show.
- **Wish for A Wonderful Life** – Happiness, joy, love. A great work life. Good coffee. Pets that love you. Family and friends. Seeing life as it is, seeing others as they are, seeing ourselves as we are, and being okay with all of that. It truly is a wonderful life we live, so let's enjoy the coming year 2021.

A Personal Resolution for 2021

My resolution is to be the best I can be to those around me and even to myself.

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, 2021.

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.



Holiday Decorations

Please remember that all holiday lighting and decorations must be removed by January 15, 2021.

We all look forward to another amazing year at Niguel Shores.

HAPPY NEW YEAR TO ALL
from the Niguel Shores Staff!

—Marla Miller

SEA TERRACE I HOMEOWNERS

The annual meeting of **Sea Terrace I Homeowners Association** will begin at **10 a.m.** on **Saturday, January 16**. Due to COVID-19 restrictions, our annual meeting will be held outdoors at the Community Center on the patio next to the pool.

Please make sure you have voted for new Board members using the ballots that were mailed to each homeowner, and bring a chair if you would like to be seated during the meeting. Thank You!

—Jeff Paige

SEA TERRACE II HOMEOWNERS

The annual election for new **Sea Terrace II Board** members will occur in **March 2021**. Currently there are 3 seats available for owners. Please consider volunteering for one of these seats.

Contact Jeannie Sticher at jsbrodie12@gmail.com or Adrienne Ruben at rruben1@sbcglobal.net for questions or to submit your name for the March annual election. Please contact by January 30 if interested. We look forward to hearing from you!

—Jeannie Sticher

COMMITTEE REPORTS

COMMUNICATION COMMITTEE

New Year's greetings from your Niguel Shores **Communication Committee**. Like most of you, we are looking forward to a healthy and brighter New Year 2021.

We feel so fortunate and very blessed to have been able to continue our work on the *Seashore News*, and to keep the Niguel Shores website, www.niguelshores.org going strong during the last very challenging year.

Although we are proud of the accolades and support we have received, a wise individual once said, "There is always room for improvement." So, as we move into the New Year, our resolution will be to do our best to reach out to you, our residents, and hopefully encourage your contributions to our newsletter and our committee. Whether you have a special talent or interest that you want to share, or take a minute to acknowledge the help of a special Niguel Shores resident, or if you are interested in becoming a member of our wonderful Communication Committee, we would love to hear from you. You can email us your thoughts and suggestions at seashorenews@hotmail.com.

During the new year, please continue checking our website niguelshores.org for the most up to date information on what is happening in the community and beyond. Also, this may be a good time to update your gate guest list, check out documents or rules information on the website, review Niguel Shores office hours and updates, or just find out what some of our committees are doing to keep Niguel Shores the wonderful place we enjoy so much.

Best wishes to you all throughout 2021.

—Patti Staudenbaur

EMERGENCY PREPAREDNESS

Have we just witnessed the most unusual, unprecedented and disturbing year, not only in our personal lives but in the history of our country! Let's resolve to attack 2021 with efforts to improve the way we live our daily lives based on what we've learned from 2020.

That's a big resolution across many aspects of our day-to-day lifestyles, some of which we have already addressed, but still let's strengthen our efforts and resolve even more. Here's a quick list of actionable items to initiate and practice if we haven't already done so:

- Follow all the precautions we've been directed to do through the CDC, local and state directives, national guidelines and just plain common sense regarding the COVID-19 crisis. As you read this, we may be experiencing a domino effect from Halloween, Thanksgiving, Hanukkah, Christmas, and New Year's celebrations. Unfortunately,

there may be greater numbers of infections, hospital admissions, and, yes, deaths. So, this means even more reasons to tighten our resolve.

- Limit gatherings in and outside of home. You know the drill so don't slack off and go back to "normal" ways too soon.
- Get flu shots for the entire family.
- Check on those who are alone. Something as simple as a phone call can lift spirits, ease their anxieties, and remind them of our love and support.
- What about giving to those in need? Meals, toys, and everyday necessities are needed all year long, not just at Christmas. Giving these items will mean so much and bring smiles, love, and your blessings.
- Be careful gathering decorations and storing for next year. Practice ladder safety, dispose of old strings of lights, don't rush, put things away with care.
- Re-visit your list of earthquake supplies and update and replenish.
- Be more vigilant than ever regarding scam phone calls, emails, etc. The scammers are more determined and sophisticated than ever. They will laugh, not shed a tear with your money in their pockets.

Make it a safe New Year and take command of your health, safety, well-being, and happiness.

—Kent Wellbrock



LANDSCAPE

The Landscape Committee would appreciate your input if you see or hear of any problems related to a landscape issue in the common areas, such as a sprinkler leak or fallen tree, etc. Please fill out a Homeowner Request Form (sample below) available online or in the office, and submit it to the office. Thank you, stay safe, and Happy New Year!

—Bill Walkup

NIGUEL SHORES COMMUNITY ASSOCIATION
HOMEOWNER REQUEST FORM

REFERENCE NO. _____ DATE _____

NAME _____ TRACT / LOT _____

NSCA ADDRESS _____ PHONE _____

COMPLETE THIS FORM TO REPORT ANY MATTER YOU BELIEVE REQUIRES NSCA ACTION. Use a separate form for each request.

It is not necessary to write a second request since this first submittal will remain in file until resolution. If you have not received a response within 30 to 45 days indicating the action or progress relative to your request, you may call the office with the above reference number. Some committees only meet once per month thus a response may take up to 30 days.

If you are reporting a tree view blockage (TVB) matter, please include the name where you believe the offending tree/shrub is located. Attach a sketch or photo indicating location of view blockage, and where you are located (vantage point) when the view is impaired. The office staff will contact you to determine when your complaint will be reviewed by the View Preservation Committee, because they may need to visit your property on their meeting date to view the items in question.

SUBJECT _____ TRACT / LOT _____

DESCRIPTION OF REQUEST: _____

SAMPLE

COMMITTEE REPORTS

RECREATION COMMITTEE

Happy New Year from your **Recreation Committee!** A big thank you to all of the committee members, **Chrissy Rausch, Nancy Tinnes, Kathy Samuel, Chris Zoch, Suzanne Enis, Rhonda Dunlevie** and



Maria Elena Banks who took the time out of their busy schedules to chair different events throughout this crazy year.

Another big thank you to everyone participating in our **Holiday Lights Contest**, and congratulations to the winners! See the results posted on page 10 of this issue.

A New Year's Wish:

We hope that 2021 will be filled with more events that everyone can participate in. Keep a lookout for news to come.

—*The Recreation Committee*

TRAFFIC AND SAFETY COMMITTEE

Minimal Damage, Hooray!

The holiday season is concluding and we have been relatively successful in minimizing the number of non-residents and service personnel getting their tires flattened by attempting to enter our central community area via the Selva or Cabrillo gates. The reason for this positive result must be that you have been faithfully instructing guests that GPS gives directions to gates that are closest, but not necessarily gates that allow access to non-residents. Unfortunately, many unsuspecting drivers still fail to read the "Residents Only" signs at these gates and then become flustered when they can't get in. They then try to outsmart the system and tailgate a resident whose bar code properly tripped the gate open. Unfortunately, every month the spikes do what they are designed to do, and prevent the non-residents from entering by ruining a good set of tires. Please keep telling all guests and service people to use the appropriate gate at 33510 Mariner Drive for entry to the central community area.

Thefts from Our Cars and Trucks

Thefts from motor vehicles tend to peak during the holidays. However, the trend is usually slow to taper off. So stay alert. Thieves that steal from cars and trucks have a unique method of operation (M.O.). They are attracted to items of value that they can see from outside the vehicle. They shake the

door handle to see if it opens, since they usually only enter unlocked cars and trucks. If the car door opens, they quickly steal whatever they can. For the last several years, forced entry of locked vehicles has become almost unheard of.

We have experienced several thefts from vehicles in recent months. The thefts occurred during hours of darkness when vehicles were parked in the open and *unlocked*. Many of the target victims live near one of our perimeter walls or gates. It appears that the thief is an opportunist who hops a wall or walks through a temporarily opened gate and then looks for an unlocked car. The lesson is clear: Lock your vehicle and don't leave anything of value in it.

Video Surveillance

Recently, one person had their car stolen. Detectives from our Dana Point Police Services are examining our community's video recordings in an attempt to identify a suspect. Along this line, we have been asked to request those folks with a security system, or even a door bell system that video records activities outside their residence, to register them with the Dana Point Police Services (949) 248-3531. Of course, this registry is voluntary, but in the future the information may help detectives identify a criminal preying on a neighbor.

—*God bless . . . Tim Murphy*



Niguel Shores sends a warm welcome to our new residents!

Gary, Dot, and Creighton Wall recently moved to their home on Taranto Bay from Monarch Beach and, before that, from Nebraska.

Wayne, Gigi, Maeve, Matt, and Kevin McDonnell (along with their dog **Murphy**) are newly arrived on Kara Bay by way of Coto de Caza, Boston, and New Jersey.

WOMEN'S CLUB

Happy New Year from the **Niguel Shores Women's Club!**

We welcome our new members **Kathleen Girvetz, Petra Lemilin, Julie Chis, and Meg Schuler** into 2021. We invite interested Niguel Shores ladies to join us on **Thursday, January 14** at our monthly Luncheon Meeting. Throughout the year, we have wonderful speakers, delightful outside activities, fabulous fun and friendship—plus our marvelous Fashion Show in April, Home Tour in May, and lovely June Tea. Please contact **Jennifer Paige** jenopaige@gmail.com or **Judi Palladino** twopalls@yahoo.com for more information about Women's Club membership.

Last month, together with the Men's Club, we collected brand new, unwrapped toys for the children of the **5th Marines at Camp Pendleton**. Two overflowing boxes of toys were received joyfully by the Pendleton representative right before Christmas. Thank you to Niguel Shores Women's Club and Men's Club members for your generous toy donations!



A carload of toys collected by the Women's and Men's Clubs for children of the 5th Marines at Pendleton.

Our November destination to the Christmas Boutique at Roger's Gardens was a wonderful outside activity filled with the holiday spirit, and our lunch outdoors at the Farmhouse Restaurant was a delightful experience. Members, please watch your email for the announcement of details about our outside activity in January—a walking trip at the Harbor.

On **January 14**, our featured speaker will be **Danielle Kuhn**, owner and chef at one of Dana Point's favorite restaurants, **Maison Café and Market**. Born and raised in Orange

County, Danielle has worked in the local restaurant business since she was in her teens. She is French and Italian, and although the café focuses on French cuisine, her recipes incorporate influences from many cultures. Stop by Maison for breakfast, lunch or dinner and join us to learn more on January 14.

For the coming year we are focused on a fresh start. As your Co-Presidents, we would like to share our personal wishes for 2021 as we enjoy life in Niguel Shores:

- **Terry Link**—"Sometimes the smallest things take up the most room in your heart." This quote from A.A. Milne's *Winnie the Pooh* has made me promise to take a moment each day to thank God for a blessing He has provided. Please give me a positive attitude, hope, and peaceful thoughts as I enter 2021.
- **Sharon Stewart**—In 2021, I resolve to give myself the gift of patience every morning and throughout the day. That way, I'll be kinder to myself and to those around me as well. Patience will keep me from paying the high price that stress demands of my body and mind.

HAPPY NEW YEAR NIGUEL SHORES FRIENDS!

—Terry Link

MEN'S CLUB

In response to the *Seashore News* request for Men's Club members to share their New Year's suggestions for moving forward in a positive way, I chose these six:

Our club president, **John Yocca**, recommended that every day we try to perform at least one random act of kindness. It can be something as simple as calling a friend who's feeling down, buying a cup of coffee for the person in line behind you, or just giving a compliment.

Roy Dohner said we should wave at each other while wearing our masks, since the smile on our faces cannot be seen. Then afterward extend both a smile and wave when masks are no longer required. That fits the special nature of our community where we enjoy a sense of order and serenity in contrast to what is sometimes going on just outside our gates. Roy reminds us to assume that everyone has good intentions, and then accept that everyone is different. Another idea? When out walking, take a bag with you to pick up some loose trash, and thank those that do it too.

Club treasurer **Eric Eckes** agrees, saying that during COVID, his wife and he have periodically helped elderly neighbors. He says that for Margi and himself, it is a joy helping people with limited mobility in their neighborhood. At Christmas he puts up holiday lights on one neighbor's house to bring them cheer. Eric also walks his dogs with two

CLUBS

older gentlemen. One lives alone and they have nice chats on their outings.

Gary Tinnes, noting the disparate politics of recent times, calls himself a "member of the camp that believes *Facts Matter*." So, he has resolved to make more effort to determine the facts regarding any situation that another person brings to his attention instead of simply responding with his own beliefs. He will then give the facts he's been able to find in as gentle a manner as he can. And, he will do this at a later time and only if it will not create offense. He did this recently when a friend stated a fact about the SARs pandemic that was literally impossible to believe. Instead of firing back an opinion, he looked into the actual WHO, CDC and NIH web sites for a consensus of the facts. He felt better doing this and he states that his resolution is real and he is sticking to it.

Steve Morris resolves to continue expressing appreciation to the NSCA staff and maintenance team for the outstanding work they do every day. He will also continue to greet Harvest Landscape workers with a smile and a wave for their dedicated service.

Thinking of Steve's resolution, I get a real pleasure out of thanking our talented and industrious Harvest workers individually and specifically for what they do to make our community clean, inventive and attractive. They always smile and show appreciation in return. And when I take them an ice-cold Pepsi on a hot day, you'd think I had given them a new Porsche. I resolve to keep showing sincere appreciation.

Finally, I remember **Don Thomas** who lived across the street from Dee and me on Tampico Bay. Don regularly picked up newspapers, took in garbage cans if neighbors were not at home, and occasionally watered plants that were dry in front of homes on both sides of a half block, meaning 6 or 8 homes. When he passed away, his wife, Jean, picked up this activity. You can imagine how neighbors felt and responded to pay back the favors!

—C.W. Gruenig

GARDEN CLUB

Speaking for the officers of our great Niguel Shores **Garden Club**, we hope all members had a safe, happy and joyous holiday season. We felt sadness that we could not meet for our traditional holiday festivities and see your tanned foreheads (from spending all your time masked and observing social distances outdoors working in your gardens) and smiling faces. But we are looking forward to a happy new beginning this month.



A Monarch butterfly feeds on milkweed.
Photo by Ann Strauss



NEWS FLASH: There is a Monarch living in Niguel Shores. Have you seen him? Still don't know whom I am talking about? Well, it isn't royalty although many think he is. He's the regal Monarch Butterfly.

Want to know more about this regal member of our community? Then come to our **January 19** club meeting where our member Tom O'Keefe will talk about a proposed new Garden Cub project: *The Monarch Butterfly Garden Project*. Your officers gave approval for Tom to present his ideas for increasing the Monarch habitat in Niguel Shores for the benefit of these regal butterflies.

The January 19 meeting will take place on the patio near the Community Center fireplace, or at our standby location in the park at the Community Center by the trees where we previously met. An email with details will be sent prior to the event.

Here are a few facts I uncovered about the Monarchs, and Tom, I'm sure, will provide many more. Butterflies may seem delicate but they are surprisingly tough. The Monarch's crisp coloring is what makes it turn heads, but the creature's greatest feat is its annual migration, which takes it from southern Mexico to the Canadian border. They lay up to 400 eggs in a single sitting. The tiny eggs are covered with a sticky substance helping to adhere on the underside of milkweed leaves, which are toxic. The caterpillar hatches and survives on these milkweed leaves, retaining the milkweed poison in its body, thus protecting it from being eaten by predators. During migration, each butterfly relies for fuel on the huge volume of food it ate when it was a caterpillar. They smell with their antennae, taste by the sensory hairs on their legs and feet, and drink through a long tongue that works like an eyedropper drawing up nectar. The Monarch's bright colors warn predators that they are poisonous, due to cardenolide (a steroid) which develops in their bodies from the milkweed they feed on.

—Karl Kuhn

ACTIVITIES

DANA POINT LIBRARY

We're open!

Visit the library to browse new and popular materials for all ages including books, DVDs, magazines, and audiobooks. Browse inside the library building or call for curbside pickup. Either way, we are here to serve your reading needs. Need a recommendation? Just ask and we'll be your personal reader's advisor.

Visit us virtually online at www.ocpl.org to download eBooks, eAudiobooks, magazines, movies, and music. All for the cost of a library card—free!

Join one of our online book groups. Adults, contact **Laura Blasingham** at laura.blasingham@occr.ocgov.com. Teens, contact **Wendie Troupe** at wendie.troupe@occr.ocgov.com. We meet monthly via Zoom.

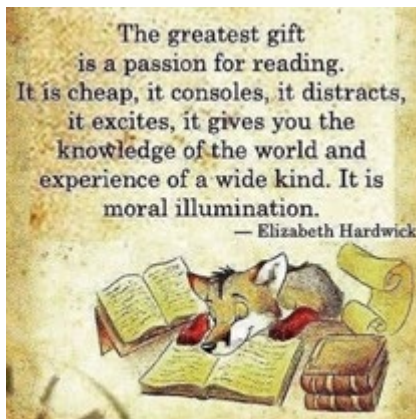
'Tis the Season to be Reading! All ages are invited to join the Winter Reading Challenge. Read books and complete activities to earn badges. Collect 5 badges to be entered into the opportunity drawing sponsored by OCPL Foundation. How many badges can you collect? Visit www.ocpl.org for more information.

The library's wish for Niguel Shores in 2021: That every resident feels welcomed and satisfied by the services at the Dana Point Library.

—Laura Blasingham, Branch Manager

FAMILY FOCUS – A RESOLUTION

Elizabeth Hardwick, founder of the New York Review of Books, was an acclaimed novelist, short-story writer, and essayist known for her eloquent literary and social criticism. Using her words, here's to a resolution in 2021 to promote “a passion for reading” among our community's children and adults. As Hardwick suggests, this great gift comes at no cost and provides far-reaching rewards.



PAGE TURNERS

Following our December “recess” from meeting, **Page Turners** will this month be discussing Rohinton Mistry's novel *A Fine Balance*. I gave a lengthy description of this acclaimed book in last month's *Seashore News* so I will

not go into detail here except to reaffirm the novel's unforgettable impressions of the struggles of India's working poor during a difficult time in the country's recent history.

We had a request from the editor of this newsletter to look forward with some possible New Year resolutions for our book club, and I have received the following suggestions. One member thought it would be a good idea to read uplifting books in these stressful times. Another member suggested we have a goal of reading books that we would not normally read if we were not in a book club. I think we pretty much do that in the way we select the books we read.

During our book selection process, members suggest titles and everyone votes for the nine books they want us to read during the months we meet. The books with the highest number of votes are the nine works we read over the year from September through June. We usually have about 25 to 30 titles to choose from, and the ones not chosen make a great auxiliary reading list to be enjoyed at leisure.

Another New Year's suggestion, which would apply more to the community rather than just the book club, was to establish a “leave a book, take a book” kiosk, perhaps in the Community Center. This is something we can explore further.

This month, Page Turners resumes our regular meeting dates of the fourth Monday and fourth Thursday of the month. The Monday group continues to meet in members' homes (with social distancing and good ventilation!) and the two Thursday groups are meeting outdoors or maybe using Zoom, depending on the upcoming weather.

For information on the Thursday groups please contact **Steve and Ann Morris** at samwrsi@cox.net and for the Monday group me, **Frances** at fozimec@cox.net.

—Frances Ozimec



ACCOLADES

Many thanks for the inspiring message *Seashore News* received from **Geoff Dunlevie**, a member of Niguel Shores Maintenance Committee, a regular contributor to the newsletter, and an active participant in so many community activities. Geoff shared his views on the past year this way:

“It was suggested to me by a colleague that in response to what a strange, frustrating, surreal, sad, and downright scary year 2020 has been, we can think instead about what good and positive things came from it.

“The shutdown and what seemed to provide an abundance of time was quickly filled with the opportunity to reconnect with our lives and those close to us. For me,

ACTIVITIES

that meant taking long walks with my wife Rhonda, planning and cooking great meals together, conversations with friends and clients that never would have happened in the day-to-day time crunch of ‘normal’ life, assisting with Shores Angels, shopping and delivering food and essentials to those in our community forced to shelter in place.

“For many, this year has been very difficult. But we are lucky because life in Niguel Shores has, for the most part, gone on with a semblance of normalcy in an abnormal time. Our hearts go out to those severely affected during this challenging time. Cheers to a new beginning with the vaccine now being administered and to a Happy New Year!

—Geoff Dunlevie

NIGUEL SHORES BOARD OF DIRECTORS OPEN FORUM COMMENT & QUESTION FORM

The Niguel Shores Board of Directors meets on the 2nd Wednesday of each month. At the beginning of each meeting owners are given the opportunity to address the Board.



In order to help facilitate this process, please fill out the **OPEN FORUM COMMENT & QUESTION FORM** provided on the Niguel Shores website and submit it to the NSCA office by the 1st day of the month.

This will prepare the Board to review and respond to questions and/or comments (when possible) during the next board meeting.

Wellness... Second Chances

Look up at the sky and smile! You really ought to try it. And, if you’re socially distant from others, take a long deep breath of the fresh, clean air! It’s a brand new year and, as the saying goes, the coffee tastes better and the birds sing sweeter! 2020 is now behind us (insert applause!).

Yes, COVID-19 is still with us, but this past year is now a closed chapter. A year to which I say with glee, and I doubt I’m alone on this, “Good-bye!” 2020 has been dominated by an invisible predator called the novel coronavirus. Masks, hand sanitizer, social distancing, and shut-downs have all become the new normal. Yet despite all of that, the turn of a new year provides a fresh new outlook filled with hope and gratitude. 2021 feels like starting over again, and it feels really good!

Now, we all know that even though we’re feeling really optimistic as we enter a new year, we are still in the depths of a persistent pandemic. We still have to be ever so vigilant regarding the CDC guidelines so that we keep ourselves safe, as well as those around us. As the vaccine is administered across the country, we should hopefully see the numbers of cases, and of the tragic deaths too, come down, giving us hope for some kind of a return to normal. A second chance, if you will.



These past months felt as if our lives were put on hold, stuck in limbo, or sent to Purgatory! Yet, you could say some good came from it. During that time, some of us began ridding ourselves of items that we

hadn’t used in years. Perhaps we deep-cleaned the house and organized the garage. Maybe we picked up books we’d always intended to read but never had the time. Perhaps we reached out to learn something new or expanded our interests. For example, when this first started, people were being creative with home cooking and it seemed like everyone was making pot roasts and baking sourdough bread!

However, enjoying that savory pot roast, herbed gravy, and warm, tangy sourdough round with a little butter might have grown into more than just a one-time pleasure. Instead, it may have led to eating more than was necessary, out of a new brand of boredom, while Mr. Coronavirus lurked around the perimeter of our lives. More yummy meals, a little more wine with dinner, and a nightly dessert! Stay in that lane for too long and pants don’t fit, blood pressure goes up, sleep is not as restful, and on it goes. How do we stop this trend?

May I make a few suggestions? If you or someone you love has fallen into the overeating well of despair during these troubling times, it’s not too late to make a comeback! Exercise is key, and we live in a beautiful place with several locations to do that safely outdoors. Next, prune your pantry. Out with the junk and in with the healthy choices! If you don’t have all the junk in your cupboard, but you DO have fruits and veggies, you’ll choose the healthy food. So, pay attention to what and how much you’re eating, keep moving, and give yourself and your health a second chance in the New Year! You’re definitely worth it!

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

NIGHTS OF LIGHTS

Niguel Shores was in high spirits during December with holiday lights and fun golf carts to brighten the end of 2020. The lights went up early and stayed on twinkling merrily throughout the holiday weeks. Our appreciation goes out to the **Recreation Committee** for organizing this event, and to **Kathy Samuel** (event organizer), **Patti Staudenbaur**, and **Meg Wilson** for all the great photos.

Congratulations to all the winners of the **Holiday Lights and Decorating Contest** this year, and **Wow!** to everyone for the beautiful displays that lifted our spirits everywhere in the Shores.



2020 HOLIDAY LIGHTS AND DECORATING WINNERS

Decorated Golf Carts

- 1 Tomkins Family
- 2 Gannaway Family
- 3 The McNicholas
- 4 Rodarte Family
- 5 Miller Family

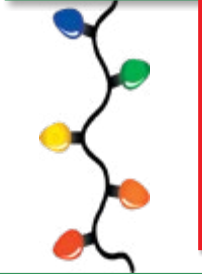
Decorated Homes

- 1 33842 Vista Grande
- 2 23851 Kara Bay
- 3 33681 Marlinspike Dr
- 4 33422 Cockleshell Dr
- 5 33491 Periwinkle Dr

Lighted Streets

- | | |
|-----------------|----------------|
| 1 Sextant Dr | 6 Daysa Cir |
| 2 Kara Bay | 7 Padina Cir |
| 3 Timor Bay | 8 Bluehill Bar |
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ORTHOPEDIC PROBLEMS IN LARGE DOGS



Owners of large dogs should be aware of two primary orthopedic issues that could affect their pet's movement and well-being.

Ruptured Ligament: More precisely known as a “rupture of the cranial cruciate knee ligament,” this is the most common cause of large dog lameness. (This same ligament ruptures in people, especially athletes.)

- **Clinical signs:** Sudden lameness of a hind leg, usually when exercising. Inability to bear weight on a hind leg. Toe touching or partial weight bearing lameness (if the ligament is partially pulled). Variable degrees of pain and quivering of the affected leg.
- **Pathology:** The ligament holding the knee in place is ruptured so the leg is unstable and can't hold up the pet's weight.
- **Diagnosis:** This is based on clinical signs and presence of what is called the “drawer sign.” This is something that the veterinarian checks for in the exam room and may require sedation.
- **X-rays:** These are done to rule out fracture or other problems that can cause hind leg lameness. Ligament issues do not show up on x-rays unless there is excess fluid in the knee joint as a result of the ligament tear. It can take weeks for the fluid to show up on an x-ray.
- **Initial treatment:** Non-steroid anti-inflammatories such as carprofen, meloxicam, and galliprant can take away the inflammation in the joint and reduce pain. While these drugs are very safe, we do blood tests to check the liver and kidneys during the course of treatment.
- **Surgery:** There are several surgeries to stabilize the knee joint after cruciate rupture, depending on the size of the dog and the expertise of the surgeon. If the dog is on the small size, then a new ligament can be constructed and put in the joint to hold it together. If the dog is bigger, then there are two surgeries, either a TTA or a TPLO. These both involve cutting the tibia and then repositioning it under the femur so that the forces exerted on the leg are not reliant on stability of the knee joint.
- **Prognosis:** If the cranial cruciate ligament is just partially pulled, the leg may recover function with time and rest, without surgery, but the dog will limp. With surgery, a dog can return to normal activity and lifestyle, possibly with some arthritis in the knee joint as the dog ages. Oral medication as noted above may be needed long term or intermittently.
- **Miscellaneous:** Dogs that rupture the cruciate ligament in one knee often do so with the other knee at some

point in their lives. Obesity may make dogs more prone to this condition.

Hip dysplasia: With hip dysplasia, the ball and socket do not fit or develop properly, and they rub and grind instead of sliding smoothly. This results in deterioration over time and an eventual loss of function of the joint itself.

- **Clinical signs:** Severe pain with favoring or lameness of one or both the hind legs. This can be a long-term issue or acute, occurring often after a strenuous exercise. It can present at any age as a dog just refusing to go for walks or stopping on a walk. It seems to be more common in older dogs.
- **Pathology:** The hips are not in their sockets well. Usually the sockets are too shallow for the ball of the hip. This can be a genetic, inherited problem and is most common in certain breeds. We even see it in mix breeds, such as labradoodles.
- **Diagnosis:** Usually, there is a characteristic stiff gait with the hind legs. There may be pain with palpation over hip sockets.
- **X-rays:** These are needed for accurate diagnosis, often with sedation so the pet lies still on the x-ray table. On the x-ray, we look at the shape and conformation of the hip socket and for secondary arthritic bony changes.
- **Treatment:** Dogs often do well with rest and non-steroid anti-inflammatory pills. If the pain does not abate, then surgery can be considered.
- **Surgery:** There are two main surgeries to relieve the pain from hip dysplasia. (1) The FHO works best on medium sized dogs. With this surgery, the ball of the hip is removed so the bones are not rubbing on bone. The dog forms a false hip socket. (2) Total hip replacement. This involves fusing a new ball and socket in the dog's leg.
- **Prognosis:** Usually dogs do not need surgery for this problem but, if they do, the prognosis post-surgery is excellent. If both hips are involved, then surgery is done on one leg at a time. With medical management most dogs live a full life but may have problems getting around when elderly. At that time, they may require long term oral non-steroid anti-inflammatories as well as fish oil and glucosamine.
- **Miscellaneous:** Breeders are aware of hip dysplasia and actively try to keep this problem out of their breeding stock. This may be why we see less hip dysplasia than we used to.

—Susan Davis, DVM



CUISINE CORNER

Ysidora

Newly opened adjacent to Mission San Juan is Marriott's **Inn at The Mission in San Juan Capistrano**. Within the classic Spanish Revival architecture of this three-story hotel lies their new restaurant, **Ysidora**, named for a 19th century Capistrano Matriarch who has been honored by the “spirit of hacienda hospitality” and “delicious fare.”

Ysidora incorporates an impressive bar, comfortable lounge area and dining room, as well as a beautiful patio. I suggest the patio even though it may be cool at this time of year. They do provide heaters and tables are spaced at the appropriate distances.

We tried a medley of tapas—all wood fired. Among these were the flatbread called Pamploma with Chorizo,



Asparagus, Leeks, Goat Cheese, Romesco and aged Balsamic. The Grilled Peach and Tomato Salad with Meyer Lemon, Cashew Ricotta, Carrot-top Pesto, Pine Nuts and Water Cress. The Street Corn with Queso Fresco, Pickled Onion and Chile Lime. Our favorite was the Croquetas de Ramon Serrano Ham with Garlic Aioli.

The menu includes tapas (\$6-\$13), flatbreads (\$17-\$19), entrees (\$22-\$44) and desserts (\$9-\$12). Many of the menu selections are prepared Gluten-Friendly and Vegetarian if you prefer.

For information and overview of the hotel facilities and dining menu go to innatthemissionsjc.com.

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—Bill Walkup



*The “Christmas Star”
over Niguel Shores—
a conjunction of Jupiter and
Saturn on December 21,
the Winter Solstice.*



SPORTS

TENNIS INFORMATION

Tennis Hours

- 8:00 a.m. to 7:00 p.m.

Court Signups

- 1 hour for singles, 2 hours for doubles.
- You may sign up 7 days in advance online at niguelshores.org.
- To cancel or reschedule a booking please refer to your confirmation e-mail.

PICKLEBALL INFORMATION

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- Sun. 11 a.m. to 3 p.m.



Santa's Pickleball Helpers

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- Mon., Wed., Fri. 4 to 7 p.m. on Courts 3 & 4
- Sun. 11 a.m. to 3 p.m.

—Steve Barrett



Past issues of the **Seashore News** from 1973 to present are available online at www.niguelshores.org. **Contact Us:** seashorenews@hotmail.com

General Editor:

Sandy Homicz

Assistant Editors:

Mike Harrod (*Committees*)
Patti Staudenbaur (*Clubs/Activities/Meet Neighbor*)

Regular Contributors:

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SYMPTOMS OF COVID-19 VERSUS THE COMMON COLD, FLU, ALLERGIES AND ASTHMA

Vaccines of groundbreaking science herald that the end may be in sight for the COVID-19 pandemic. The media is all abuzz. Our spirits are rising. However, there is an important warning for everyone as we celebrate: **This pandemic is not over yet.** Keep wearing a mask and place yourself a distance of six feet away during social interactions.

These past nine months have been scary with all the mixed information coming our way about the causes, symptoms, and effects of COVID-19. Many of us may have begun analyzing any personal symptom, like a cough or a sneeze, while questioning if it could possibly be COVID-19.

This virus shares many symptoms with four other most common disorders: colds, flu, allergies and asthma. The process of comparing your symptoms to a chart and differentiating to see if you have COVID-19 can be complicated.

This chart compiled by the Asthma and Allergy Foundation of America, WHO, and CDC comes from scholarly resources, yet with all the variables you might be more confused than ever in trying to make a diagnosis.

You can utilize this chart as a reference but nothing is better than a call to your doctor for a test if you are concerned. Your doctor can order a COVID-19 test and analyze your symptoms. So, for your own peace of mind, seek out help by first calling your doctor, who will be alerted by your notification to look for your COVID-19 test result and respond to you in a timely manner for your possible healthcare needs.

You can also get a COVID-19 test without an MD order by doing a simple search for COVID-19 testing sites. However, the testing without a doctor's order may not be covered by insurance.

You should also get treatment for flu early this year as flu severely weakens your immune system. If you are in

a high-risk group, remain on limited lock down and exit your home with a mask. Keep a safe distance in public places. Wash your hands on return from any outdoor activity. Take precautions, and here's hoping all of you have the healthiest possible 2021.

—Meg Wilson, RN

Symptoms	Coronavirus ¹ (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms	Asthma Gradual or abrupt onset of symptoms
Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks	Can start quickly or last for hours or longer*
Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)	Common (can be dry or wet/productive)
Wheezing	No	No**	No**	No**	Common
Shortness of breath	Sometimes	No**	No**	No**	Common
Chest tightness/pain	Sometimes	No**	No**	No**	Common
Rapid breathing	Sometimes	No**	No**	No**	Common
Sneezing	No	Common	No	Common	No***
Runny or stuffy nose	Rare	Common	Sometimes	Common	No***
Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)	No***
Fever	Common	Short fever period	Common	No	No
Feeling tired and weak	Sometimes	Sometimes	Common	Sometimes	Sometimes
Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)	Rare
Body aches and pains	Sometimes	Common	Common	No	No
Diarrhea, nausea and vomiting	Sometimes	Rare	Sometimes	No	No
Chills	Sometimes	No	Sometimes	No	No
Loss of taste or smell	Sometimes	Rare	Rare	Rare	No

Your symptoms may vary. ¹Information is still evolving. Many people may not have symptoms. *If your quick-relief medicine is not helping your asthma symptoms, or if you are in the Red Zone on your Asthma Action Plan, call your health care provider or seek medical attention immediately. **Allergies, colds and flus can all trigger asthma which can lead to shortness of breath, chest tightness/pain and rapid breathing. COVID-19 is the only one associated with shortness of breath on its own. ***If you have allergic asthma, you may have symptoms of both asthma and allergies at the same time.

Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention. edited 8/25/20 • aafa.org/covid19

BOARD ACTION SUMMARY

DECEMBER 9, 2020 BOARD MEETING: (General Session)

ACCEPTED AND FILED:

- Unaudited October 2020 Financial Reports
- General Session Committee Minutes

APPROVED:

- General Session Meeting Minutes for November 4, 2020
- General Session Special Meeting Minutes from November 18, 2020
- Appeal Traffic & Safety Committee Decision – Disapproval of Barcode Waiver Application to Park on the Street
- December 2020 Expense and Transfer (Actual)
- Resignation of Karen Linger from Landscape Committee
- Resignation of Miriam Dougherty from View Preservation Committee
- Covenant 23651 Sidney Bay – Relinquish Landscape Maintenance
 - Water Aerobics Instructor Agreement Renewal
 - 2021 Staff Holiday Schedule
 - 2021 Board Meeting Schedule
 - Pre-Lien Filing: APN 672-051-33; APN 672-071-13; and APN 672-161-08
 - Updated Litigation Disclosure
- Finance Committee Recommendation to Purchase \$100,000 CD through Comerica with Funds from Valliance Bank
 - Transfer from Comerica Operating to Pacific Western Operating Accounts in the Amount of \$200,000
- Finance Committee Recommendation to Transfer all of the 2020 Surplus into the Operating Equity Account for 2021
- AVS Proposal for Election Services and Serve as Inspector of Election
 - Appointment of Nominating Committee
- Harvest Landscape Proposal #84732 for Tree Removal Faeroe Bay
 - Harvest Landscape Proposal #84642 for Tree (2) Removal Below Sidney Bay
- Owner Request for Document Process/Procedure
 - Spa Filter Pump Replacement

DISAPPROVED:

- Appeal Architectural Committee Decision – Approval of Crossjack Remodel
- Request for Variance to Expand Driveway into Front Yard Easement

REVIEWED/DISCUSSED:

- Check Register, General Ledger and Delinquency Report (October)
- Correspondence to the Board
 - Manager’s Report

PULLED/REMOVED:

- Finance Committee Recommendation to Transfer of Interest from Reserves to Operating Account

DECEMBER 9, 2020 BOARD MEETING: (Executive Session)

ACCEPTED AND FILED:

- Executive Session Committee Minutes

APPROVED:

- Executive Session Meeting Minutes for November 4, 2020

HEARINGS/MEETINGS:

- Two (2) Hearings Held for Violation of CC&Rs and Rules – Article IX, Section 18 and Pad Level Plantings and Planting Maintenance
 - One (1) Hearing Held for Violation of CC&Rs – Article IX, Section 2 – Nuisance – Bright Lights
- Two (2) Hearings Held for Violation of Rules – Overnight Parking
 - One (1) Hearing Held for Violation of CC&Rs – Article IX, Section 22 – Damage to Common Area
 - One (1) Hearing Held for Violation of CC&Rs – Article VII, Section 1 - Unauthorized Modification

REVIEWED/DISCUSSED:

- Legal Update
- Pre-Lien Filings
- Legal Analysis (October)
- Delinquency Report (October)

NOTE: The last approved General Session Minutes are posted on the Bulletin Board across from the NSCA Office entrance. In addition, the General Session and Executive Session agendas for the next Board Meeting will also be posted on the Friday prior to the next meeting.

REMINDERS: THE NEXT BOARD OF DIRECTORS MEETING WILL BE HELD ON THE 2ND WEDNESDAY, JANUARY 13, 2021, BEGINNING AT 6:00 P.M. THE GENERAL SESSION MEETING IS HELD VIA ZOOM ONLINE CONFERENCING. THE LINK TO THIS MEETING CAN BE REQUESTED BY CONTACTING THE MANAGEMENT OFFICE.



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