

February 2021

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Issue 566

FROM THE HELM

hanks to all the great volunteers who make our Niguel Shores community run smoothly. The Niguel Shores Community Association is unique as a homeowners association because we are run by our homeowners and not an outside management company. Niguel Shores has been operating like this since its inception and that can only happen with volunteers serving on our NSCA Board of Directors and our many committees.

I thought it might be interesting, especially for new homeowners, as to how we operate as an Association.

NSCA Staff - Our paid staff includes our office and maintenance personnel. Because our staff has been with us for so many years and is doing a great job, our need for hiring has not been an issue. However, if the need arises, the General Manager (GM) is responsible for hiring the staff, and the Board of Directors is responsible for recruiting and hiring the GM. Hiring staff is not easy, but with the hard work of the Human Resources Committee we have been very fortunate in the quality of personnel that work for us at Niguel Shores.

NSCA Committees — We have many committees actively at work and very necessary if we wish to keep Niguel Shores operating at the highest level compared to other Associations. These committees are made up of homeowners who volunteer their time and talents for the good of the community.

I began volunteering here back in 2002 on the Maintenance Committee. At first I thought, what can I contribute, as I know very little about what it takes to maintain a community of our size. I can assure anyone considering volunteering for a committee that first-hand knowledge in a specific area is not a requirement for membership on a committee. Being able to attend the meetings, having an open mind, and helping to move projects forward is what is important. That said, if you have skills that can contribute, all the better! We are fortunate that many of our committee members bring expertise and excellent skills to our committees. Committees often need new members so check with the office and see what committee suits your interest.

NSCA Board of Directors — The Board of Directors are homeowners elected by fellow homeowners. One vote for each property. There are five (5) Directors, whose memberships on the Board expire every two years. Elections are held every year where, in one year two (2) Director positions are elected and the following year three (3) Director positions are elected. The only legal qualification is that a Board member must be an owner. Like corporate America, Board members are elected to make community decisions. It is valuable if a Board candidate has previous experience on one of our many committees as it gives a Board member a better idea of the needs of the community.

This year we will be electing two (2) Board members. After the election, all five Board members will meet and appoint each member to a position: President, 1st and 2nd Vice-President, Chief Financial Officer, and Secretary. Each Board member's authority is equal and the titles are to designate various responsibilities.

NSCA Owner Input — For those desiring more direct interaction with the Board to discuss their various concerns about the community, once a quarter we have a Resident Roundtable which dedicates one hour of a Board Meeting for community discussions with the Board. Unfortunately, COVID-19 has made it impractical to do this right now, but when we get back to our normal meeting format we will start the Roundtable again. The best way to communicate your Continued on page 3



Joseph R. Biden became our 46th President, stressing national strength, hope, and unity in his Inaugural Address.



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Annual Meeting & Election – Call for Candidates — It's that time again when we prepare for the NSCAAnnual Meeting and the Annual Election of Board members. The Annual Meeting is scheduled for Tuesday, May 18 at 6:00 p.m.

This year the terms of Directors Lynn Bushnell and Marc McCarthy are concluding, so there are two (2) positions open for election. The term of office is two years and meetings are currently held once per month. If you are interested in running for the Board, the first step is to complete the Nomination Form included in this issue. Return the completed form to the NSCA Office by 5:00 p.m. on Friday, February 26.

Niguel Shores is one of the most admired communities in Dana Point—and certainly the best! If you are committed to keeping Niguel Shores the "hidden jewel" that it is, or even making it better, you should consider running for a position on the Board. Your actions and decisions can help to shape the community.

Being a Board member means upholding the CC&Rs and acting in the best interests of all Niguel Shores. While this can be challenging at times, it may also be one of the most rewarding ways you will find to volunteer your time. If you are interested in a Board position or would like more details about the Board's responsibilities, please contact me at the NSCA Office, email me at *mmiller@niguelshores. org,* or contact a current Board member.

Beach Bluff, Park and Pets — Many residents enjoy walking with their pets throughout the community greenbelts, the park, or the grass area at the beach bluff. Please remember, if you allow your pets to defecate in these grassy areas, there are also children who play on the grass—our children,

grandchildren, neighborhood children—whose bare feet or hands may touch places an animal used as a bathroom. It may be better to take pets elsewhere to do their business. Niguel Shores does not have a dog park, but there is one within walking distance just behind the library.

Also, please pick up after your pets and make sure they are on a leash and under your control at all times.

Master Landscape Project — It brings me great joy to say that with the final planting of the slopes in the Broadmoor homes the Master Landscape Project is finally completed.

This project was implemented by a separate ad hoc committee and approved by the Board in 2011. It has truly been a very long process. Landscaping is much like designing a home: Some people love the process and the end result, while others do not. When I first arrived here in 2013, residents emailed me expressing uncertainty about the newly landscaped entrance, but today, after plantings have all grown in, I am sure most individuals would agree the Mariner entrance is now stunning. Several neighboring communities even inquired about our entrance landscaping so their entrances could look just like our ours. We can take pride in our community as it truly is a beautiful one.

Office Closed – No Construction — The management office will be closed on Monday, February 15 in observance of **President's Day.** There is no construction allowed on that day. In the event you need immediate assistance when the office is closed, please contact the Patrol Service at the Gatehouse (949) 487-4185.

WISHING YOU A VERY HAPPY VALENTINE'S DAY AND PRESIDENT'S DAY HOLIDAY!

—Marla Miller

HELM Continued from page 1

concerns or suggestions is through an email or letter to the office through the General Manager. There is also an OPEN FORUM COMMENT & QUESTION FORM available on the Niguel Shores website which you can use. All correspondence to the Board is placed in our monthly packet, is read by each Board member, and is discussed during our monthly meeting.

NSCA Volunteers — Board and committee members are homeowners volunteering their time to keep our community great. This is how Niguel Shores can operate on very low assessments and still provide a fantastic lifestyle and community.

For me, volunteering in the community has given back much more than I could ever contribute. What better way to meet new people, to understand our community needs and be part of making things better!

Revetment Update — As many Niguel Shores homeowners know, the County of Orange has been seeking approval for most of the past decade to rehabilitate the rock shore revetment at the base of the Breakers Isle slope. Niguel Shores has been cooperating with the County in that effort. So far the County's two applications to the Coastal Commission have been rejected, most recently in February of last year.

The County and its consultants have been working closely with the Coastal Commission staff since last February to prepare a repair plan that the Commission will accept. Most recently, the discussion has focused on a plan which will retain the footprint of the revetment, which is intended to address the concerns raised by the Commission in 2020. Niguel Shores will ask its own consultant to review any plans to be proposed.

The County is staying in close contact with Niguel Shores and providing regular reports on its discussions with Coastal Commission staff.

-Bob Russell

COMMITTEE REPORTS

COMMUNICATION COMMITTEE

We are grateful for the wonderful team of over 50 Niguel Shores residents who volunteer to deliver the *Seashore News* to your door at the beginning of each month. This neighborliness—the old-fashioned hand-delivery of a newsletter—is one more reason why Niguel Shores is such a special community. Extra copies of the current issue are available in the NSCA Office.

We love creating the printed newsletter for you, but we recognize that it may not be as up-to-the-minute as a breaking news broadcast, email blast, or online news source. For that reason, please make a habit of checking our Niguel Shores website for immediate news affecting our community. The Niguel Shores website address is *niguelshores.org*. This is your best resource for up-to-date community information. You will find —

- Updates from NSCA Board and Management
- Board Actions and Meeting Information
- Niguel Shores Community Notifications
- Homeowner Request Forms
- Open Forum Owner Request Form
- New Neighbor Form
- Guest/Gate Login
- Photo Galleries
- Dana Point City Updates
- Dana Point Library Information
- Seashore News Issues (1973-present)
- Post a Web Comment
- Niguel Shores History

BE SURE TO CHECK THE WEBSITE REGULARLY FOR NEWS!

—Patti Staudenbaur

RECREATION COMMITTEE

Happy Valentine's Day Everyone!

Our year has begun and we are gearing up for a full list of fun activities, hoping they will happen this year. Although we don't have an activity in February, it is Valentine's month so be sure to celebrate with your loved ones and especially that special Valentine.

—The Recreation Committee

TRAFFIC AND SAFETY

Garages and Parking—As a reminder, no items can be placed, constructed, or stored in the garage if these items reduce or eliminate parking for two passenger vehicles. The inside sides of the garage are primarily intended to allow

space for opening car doors, not for storage or shelves (see *Modification Restrictions—Garages and Driveways*).

Electric Bike, Scooter and Golf Cart Safety—Although we would all certainly love to see the end of this pandemic, the one good thing that has come out of this is how many more residents have been enjoying bike rides and other outdoor activities. With that comes the need to be more mindful of safety. Drivers should make sure to keep an eye out for pedestrians and human-propelled vehicles such as bikes, scooters, skateboards, etc.

Persons operating human-propelled vehicles need to do so in a safe manner and in compliance with the rules (see *Human Propelled and Motorized Vehicles, Traffic Regulations* and *Golf Carts and Low Speed Vehicles*).

Golf cart operators must have a valid driver's license, must comply with traffic regulations, and may not tow other individuals or items with the cart.

Electric bikes need to use caution when entering through a gate as the barrier arm comes down quickly after a vehicle enters. There have been a lot of close calls when the arm comes down and almost hits a bicyclist.

Garage Doors—Please make sure your garage door is closed when you are not in your garage using the space. This will prevent items in your garage from being visible to other properties, will secure your personal belongings and prevent theft.

Did you know?—A blue colored reflector dot in the street indicates the location of a fire hydrant. When you see this, be aware that you are not allowed to park along the street and block the hydrant. If you do, you may get a ticket. Not all curbs next to hydrants are painted red, much the same as throughout the entire City of Dana Point.

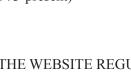
—Karen Decker

ARCHITECTURAL COMMITTEE MEMBERS WANTED

The AC is looking for one new member that lives in either the Villas or Custom Home tract. If you are interested, please contact Karen Decker at *kdecker@niquelshores.org*.

COMMUNICATION COMMITTEE POSITION OPEN

The Communication Committee is seeking an additional member from either the Villas or Sea Terrace II. We meet on the first Friday of the month at 10:30 a.m. to plan issues of the *Seashore News* and items for the Niguel Shores website. Contact Marla Miller at *mmiller@niguelshores.org*



STAY INFORMED

COMMITTEE REPORTS

) ACCOLADES

Niguel Shores neighbors helped Dave Dowling with a large food collection for Family Assistance Ministries (FAM) over the holidays. As a volunteer, Dave loaded

up over 500 pounds of food for distribution through **FAM** to needy Orange County individuals and families.

Dave invites you to drop off your food donations (as well as empty egg cartons) at his home on Cassandra Bay. He says, "All that neighbors need to do is leave non-perishible food donations in my driveway and I will deliver them to FAM for you. It would be great for Niguel Shores residents to continue their interest in this food bank. There are so many people need in need these days." For drop-off information,





Holiday food donations to FAM.

Dave says feel free to call him at (708) 369-1718.

FOCUS ON FEBRUARY

Why is this month called February?

The name February goes back to Roman times and the Latin word *februa*, meaning to cleanse or purify. The Romans celebrated *Februalia* in the second month of the year as a festival of purification and atonement.

Groundhog Day—February 2

The groundhog, or woodchuck, belongs to a group of large ground squirrels known as marmots. An old legend says that if a groundhog pops out of its burrow and sees its shadow on Groundhog Day, there will be six more weeks of winter; but if it doesn't see a shadow, then spring weather is coming soon.

Valentine's Day—February 14

Named in honor of Saint Valentine, February 14 is a day to remember those we love with a call, a card or gift, a prayer, or other acknowledgement of what they mean to us.

President's Day—February 15

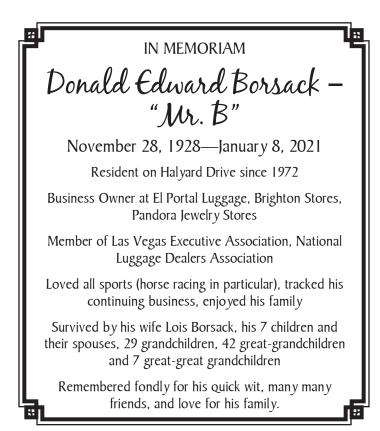
This special day honors the Presidents who have led our country. February is the birthday month of Presidents George Washington (February 22) and Abraham Lincoln (February 12).

Mardi Gras (Fat Tuesday)—February 16

A celebration before the serious season of Lent begins.

Ash Wednesday—February 17

For Christians, this day marks the beginning of Lent, which is 40 days of prayer, fasting, penance, and good works preparing for Easter.



Why is February shorter than the other months?

The answer, again, goes back to the Romans. When Numa Pompilius took the throne of Rome around

750 BC, he added two more months to the existing 10-month Roman calendar to align their year with the 12 lunar cycles. In time, using this calendar, the seasons became out of sync so the Romans added a leap month with Rome's high priests deciding when the month would arrive. This proved so confusing that when Julius Caesar took power, he reconfigured the entire calendar, aligning the length of the year with the sun and making each year add up to 365 days. Some people think Caesar left February shorter than the other months so he could add extra days to special months like August, for Augustus, or because February marked a Roman time for atonement and the shortening of penitential days might have been welcomed by all. In 1582, when the Gregorian Calendar made adjustments for Earth's solar rotation and replaced the Julian Calendar, February remained at 28 days with a "leap day" added every four years.

—Sandy Homicz

FEBRUARY

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WOMEN'S CLUB

CHANGE! Some people thrive on change and some people cringe at the thought. We've all been faced with many changes throughout the past year, and we've become very resilient adapting to the changes facing our families, our activities, and our health during the current pandemic crisis. We thank each member of the Women's Club for understanding the changing circumstances of our meeting dates and gathering places. Please watch your email for announcements.

In 2021 we will continue to evolve as changes are sure to happen. From the courses I took in grad school on visionary leadership in school change, I learned that the main behavior of change was and is always a shared vision of a better tomorrow. This applies to our Women's Club but also to our community as a whole where I foresee opportunities to progress in our amenities' improvement, neighborhood communication, welcome support for new neighbors, and respect for community law and order.

We are truly blessed to live in Niguel Shores in a protected environment of well-maintained neighborhoods faced by the ocean with daily views of beautiful sunrises and sunsets. We are a community full of life, with residents of all ages and backgrounds—and thankfulness to be here. Let us face the future with a vision of togetherness, support, and respect as we charge into 2021! Brandon Gaille, survivor of brain cancer and a self-made SEO millionaire, said, "I have experienced many small miracles already. More are destined to come. I may not always know where things are headed, but regardless, I am grateful for today."

Conditions permitting, our next Women's Club meeting will be held on February 11 at Noon on the Club-

house Patio. We will be sharing Valentine's Day verbal greetings but without the traditional handheld valentines. Please bring your own chair, lunch and beverage, sitting according to



COVID-19 guidelines. Our speaker will be **Roy Dohner** who is on the **City of Dana Point Planning Commission** and a Niguel Shores neighbor. The Planning Commission

is a decision-making body tasked at reviewing matters related to planning and development in our City. Roy's presentation will discuss his experiences as a 20-year volunteer in Niguel Shores, the role of Dana Point's Planning Commission, the status of the major projects in Dana Point, and the City Council's pilot program on Short Term Rentals, followed by questions. We look forward to hearing about the projects our city has in the works as well as plans for the near future.

We have no Outside Activity in February, but hope to resume monthly outings as health precautions improve. We would love you to join us for one of our monthly meetings! Please contact **Jennifer Paige** at *jenopaige@ gmail.com* or **Judi Palladino** at *twopalls@yahoo.com* for more information about membership with Niguel Shores Women's Club.

-Terry Link

MEN'S CLUB

Recent mornings, as I prepare for my day, I have been thinking about the solid, respected and friendly community of **Niguel Shores** mixed with the welcoming nature of our **Men's Club.** I, for one, can literally *feel* members' support even during this pandemic lockdown. I hope you are keeping in touch with one another during this perplexing time.

I have also been thinking about what author **Steven Covey** wrote about the "circle of influence" in his hugely successful book, *The Seven Habits of Highly Effective People.* He said to picture two circles, a smaller one inside a larger one. We are inside the smaller circle, and within this area we can have an enormous amount of influence because the smaller circle includes family, friends, neighbors, club members, city leaders and community. Yet, many people, instead, will fret and fuss and even get angry over situations where they have minimal or no influence. This is the outer circle.

But the inner circle is where we live.

A help toward understanding what is happening in our inner circle, *our community* where we can have influence and participation, is watching your email and the Niguel Shores website for announcements and checking out our award-winning *Seashore News*, something that I never miss reading. This periodical highlights our residents and activities, brings news about our Association, and appears to remain free from political positioning things that can help unite all of us reds and blues together.

Many Men's Club members, and others in the community, would like to see each other face to face. For

CLUBS

those who are comfortable with it, perhaps a first and third Tuesday for club members could feature a breakfast outdoors at RJ's Cafe across from the Dana Point Harbor. The patio is open-aired and the food is good. You could come as a group to chat and then sit with three or four at a table to make RJ's comfortable with a little social distancing. It might be just what you need, getting to talk to a good friend or learning about someone new to you. Just a thought you could do on your own while the Clubhouse is closed and we are not having regular meetings.

It is hoped that everyone had a good and meaningful holiday season, and that the new year moves ahead in positive ways.

-C.W. Gruenig

GARDEN CLUB

Boo-Hoo. As you know, for safety reasons your officers decided to cancel our January meeting where we hoped to discuss our proposed Garden Club activity, the Monarch

Butterfly Project. Do not despair. We have shifted that presentation to our February 15 club meeting.

Just before I was preparing to write this article, I was checking my emails and saw this headline from my Science magazine: Are Monarchs endangered? Scientists debate as U.S mulls protection. The article went on to state, "They face



remembered by a planted tree. Photo by Ann Strauss

threats including habitat loss and pesticides, and there is broad consensus that the western population has suffered deep declines."

So it appears that our club's Monarch Butterfly Project can do its small part helping to preserve these beautiful garden visitors. I hope you all come to the February meeting to hear Tom O'Keefe's talk.

I saved an important story to write about for last. As you know your club participates along with the California Garden Club in Penny Pines, a project administered by the U.S. Forest Service. At each of our meetings we encourage your donations to this program, sometimes with a raffle, and this enables your club to donate \$68 for a tree seedling in memory of one of our deceased members.

I read that over the years more then one million dollars have been donated by many California organizations. You may have wondered if and where these trees have been planted. Well, here are photos taken by member Ann Strauss on a trip to Mt. Palomar with her husband Paul,

> where she saw those Penny Pines planted trees. Thank you,



BRIDGE CLUB

2020 was almost a total washout for the Niguel Shores Bridge Group. Since normal use of the Clubhouse was not allowed due to COVID-19 restrictions, several of our members resorted



to playing Bridge games outside on the patio near the office, or on cold days by the outdoor fireplace. Other members hosted games at their homes on their patios and using masks.

In December, one of our members, Ceacy Johns, celebrated her 94th birthday, and in January Frieda Baskin celebrated her 95th. Congratulations to both!

We are blessed with a wide variety of players whose only love is the game, but there is another aspect of Bridge-and that is the social part. Our Bridge group is a great way to meet new friends and find out how to improve your playing. Bridge is for all ages!

Please contact Betty and Bob French to learn more about our group at (949) 312-2556. -Mike Oliva SHERLOCK

OF MAGICAL

STORIES

STEVEN G. JACKSON

HUGCA

IGHTFAL

JACONI NURRAL

AGAINST

NDDS

Do you have a story to tell?

Several writing groups throughout Orange County offer budding authors the opportunity to share work, receive constructive critiques, and possibly have their work

published. A few groups in the local area include Third Street Writers, South Orange County Critique Group, Southern California Writers Association, Orange Coast Writers, and the one we focus on in

this article—Write On!—where some members are your own Niguel Shores neighbors.

Celebrating over ten years as a writing critique group open to all at no cost, Write On! meets at the **Dana Point Library** or **Aliso Viejo Library** on **Tuesdays** at **5:00 p.m.** (or by **Zoom** during the current pandemic restrictions).

More than 30 members from Dana Point and nearby neighborhoods are involved in Write On! working in one genre or another, and many have books and articles in print. For instance, Niguel Shores residents Mary McKay and Sandy Homicz created characters for the collaborative novel *Knightfall*, a mystery set in Laguna Beach and published by California Writers Circle. Mary and Sandy also have stories appearing in *Masquerade*, an Amazon.com anthology of tales where things are not always what they seem. Another

Shores resident, **Steve Iman** is gathering ideas for a historical family saga and considering a memoir with observations on life in academia.

Perhaps reading about these projects from local writers might encourage you to pick up a pen yourself (or sit at the keyboard) and try your own hand at writing. Dana Point member **Maria Appleman** recently finished *Death and Life*, a compelling medical mystery novel. **Marilyn Gardner**, also of Dana Point, is completing a family memoir. The essays of **Arlene Bernholtz** show up in Laguna Beach periodicals. Laguna Niguel residents **Peggy** and **Ian Mackinnon** each brought their personal stories to print in *A Life Unscripted* and *Adventures in the Property Business*. Prehistoric cultures are the subject of Aliso Viejo member **Jacqui Murray's** popular *Crossroads* trilogy, while **Suzanne** **Chun,** also of Aliso Viejo, recalls endearing childhood memories in *Ties That Bind*. Appropriate for this month of February, **Kathleen Lechner** titled her two-volume memoir *A Valentine to Life. Story of a Stolen Girl* is **Pat Spencer's** first thriller novel. **Steven G. Jackson** of Laguna Niguel is active in Southern California Writers Association

> as well as Write On! and has several thrillers to his credit, including his latest, *The Lamia,* and upcoming sequel *The Night Hag.*

> > What's surprising is that none of these authors started out to be writers. They come from careers in business, engineering, education, art, real estate, health care, entertainment—you name it. They are people just like yourself who found that writing can add enjoyment to life and, at the same time, entertain and educate too.

The list goes on. Dana Point member **Stephanie Vaccaro** is currently working on a follow-up to her inspirational *Little Book of Magical Stories*. Familius Publishing will release **Nancy Dearborn's** children's book *Hugga*

Loula in March. Kiana Berkman is developing a wide online audience for the serialized chapters of her Regency romance *The Duke's Bidding*. You'll find **Tom Perrin's** work in *Mensa* magazines, while his Sherlock Holmes stories are under consideration by Screen Craft and the Camino Real Playhouse for drama pro-

duction. And then there's **Emily Winslow** of Dana Point, who is in conversation with a major Hollywood director for a book about his depiction of women in film.

So now think again. Do you have a story to tell, or something you always wanted to write? If you ever thought of writing, either for publication or simply for your own pleasure, you can receive encouragement and useful comments on your work by joining a writers' critique group. You'll benefit from the company of other authors, and you'll be on your way to finishing that story you always wanted to write! For more about the Dana Point Write On! group, you can email *writeongroup@outlook.com*.

-Sandy Homicz

ACTIVITIES

PAGE TURNERS

February finds the members of **Page Turners** reading *The Whip* by Karen Kondazian. This fictionalized biography is quite a change in style



and subject from the recent books discussed by the club. We certainly do choose to read a very diverse selection of books.



The Whip is the story of Charley Parkhurst, a woman who not only lived for most of her life as a man, but who was one of the most respected "whips," or stagecoach drivers, for Wells Fargo. Charlotte (aka Charley) Parkhurst was left as an infant on the doorstep of the Boston Society for Des-

Charley Parkhurst

titute Children and raised there until she ran away as a teen. The website of the Elk Grove Historical Society, outside

Sacramento, says: "Charles Darkey Parkhurst went west in 1852 seeking his fortune in the Gold Rush, and spent 15 years running stages. Over the years, Parkhurst's reputation as an expert whip grew. [It was rumored that] from 20 feet away he could slice open the end of an envelope or cut a cigar out of a man's mouth. Parkhurst smoked cigars, chewed wads of tobacco, drank with the best of them, and exuded supreme confidence behind the reins . . ."

Charley's obituary in the *Sacramento Daily Bee* noted that while undertakers prepared the body, they discovered Charley was a woman.

An interesting sidenote is that in 1868, Charlotte Parkhurst cast her vote in the national election, dressed as a man. She became the first woman to vote in the United States—52 years before Congress passed the 19th Amendment.

A plaque in the Soquel, California Fire Station states: "The first ballot by a woman in an American presidential election was cast on this site November 3, 1868, by Charlotte (Charley) Parkhurst who masqueraded as a man for much of her life."

Charlotte's gravestone at Pioneer Cemetery in Watsonville reads: "Charley Darkey Parkhurst (1812-1879) Noted whip of the gold rush days . . . First woman to vote in the U.S. November 3, 1868."

About *The Whip*, one reviewer states, "Fictionalized biographies are interesting creations, because the choices the author makes for her 'characters' are as significant as the reallife history on which she draws. In Parkhurst's case, there are so many gaps in the story that Kondazian invents the majority of the biographical details, incorporating those that are speculated or known alongside the fictional aspects."

As usual, this book promises to provoke some stimulating discussions among the three groups of Page Turners. Two groups meet on the fourth Thursday of the month, and for information on those groups please contact **Steve** and **Ann Morris** at *samwwrsi@cox.net*. Another group meets the fourth Monday of the month, and for information on that group please contact me at *fozimec@cox.net*. —*Frances Ozimec*

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NIGUEL SHORES TURTLES AND TORTOISES - GOTTA LOVE 'EM!

Our Niguel Shores neighbors, Nadine Allen, Janelle Sommer and Gary Bolles share their love of turtles and tortoises with us on pages 10 and 11. But wait! Before you go there to read about their unique pets . . .

DID YOU KNOW?

- A turtle is any reptile with a body encased in a bony shell, including tortoises.
- Turtles can be aquatic, semi-aquatic, or mostly terrestrial. Tortoises are turtles that live on land and aren't equipped for water.
- Turtles have streamlined, flat shells that help them swim underwater. Tortoises have thicker, heavier dome-shaped shells that provide protection on land.
- A testudinologist is a scientist who specializes in the study of turtles and tortoises.
- Turtles are omnivores that eat plants and animals. Though they don't have teeth, they can crush food with the hard edges of their mouths.
- The largest turtle, the Leatherback, can grow up to seven feet and weigh more than 2,000 pounds.
- Turtles evolved millions of years ago and have one of the longest life spans in the animal kingdom.

AND DID YOU KNOW THAT TURTLES AND TORTOISES CAN MAKE GREAT PETS?

WILL YOU BE MY VALENTINE?

њ

 If you are interested in acquiring a turtle or tortoise, Nadine recommends contacting the California Turtle and Tortoise Club at *tortoise.org*.

MORE TURTLE FACTS JUST FOR FUN:

- The chocolate-pecan candies we call "Turtles" were first made by Johnson's Candy Company in 1918. The confection was so named because the cluster of pecans and carmel dipped in chocolate resembled a turtle. DeMet's Candy Company bought it in 1923 and continues to make them today.
- The popular cartoon figures known as "Teenage Mutant Ninja Turtles" were created in 1984. They are four fictional teenage superhero turtles named after Italian Renaissance artists and they live in the sewers of New York City.
- Aesop's fable "The Tortoise and the Hare" emphasizes the persistent nature of the tortoise, who is no match for the hare in speed but wins their race because of perseverance. —*Michelle Ralph*

TURTLES AND TORTOISES— AND THE OWNERS WHO LOVE THEM!

N adine Allen and her late husband Jerry moved to the Shores in 2014. She is a native Californian from the Bay area and enjoys the climate here where she can garden yearround and be near the ocean. Nadine has served as President of the Garden Club since 2018 and is also active in the Women's Club. While living in New Mexico, she was a longtime member of the Rio Grande Tortoise Club. When she moved back to California, she brought her turtles with her to Niguel Shores. Nadine shared the following story with us.

UNIQUE BACKYARD ENHANCEMENT

When I moved to California from New Mexico in 2014, I couldn't bear to leave my **Western Ornate Box Turtles** behind. They had been part of my family for ten years. So I brought them to my new home in Dana Point after ascertaining that they would acclimate to the California climate as well as to a much smaller space than they were accustomed to.

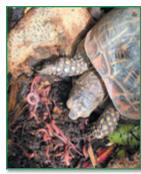


In this photo they are eating garden snails, a delicacy they never had in New Mexico! The turtles munch the snails (shells and all) and keep my garden clean of these plant pests. Snails are very nutritious for them and provide much needed calcium to the turtles for their own shells.



Turtles must be securely enclosed by a wall or they will dig their way to freedom. Fortunately, my property here in the Villas has walls, but the actual garden space with dirt and plants, their habitat, needed a one-foot-high plastic decorative fence along the raised planter to keep the turtles from falling onto the brick patio. This photo shows a section of the long raised bed where my turtles dwell.

My turtles also love to feast on red worms from my vermi-compost bin. All of my kitchen vegetable and fruit scraps as well as garden cuttings go into this bin which provides food for the red worms and compost for my garden. But the best thing are



the worms for my hungry turtles. Being omnivores, my turtles also love to eat garden strawberries, tomatoes, melons, sow bugs, caterpillars and whatever else they can find.



My cat is about to drink from one of their water sources—a shallow dish which I keep filled with fresh water from either the garden hose or from the 100-gallon rain barrel pictured here.

By the middle of October they begin a period of brumation, a dormant period for reptiles. As with hibernation in

mammals, their bodies shut down and conserve energy for the coming year. During the period of brumation, the turtles do not eat, drink, defecate, or move for several weeks. They dig down in their "caves" where they find the temperature to be about 55 degrees and rest for a period of 2 to 6 months, depending on the ambient climate. Here in Southern California, I find that my turtles brumate for 2 to 3 months, whereas in New Mexico they were "under" for 5 to 6 months.

Here you can see their empty "caves" (made from a pottery jug and large broken pots) where they have



excavated down to a comfortable temperature of 55 degrees and will remain until they emerge again in the spring to bring reptilian diversity to my garden. —*Nadine Allen*





My two female box turtles enjoy roaming their territory amongst my herbs (oregano in this photo), mint, parsley, dill, tomatoes, nasturtiums, geraniums, ferns, strawberries, lantana, milkweed, succulents, and whatever else I've planted.





WE LOVE OUR TURTLES!

J anelle Sommer and Gary Bolles moved to the Shores in 2012 "because of its location, the wonderful people who live here, the amenities and general atmosphere." They have four tortoises in their backyard and four water turtles in the front yard, along with a new addition to the family, their male Golden Doodle puppy, **Riley.**

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Janelle is a member of the Women's Club while Gary belongs to the Men's Club and also enjoys the tennis courts. They recently vacationed in the Galapagos Islands for a personal visit with the giant Galapagos Turtles. It's no wonder they joined the Turtle Conservancy!

Their interest and love of these unique reptiles began in 2000 when they attended Gary's son's tennis tournament in San Diego. Janelle took a stroll in the nearby woods where she found a Russian Tortoise. Since Gary had always loved turtles, they adopted her and called her Valentina—Tina for short—because it was Valentine's Day. Realizing Tina needed a friend, they made a trip to the pet store and brought home Tony. Since it is recommended to have 2 or 3 female tortoises, they acquired Tanya. Soon after, five hatchlings were born, one of which they kept and named Tesla. (Talk about creativity with pet names!) The other hatchlings were given to friends.

Janelle and Gary shared the photos you see here showing the home they've made for their reptile pets. They said, "We now have four tortoises in an enclosed area in the backyard and four water turtles in our front yard pond. The tortoises usually bury themselves in November and hibernate until sometime in March. We feed the tortoises mostly vegetables and green lettuce. Their favorite dish is dandelions. The water turtles are fed every morning with a variety of store-bought food. We also have shubunkins and goldfish in the turtle pond to keep them company."

We asked what advice they would give to families or individuals who might be interested in having turtles as pets. They responded, "Yes, turtles are great family pets and fairly easy to care for. It is important to always wash your hands after handling any turtles." Other interesting facts they shared are that turtles are cold blooded and slow to move in the morning, but once they are warmed up by the sun, they are very active and fun to watch. They also wanted everyone to know that **World Turtle Day** is **May 23, 2021.**

—Michelle Ralph

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Top left to right: Red-Eared Slider, Hatchlings

Bottom left to right: Pond for turtles and fish, Tortoise enclosure, Shubunkin



www.niguelshores.org

SPORTS

WATER AEROBICS

Niguel Shores is fortunate to have a beautiful heated pool available for our year-round use. We are also fortunate to have expert swim coach Cynthia Carlson as our water aerobics instructor. Additionally, Cynthia is an ACSM certified personal trainer and head nutrition coach at Essential Fitness Personal Training for Women in Rancho Santa Margarita.

Why have year-round water aerobics? Because WE CAN and it's good for our heart, lungs, muscles and mind! Cynthia reminds us, "As we age, we must be mindful of the exercises we choose and our well-worn joints and bones. Exercising in the water can be an excellent way to reap many benefits of exercise without stress to the body."

Cynthia cites specific benefits of water aerobics:

- Increases flexibility and improves heart and lung function
- Builds strength with gentle resistance from the water



- Helps with balance, reducing the risk of injury from falls
- Strengthens joints and relieves joint pain as well as symptoms of arthritis and blood circulatory systems
- Provides some laughter, connection with others, and a sense of well-being and accomplishment

Classes meet Monday, Wednesday, Friday from 9:00 to 10:00 a.m. at the pool. Men and women are invited. The cost is \$5 per class or \$45 per month. Social distancing required outside. All are welcome to join! Give it a try . . . you might just love it!

-Michelle Ralph and Cynthia Carlson

Wellness... A Light at the End of the Fear Tunnel

This past holiday season, I made the bold move to go to Macy's in pursuit of slippers for my mom. I chose to go in person because what was left online was a paltry selection of scuffs that were just not right for her. It was also December 23rd and I wanted to have them under the tree on Christmas Day.

I donned two masks, an N95 and the other, in the spirit of the season, a two layered holiday version sporting reindeer and Santa. Inside the store, I found a masked clerk stocking a display with some slippers that my mom would love. From a distance I inquired about the sizing of the fuzzy foot warmers she was hanging up in neat rows and, with a very cheery demeanor, she helped me find just the right ones. We made the usual comments about the holiday season being as busy as ever, despite the pandemic. As the clerk continued talking, she set down her work and moved closer to me, adjusting the mask that kept slipping off her nose. I stepped back and found a point in the conversation in which to thank her and say, "Merry Christmas!" Then I paid my bill and walked to the car thinking, *Could she have exposed me to COVID with her ill-fitting mask?* Fear and



anxiety filled my head.

Thoughts like this, thanks to the coronavirus, creep up with every interaction now. No hugging, hand shaking, high fiving, or other physical contact is safe unless you live together full time. For naturally gregarious humans, this kind of isolation and distancing leaves us feeling anxious and fearful—so fearful that even while shopping at the grocery store, we rarely make eye contact! Every person we're near could expose us to COVID! So, we live in a state of fear and apprehension that our lives are forever changed. The only thing is, the more we allow these fearful thoughts to rattle around in our heads, the more anxious we become, which weakens our immune system and puts us at risk for even more health issues. Contagious diseases, increased blood pressure, palpitations, depression, upset stomach, and fatigue are just a *few* of the maladies that can take root in anxiety-wracked bodies.

To reduce COVID-induced fear, stop and calm yourself when you feel anxious. Simple, slow breathing while reassuring yourself helps reduce anxiety. Avoid numbing your fears with alcohol, drugs, or overeating, and instead enjoy healthy meals, restorative sleep, long walks, and stay hydrated as these will help reduce your anxiety.

Valentine's Day is also this month, so let love reign over fear. Love yourself and show love to those around you to reduce your anxiety as you navigate this unprecedented time. Follow the CDC guidelines for COVID safety and know that you're doing your best to stay well. We'll get through this! And by the way, recently I looked, and there really is a light at the end of the tunnel! Did you see it too?

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

Debbie and Bob Schreiber

Meet Debbie and Bob Schreiber, your neighbors on Colima Bay. The Schreibers relocated to Southern California after 45 years in St. Louis, Missouri. Bob worked for AAA of Missouri and would travel to Southern California for AAA meetings. Debbie would often accompany him, and it was during these visits that they both fell in love with the area, especially Dana Point.

Bob and Debbie met when they were 15 and attending neighboring schools in the St. Louis area. After high school, Debbie went on to obtain a degree in Retail Merchandising.

She worked at large retail stores such as Boyd's and Macy's, and even did some modeling.

Bob took a slightly different route. After finishing eighth grade at a private school in St. Louis, he entered St. Louis Preparatory Seminary with the hope of becoming a Catholic Priest. He completed two years at the seminary before deciding to take a break from religious training and see a bit of the

world outside the Church. He finished his Junior and Senior year at a public high school and then attended the University of Missouri in Columbia, graduating with a degree in psychology. He went into sales before shifting to the insurance industry where he

remained for over 40 years. At AAA of Missouri, Bob served as Vice President of Insurance Operations, managing eight states and approximately 300 employees.

After Bob retired in 2013, he and Debbie fully enjoyed their retirement lifestyle in St. Louis. Both were involved in their community and a variety of volunteer opportunities. Debbie used her talents in sewing to help form a group called Collective Threads, where she taught Somali women new to the United States how to sew clothing and support themselves here. Bob served as an Ambassador for the St. Louis Zoo (one of the largest zoos in the country), worked for Mercy Ministries, and also volunteered for Meals on Wheels.

Bob and Debbie often returned to Southern California, the place they loved to visit when Bob traveled for business. They rented for at least a month each year in the Dana Point Strand community while still maintaining their home in St. Louis. The Schreibers remained committed to their lives in St. Louis where they had raised their three children, **Brian, Sarah** and **Katie,** and where they were close to their grandchildren. They were living in their "dream home" on three acres of property with a pool and spa. For a long time, the children and grandchildren were always there, but eventually, the kids grew older, their daughter Sarah moved to Colorado, and gradually Debbie and Bob began to wonder, as many people do, "Do we really need the big house and all the maintenance now?"

That's when the idea of retiring somewhere else started to develop. They first thought a retirement community in Arizona would be perfect—somewhere with lots of activity and people their age. However, after spending some time in Arizona, they decided that lifestyle was probably not right

> for them. A realtor friend asked, "In your travels, where were you the most happy?" They both knew the answer: They loved Dana Point. Each time they visited, they wanted to stay longer and longer. After viewing homes in locations throughout the city, they eventually found Niguel Shores, and they decided on the Colima Bay home. It had recently been remodeled, they liked the location,

> > and were happy that there were plenty of activities. They were "Sold!"

> > However, they wondered how to tell their family because, obviously, California is a long way from St. Louis. Surprisingly, their kids were very supportive. In fact,

their youngest daughter, Katie, immediately started planning her "Destination Wedding" here in Dana Point.

So far, the move west has worked out perfectly. The Schreibers are enjoying so many aspects of our community. Debbie joined the Women's Club and the Garden Club. Bob belongs to the Men's Club, volunteers on the Niguel Shores Maintenance Committee, and is a member of the Pickleball Steering Committee. Their neighbors on Colima Bay have been extremely welcoming and they are both anxious to get back to the many activities they enjoy here once the pandemic is behind us.

Outside of Niguel Shores, Debbie and Bob are excited to be part of Oceans Church in San Juan Capistrano, where they are helping this new church community grow. All and all, the move to Dana Point and Niguel Shores has proved to be a wonderful relocation for the Schreibers, and, as you can tell from the photo, their daughter actually did have her destination wedding right here in Dana Point.

Welcome to Niguel Shores, Debbie and Bob!

—Patti Staudenbaur



ORTHOPEDIC PROBLEMS IN SMALL DOGS

whers of small dogs should be aware of two primary orthopedic issues that could affect their pet's movement and wellbeing: Medial Patella Luxation and Invertebral Disc Disease.

Medial Patella Luxation (MPL): This knee problem is the most common orthopedic issue of small dogs. MPL occurs in breeds such as poodles and Yorkshire terriers, to name two. It is rather common for little dogs to have MPL, so if you see your dog skip or hold up a hind leg and then run normally, this could be what is happening. Don't panic as it is a treatable condition.

- Clinical signs: Usually no pain or lameness but pet may intermittently run on three legs instead of four, kick the leg, and then be normal again. If MPL is severe, then the pet may walk stiff-legged.
- Pathology: The patella (kneecap) on the hind leg moves medially (towards the inside of the leg). This is called "luxation." The groove is not deep enough to hold it in place. The ligaments holding the kneecap in place may be loose as well.

MPL is graded from 1 to 4. With grade 1 MPL the patella has to be pushed out of the groove. With grade 2 the patella pops out of the groove on its own and then goes right back in. With grade 3 the patella is always out of the groove but can be manually put back in. With grade 4 the patella is always out of the groove and will not move back in.

- Diagnosis: The kneecap can be felt moving out of its groove. An owner may feel a popping movement when touching the pet's leg. A veterinarian can feel the patella luxation by bending the leg or by pushing on the kneecap.
- X-rays: These are not necessary for diagnosis but can be helpful to rule out other causes of lameness. X-rays can confirm the patella is luxated medially.
- Treatment: No treatment is necessary in most cases. Since there is no pain and the leg quickly returns to normal after luxating, no medications or surgeries are indicated. In rare cases, MPL will result in a dog that is more three-legged than four-legged. If there is pain, then surgery is used to correct the condition. The groove is deepened and the ligaments to the patella are tightened to hold the patella in place.
- Prognosis: Excellent for most dogs. If surgery is needed to help the leg be more functional, then arthritis may occur as the dog ages.
- Miscellaneous: MPL usually occurs in both hind legs. It can progress with age from one stage to the next as the ligament loosens.

Intervertebral Disc Disease (IVDD): This back problem is a common cause of lameness in small dogs.

- Clinical signs: Lameness in any leg but particularly the hind legs. Weakness in the legs. Wobbliness and paralysis. Dragging of the hind legs or scuffing the toes. Difficulty getting up. Varying degrees of pain.
- Pathology: The disc material that is the cushion between the vertebrae becomes abnormal and moves out of its normal position, thus impinging on the spine. There is accompanying inflammation and swelling that puts pressure on the nerves to the legs. Different parts of the body are affected, as determined by which disc ruptures and which nerves the swelling impinges on. Neck disc problems cause problems with the front and back legs. Lower back disc ruptures only affect the hind legs.
- Diagnosis: A physical exam by the veterinarian will try to localize the pain and check the reflexes for normal nervous system function.
- X-rays: X-rays are useful in diagnosis of IVDD. Sometimes we can see calcifications in the disc space and/or narrowed disc spaces. We look for bony changes in the spine indicating instability. However, X-rays cannot visualize nerve pinching. For this you need an MRI (just like with people).
- Treatment: Dogs that are not severely affected can be treated conservatively with non-steroidal anti-inflammatories or steroids and possibly muscle relaxants. Dogs that are wobbly or paralyzed often need surgery to "decompress" the spine and remove the disc material from the spinal cord and nerves.
- Prognosis: If symptoms are not too severe, then pets can completely recover. They should not jump up and down off furniture or climb too many stairs. Dogs that are unable to walk or are very wobbly can have surgery and show variable degrees of recovery. Some remain wobbly after surgery, some are normal, and some never regain use of their hind legs. The sooner surgery is done after a disc rupture, the better the prognosis is for the pet.
- Miscellaneous: The cause of IVDD in small dogs is genetic and breed-related. Long bodied dogs like dachshunds are more prone to it than other dogs. Sometimes the condition is preceded by excessive activity or jumping.

—Susan Davis, DVM

KEEPING A WATCH ON COVID-19

Tith so much news everywhere about COVID-19, we went to websites from the State of California, County of Orange, and Center for Disease Control to seek information that might be useful for those wanting to know about Testing and Vaccination.

Orange County Vaccination Phases and Tiers

At the time of this writing, vaccines are being administered in Phase 1A and 1B Tier 1 to include people age 65 and older and people with a risk of exposure in work categories of education, child care, emergency services and food and agriculture. Additional work categories with risk of exposure will be administered in Phase 1B Tier 2. Following that will be Phase 1C, which will include individuals 50-64 years of age, and people 16-49 years of age who have an underlying health condition or disability which increases their risk of severe COVID-19. We suggest you check the Orange County COVID-19 website for frequent updates on vaccination at https://covid19. ca.gov/vaccines/#When-can-I-get-vaccinated.

Vaccination Appointment

Registration for all appointments for this vaccination must be done through Othena at othena.com. You can go to that site on your computer, or you can download the Othena App on your phone from your App store and then register. The site can become overloaded, but keep trying. Appointments are increasing in count each day at the Super Site locations presently operating in the County such as the mass vaccination site at Disneyland and the one that opened January 23 at SOKA University. The Othena App is where your locations and times are offered for your selection once you register.

Testing Information

The Orange County Health Care Agency has announced that they are providing FREE COVID-19 HOME TEST KITS by mail. You can go online to find out more and make an application for a Saliva Test Kit or a Nasal Swab Test Kit to be sent to your home. See https:// occovid19.ochealthinfo. com/covid-19-testing.

If you wish to get a free COVID-19 test immediately there are Super Site Testing Centers within the Orange



Free COVID-19 Home Test Kit available by mail.

County Convention Center and the OC Fair Grounds. More test sites are added daily. However, an appointment is suggested. Click the tab to request testing at https://occovid19.ochealthinfo.com/covid-19-testing.

Positive Test?

If you test positive for COVID-19, even with no symptoms, you should notify your health care provider and quarantine according to CDC recommendations. The most recent self-isolation guideline advises a 10-day quarantine. Please follow the recommendations of your physician if you test positive and get additional COVID-19 testing as directed. The Orange County website for orders on Quarantine and Self-Isolation is https:// occovid19.ochealthinfo.com/article/oc-health-officersorders-recommendations.

Keep Informed

To stay aware of the changes and the complexity of both the vaccination process and testing process, please continue to go to the websites of the State of California, Orange County, and CDC. If you still have questions or concerns, speak to your doctor or try the Orange County Health Department or the OC Hotline (714) 834-2000.

-Meg Wilson RN

danapoint.org



FARMERS MARKET AND CRAFT VENDORS

9:00 a.m. to 1:00 p.m. February 6, 13, 20, 27 La Plaza Park



VETERANS ASSISTANCE SERVICES Provided by VFW Post 9934 Appointments: (949) 248-1419

AGE WELL SENIOR SERVICES (949) 496-4252

ANIMAL SERVICES Kimberly Cholodenko animalservices@scdpanimalshelter.org

SAN CLEMENTE/DANA POINT ANIMAL SHELTER Licensing and Adoption (949) 492-1617 / petprojectfoundation.org

BOARD ACTION SUMMARY

JANUARY 13, 2021 BOARD MEETING: (General Session)

ACCEPTED AND FILED:

APPROVED:

-General Session Meeting Minutes for December 9, 2020 —January 2021 Expense and Transfer (Actual) -Quarterly Transfer Operating to Reserve Account -Resignation of Lori McNaught from Traffic & Safety Committee -Resignation of Chris Zoch from Recreation Committee -Resignation of Kathy Newport from Communication Committee -2021 Committee Chairs -2021 Committee Members -Election Timeline -Transfer from Comerica Operating to Pacific Western Operating Accounts in the amount of \$100,000 -Board and Committee Member Online Conferencing Participation Policy with revisions -Harvest Landscape Proposal #85368 for Tree Removal Amundsen Bay -Harvest Landscape Proposal #85383 for Tree (2) Removal Leeward Drive

DISAPPROVED:

-Appeal Architectural Committee Decision -Disapproval of Flagpole Location

REVIEWED/DISCUSSED: —Check Register, General Ledger and Delinquency Report (November) --COVID Status/Planning for 2021 – 1st Quarter and Future --Correspondence to the Board --Manager's Report

TABLED:

-Harvest Landscape Proposal #85249 for Tree Removal Manta Court

JANUARY 13, 2021 BOARD MEETING: (Executive Session)

ACCEPTED AND FILED: —Executive Session Committee Minutes

APPROVED:

-Executive Session Meeting Minutes for December 9, 2020

HEARINGS/MEETINGS:

—Nine (9) 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 Rules – Prohibited Parking
(Obstructing Sidewalk), Beach Parking (Guest Parked in Lower Tier)
—One (1) Hearing Held for Violation of
Rules – Obstructing Fire Hydrant
—One (1) Hearing Held for Violation of Rules –
Traffic Regulations (Unsafe Driving)

REVIEWED/DISCUSSED:

—Legal Update —Legal Analysis (November) —Delinquency Report (November)

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, FEBRUARY 10, 2021, BEGINNING AT 6:00 P.M.



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

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NEIGHBORHOOD ADS

FOR SALE WET SUIT JACKET - Brand new, never worn long sleeve, black, women's, \$50.00 (full retail was \$104.98) call Bill Halbert (949)218-8028.

FOR SALE — 2010 White Lexus ES w/tan interior. 57,000 miles. Driven to Trader Joe's, library and NSCA clubhouse. Excellent condition. \$14,500. Call Lisa Buchner (949)285-3716

Creighton Wall AKA CAN MAN - Don't throw cans or plastic bottles away. I want to save the world and ocean. I will pick up recyclables or deliver to 23881 Taranto Bay. (308) 991-2079.

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



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