

Seashore News



November 2023

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Issue 599

FROM THE HELM

On Wednesday, October 18th, **Steve Schinhofen**, owner of **Harvest**, spoke to the community regarding the proposal for a tree ‘re-forestation’ effort within Niguel Shores. The meeting was well-attended and ‘thank you’ to all who participated in the open exchange of information. This was the first such interactive meeting dedicated solely to this landscape plan. There were great questions posed and Steve did a superb job giving detailed information surrounding tree anatomy, suitability, and selection. I think it bears repeating, this plan is in the **PROPOSAL** stage. I can’t stress that enough. Furthermore, it will be a multi-year phased approach, likely to commence in 2025 if approved. There were requests to host related information presented on the NS website and as we progress further the Board will work with Management to hopefully offer a more condensed version of the proposal as the presentation was considerably lengthy.

Related to trees within the community, at the last General Session meeting the Board approved the removal of the large Coral Tree in the park. I know for many that particular tree was a key feature and focal point within our park.

As many of you may know, the tree lost a limb this year. Following the demolition of the adjacent sidewalk for the Recreation Amenities Project, we were able to see the exposed underlying root structure of the Coral Tree.

Subsequently, Management requested that both Harvest (current contractor) and an independent firm offer an updated assessment as to the future health prospects for the tree given the construction plans and general observations. Both companies provided Certified/Registered Arborists to provide their respective professional insights. The forward-looking concern is that Coral Trees are prone to the development of decay when their root systems are cut or damaged, which is highly likely/inevitable during the construction. Additionally, there are several root flare abnormalities and much root ‘girdling’.

Based on brief internet research, stem girdling roots happen when a tree’s own roots either completely encircle the trunk or grow tangential to the trunk on one or more sides, causing stem compression and damaging important vascular connections.

All living things have a finite time span, and based on expert opinion it appears that the Coral Tree is at that juncture in time given the aforementioned factors.

On a positive note, the Board gave direction that it would like sizeable, suitable replacement tree options to be vetted by Harvest. This tree can be a new focal point for current and next generations to come within Niguel Shores.

More to come on the Tree Re-Forestation Proposal in upcoming months.

Happy Thanksgiving to all!

—Jim Cobb



LOOK INSIDE

Honoring Our Veterans
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Oktoberfest
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Pumpkins Everywhere
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GENERAL MANAGER REPORT

Best Wishes and a Fond Farewell

On October 13 we were sad to say goodbye to **Blayke Miller**, an outstanding longtime employee of Niguel Shores. Blayke came to Niguel Shores Community Association nine years ago on October 13, 2014. Yes, you read that right: nine years to the day she worked at this amazing community. Before Blayke arrived to take on the duties at the front desk, that position had been a constant turnover of people in which nine months was considered a long time. Once we found Blayke and discovered she was able to enforce the rules fairly to all residents and still tough enough to know that statements made to her at the front desk were not aimed at her directly but more out of frustration with some community item, we all knew she was going to be a success story.

Blayke quickly showed us that no task was too large or too small for her to take on. She started working as the front desk reception person, then learned and helped with the accounting side of things, taking on more when our Controller of 31 years retired. She soon took on the Recreation Committee and kept that committee very organized by playing a major role in every Food Truck Night, In N Out, Band by the Sea, Cinco De Mayo, St. Patrick's Day, Ice Cream on the Bluff, etc. If it were not for her, these events might not have been such a success.

Blayke then began working with the Traffic and Safety Committee and proved her skills and abilities to be invaluable. She tracked all citations, sent letters as needed, worked

closely with and monitored the patrol service to ensure they are doing a great job for our community.

I realized her impact on the community when the MANY MANY owners came in to say goodbye to her. She knows every person that walks in the front door by name, most of their kids' names, and all of their dogs' names.

As a co-worker Blayke has always been someone you can trust and rely on. Her sense of humor is one-of-a-kind, which made her impossible to dislike and loved by all. Blayke will be greatly missed at Niguel Shores. It will not be easy to fill her shoes. We all wish her the best as she moves ahead in her career.

Office Closed

The Management Office will be closed Friday, November 10 in honor of Veterans Day, and November 23 and 24 for Thanksgiving. No construction is allowed on November 11 or November 23. Construction will be allowed on Friday, November 24. Thank you for your understanding and we will be happy to help you during regular business hours on your next trip to the Office.

—Marla Miller

*Honor our military on Veterans Day
and have a wonderful Thanksgiving!*

—from the Niguel Shores Staff

OCTOBER 2023 BOARD MEETING:

(GENERAL SESSION)

ACCEPTED AND FILED:

- Unaudited August 2023 Financial Reports
- General Session Committee Minutes

APPROVED:

- General Session Meeting Minutes for September 13, 2023
- October 2023 Expense and Transfer (Actual)
- Lien Filing: APN 672-222-16
- Updated Litigation Disclosure
- Resignation of Recreation Committee Members
- Ratify Approval of Transfer \$150,000 from Comerica Money Market to Pacific Western Operating Account
- Finance Committee Recommendation to Purchase \$50,000 CD for One Year for Breakers Isle Reserve Account
- Audit Engagement Letter
- Add an Emergency Item to the Agenda: Transfer \$250,000 from Pacific Western Operating Account to Comerica Money Market
- Transfer \$250,000 from Pacific Western Operating Account to Comerica Money Market to Remain Under FDIC Limit

- Proposal #112201 Tree Removal Vista Grande
- Proposal #115003 Tree Removal Brisbane Bay
- Proposed Rule Changes as Amended: Shores Garden Homes Modification Restrictions-Setbacks and Building Restrictions pulled
- Employee Health, Dental and Vision Insurance Coverage
- Underground Boring for Conduit – Streetlight and Camera Repair
- Removal of Park Coral Tree

APPEALS:

- Approved: Appeal of View Preservation Committee Decision – Plants Not an Unreasonable View Blockage
- Resolved Prior to Meeting: Appeal of View Preservation Committee Decision – Rear Slope Plants are an Unreasonable View Blockage

REVIEWED/DISCUSSED:

- Check Register, General Ledger, Legal, and Delinquency Report (August)
- Recreational Amenity Update
- Rubber Playground Surface Proposal

NOTE: The last approved General Session Minutes are posted on the Bulletin Board across from the NSCA Office entrance and on the website. 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 IN THE CLUBHOUSE ON THE **2nd WEDNESDAY, NOVEMBER 8, 2023**, BEGINNING AT 6:00 P.M.

COMMITTEE REPORTS

LANDSCAPE COMMITTEE

Organic Herbicides

Weed control is a crucial aspect of maintaining healthy and productive landscapes. In recent years, the demand for organic and environmentally friendly solutions, like the products Harvest Landscape uses in Niguel Shores, has been on the rise. These products provide a safe and sustainable way to manage weed growth while minimizing harm to the environment, human health, and beneficial organisms.

Unlike conventional herbicides, organic alternatives do not persist in the environment for extended periods, reducing the risk of soil contamination and the negative impact on non-target plants and animals. These products provide a reliable and sustainable alternative to conventional chemical herbicides.

Implementing organic herbicides not only ensures a weed-free landscape but also contributes to the broader goal of fostering a healthier, more sustainable planet.

—*Landscape Committee*

RECREATION COMMITTEE

Happy Thanksgiving to all from your Recreation Committee!

Upcoming Holiday Events:

Christmas Market—Saturday, December 9, 11:00 a.m. to 4:00 p.m. Come and enjoy our annual Christmas Market at a new location, the Beach Bluff. If you would like to participate, get your vendor application in the office. Only 25 open spots are available at \$15 each. Cut off time is December 1. Interested vendors, please contact **Nancy Tinnes** for more information at (949) 235-2555. **Savory Times Food Truck** will be in attendance. Cash only.

Cookies with Santa—Sunday, December 10, 4:30 to 6:30 p.m. Enjoy cookies and festive holiday punch with your friends while Santa Claus reads to the children under the tree and hands out candy canes.

Holiday Lights Contest—Judging December 13-15 Start decorating the day after Thanksgiving on November 24. Light up the neighborhood!

—*Recreation Committee*

RECREATION COMMITTEE OPENING

If you would like to work with a group of fun-loving people, think about joining our **Recreation Committee.**

Be part of planning and implementing good times for Niguel Shores. Applications are available in the Niguel Shores Office.

RECREATION AMENITIES

The Recreation Amenities Enhancement Project is moving right along! Construction began September 11 with widening of the Atlantic opening, demolition of the handball court and the start of reworking the earthwork and drainage. In November, we will see compaction, forms and foundation pours, and work on the pickleball seating area.

Please visit the Niguel Shores website *NiguelShores.org* to view our progress! Construction pictures and cost summaries are available there online. Emails will be sent for significant activities including temporary closures of facilities.

As always, if you have questions related to this project, please email *NSAmenities@gmail.com*. Happy November!

—*Debi Berk*



Gary Wilson gives Recreation Amenities update at Men's Club meeting.



Playground improvements in progress.



NIGUEL SHORES VETERANS AND CURRENT MILITARY

Madelyn R Baladi

U.S. Navy Nurse Corps
1971-1974
 Lieutenant Junior Grade
 Critical Care, Surgical Clinic.
 Long Beach Naval Hospital

Barry Banducci

U.S. Coast Guard
1954-1956 and Reserves
 NCO
 Jack of the Dust
 Pacific Location

Joseph Bevacqua

U.S. Army
1963-1974
 Sergeant E5
 Fort Ord, Fort Dix

Bruce Blakley

U.S. Navy
1967-1971
 Lieutenant
 Supply Officer/Investigator
 USS Repose
 Vietnam 1968-69
 Naval Audit Service 1969-71

Don R. Duffer, Sr.

U.S. Marine Corps
1962-1994
 Colonel
 Fighter Pilot
 Vietnam
 MCAS El Toro, CA
 MCB Camp Pendleton, CA
 MCB Camp Smith, HI

John Fogle

U.S. Army
1967-1971
 SP5/E5
 CTroop Condors 2nd/17th Cav-101st Airborne
 OH-6A Helicopter Crew Chief/Door Gunner
 LZ Sally, Quang Tri, Vietnam
 Purple Heart Award
 U.S. Army Air Medal for Valor

Al Glatt

U.S. Navy
1957-1960
 E5 Petty Officer
 Intelligence
 U.S., Turkey

Bill Halbert

U.S. Army
1962-1964
 Okinawa
 Vietnam

Steven A. Johnson

U.S. Air Force
 Major
 JAG
 MacDill AFB, FL - 56th Tactical Fighter Wing
 HQ Pentagon, AF Legal Services Agency
 George AFB, CA - 35th Tactical Fighter Wing
 Legal Officer, Area Defense Counsel
 Air Force Commendation Medals
 National Defense Service Medal

Karl Kuhn

U.S. Army
1956-1959
 Sergeant
 Japan

Steve Leonard

U.S. Coast Guard and Reserve
1964-1970
 Third Class Petty Officer
 New Jersey, Louisiana, Kansas City

Stuart Monroe

U.S. Air Force
1961-1964
 Captain
 Flight Surgeon
 Japan
 Saigon

Timothy Moore

U.S. Army
1966-1968
 Sergeant, E5
 1st Battalion 11th Artillery 9th Infantry
 Fort Riley, KS - Infantry Rifleman
 Fort Knox, KY - Radio Operator
 Republic Of Vietnam 1966-1967
 Advisor to 16th ARVN Rangers, Xuan Loc

Steve Morris

U.S. Navy
1962-1964
 Lieutenant, Junior Grade
 Damage Control Office/Division Officer
 Pearl Harbor, HI

Michael Oliva

U.S. Army Air Corps
1966-1971
 Captain
 Vietnam, Germany, United States

Ryan Palmer

U.S. Army
Current Plebe USMA
 Cadet Private
 West Point, NY

George Schramm

U.S. Army
1964-1965
 Sergeant
 Military Police
 Fort Jackson, SC
 Fort Benning, GA

Ben Shwachman

U.S. Navy TAD Marine Corps
1967-1968
 Lieutenant Commander
 Physician
 Vietnam

Gary Tinnes

U.S. Army
1967-1969
 Provost Marshal Investigator
 Thailand 12th CID

Tim Tyson

U.S. Army
1967-1969
 Specialist 5
 Criminal Investigations Division,
 Investigator
 Fort Jackson, SC
 South Korea

Robert Wollin

U.S. Army
1958-1968 including Reserves
 Captain
 Infantry Platoon Leader
 Signal Corps
 Program Director Armed Forces Radio/
 TV Unit
 Fort Benning, LA
 Panama

John Yocca

U.S. Air Force
1984-1991
 Captain
 Fighter Pilot and Instructor
 Seymour Johnson Air Force Base, NC
 George Air Force Base, CA

A VETERAN'S STORY 50 YEARS IN THE MAKING

Editor's Note: We applaud every veteran and enlisted member of our Armed Forces honored in the Seashore News this month. No doubt each of them has a unique story to tell. We asked one of them, John Fogle, to share his.

For veteran **John Fogle**, the story of his service in Vietnam has taken shape over 50 years, beginning with serious injuries from Viet Cong ground fire in 1969, followed by months of hospitalization, surgery, and rehabilitation in Japan, and the States—plus having to reconsider the direction of his life after being wounded. But, read on. The story has a happy ending.

John served as an OH-6A helicopter crew chief and door gunner with C Troop, 2nd Squadron, 17th Cavalry, 101st Airborne Division (Airmobile) at LZ Sally in Quang Tri Province. He had flown 120 hours of combat missions before the fateful day of July 25, 1969, when enemy troops hunkered down in a canyon began firing at the helicopter where he manned an M60 machine gun.

“I quickly fired off about 20 rounds,” John says, “and bullets were hitting all around me ... My right femur was fractured and blood came gushing out of my femoral artery with such force it was hitting me in the face ... I knew if we crashed we might all perish so I was going to keep firing no matter what happened to me. Then I was shot again, this time in the right elbow. I was still able to get off more rounds [by] switching to my left hand [until] we made it out of the canyon and were out of



John Fogle U.S. Army 1969

the fire zone. All this happened in a span of less than 60 seconds!”

The pilot, **1LT Szpila**, headed straight for the 22nd Surgical Hospital in Phu Bai while John tried making a tourniquet using the M60 bungee cord to reduce the blood spurting from his artery. John recalls, “My right arm and leg were just dangling from my body.” At the hospital, a team of surgeons worked to repair the damage, but he still needed more operations and was taken to military hospitals in Japan, and later in Colorado where he spent 17 months undergoing surgeries and recovery.



Hospital recovery 1969

1LT Szpila later wrote, “SP5 Fogle ... was hanging out of the helicopter in order to effectively fire into the squad-sized group of NVA below us. Although struck three times, he continued to fire accurately into the enemy ... Fogle’s complete disregard for his personal safety, his tenacity in continuing to perform his mission after being critically injured, was directly responsible for the survival of his fellow crew members and preventing loss of the helicopter.”



Purple Heart Award 1969

John was awarded the **Purple Heart** in October, 1969, and the **Air Medal for Valor** (more about that in a minute). After retirement from the Armed Forces in 1971, he knew his muscle loss, skin grafts, vascular

and bone repairs would prevent him from the physically demanding work he had trained for as an aircraft mechanic, so he enrolled in college courses and became an electrical engineer. He went on to a career with several Southern California defense contractors working 38 years before retiring in 2011.

Over the years, John never forgot the Army surgeons who treated him when he was a young soldier. “They saved my leg and arm. They saved my life.” He had promised to let them know how he was doing, but later he didn’t have their names or enough information to find them. Then, at his **Vietnam Condors Company** reunion in San Antonio, he discovered the **22nd Surgical Staff** were still getting together, and on *military.com* he learned they would have a reunion in 2018. Hoping to be reacquainted with the doctors who helped him, he wrote to ask organizer **Terry Caskey** if he could attend their gathering. Thus, 49 years after being in their care, John was able to meet the Army surgeons who treated him back in Vietnam and Japan. He gave a presentation at the reunion relating his Vietnam experience and all they did to save him. “They were very happy to see how I recovered ... and I was able to thank them again in person!” Next May, the 22nd Surgical team will hold their final reunion, along with the 95th Evaluation Hospital Da Nang, where John was a patient as well. He has been invited to speak again, and is already planning an updated presentation to express gratitude for a life he may have never had if it weren’t for the skill of those doctors and nurses.

One of the valuable resources John discovered in searching for his doctors is the **Vietnam Vascular Registry**, started by **Dr. Norman Rich** of the Uniformed Services University. The Registry has documented more than 10,000 blood vessel injuries in Vietnam and provides long-term follow-up of vascular injuries and repairs. In corresponding with Dr. Rich, John was able to obtain his medical records and locate three of the Army surgeons who helped him. This led to a radio interview for CBS in Washington, D.C. hosted by **Retired Marine Captain Chas Henry** where Dr. Rich



Medal of Valor Award



Barbara and John Fogle

talked about the Registry with John and his orthopedic surgeon, **Dr. Mo Levine**.

Earlier, we said this story spanned 50 years—from Vietnam to the present—and we mentioned John earned the Air Medal for Valor. Indeed, he did. However, due to paperwork mixups, it took until 2008 for the Army to present him the actual award, along with congratulations from his Councilman, the U.S. House of Representatives, and Senator Bob Dole.

John and his wife **Barbara**, who joins him at these reunions and visits around the country to the doctors who have now become his friends, reside in Niguel Shores on Coral Bay. When asked about his Army years, SGT/E5 (Ret) John Fogle replies without hesitation, “Proud to have served!”

—Sandy Homicz

CLUBS

WOMEN'S CLUB

The sea, once it casts its spell, holds one in its net of wonder forever.
—Jacques Yves Cousteau

The Women's Club is fortunate to have many local residents willing to share their extraordinary lives, travels, and interests. Two such residents are **Margi and Eric Eckes**. The Eckes shared their passion for travel and scuba diving throughout the world. They have each logged in excess of 1000 dives. Their photos and videos shown at our October meeting were truly breathtaking. Margi and Eric shared their experiences diving with a variety of sea creatures, such as hammerhead sharks in Cocos Island, salt water crocodiles in Cuba, sea snakes and blue ring octopi in Indonesia and humpback whales in Tonga. Living vicariously through their travels, dives and discoveries was an adventure for all the women in attendance.

Our guest speaker on **November 9** will be another Niguel Shores resident, **Cathy Burgner**. She will share the experiences she and her husband, **Dan**, have had traveling to Uganda and building a water well, medical clinic, church and school. The school currently has 386 students. Thanks to many neighbors in the Niguel Shores community who contributed funds to build a dining hall/auditorium, the number of students will increase to over 500. Women's Club members will enjoy Cathy's accounts of how she and her husband Dan founded **Uganda 3:16** toward improving life in the Bush Country of Uganda, and how their time, work and passion has impacted the lives of children and families there.

Thank you to the many members that work behind the scenes to make the Women's Club meetings and events enjoyable for members and guests: From **Jeannie Sticher**



Steve Moyer of Age Well Senior Services speaks about Meals on Wheels.

and her host of volunteers in hospitality, to **Suzanne Enis**, who creatively decorates the tables to **Laurel Yocca**, and **Carole Daly**, who schedule diverse and engaging speakers to **Cathy Tyson**, who diligently runs the treasury. We are fortunate to have so many volunteers willing to contribute to the Women's Club and the Niguel Shores community.

—Karey Palmer

MEN'S CLUB

Our Men's Club had quite a month in October. Our big Saturday night **Oktoberfest** event was probably the highlight (see photos on page 10), but we were also fortunate to have two intellectually stimulating first and third Tuesday meetings, as always.

The first Tuesday started off with Club VP **John Yocca** introducing our guest speaker for the day, the Chief Executive of **Age Well Senior Services, Steve Moyer**. Also present from Age Well, to support the boss, was **Marcia Marinovich**. Our members learned about an Orange County organization engaged in supporting OC seniors since 1975. Age Well started back then with an operation in San Clemente, and expanded to become a county-wide provider of services out of their current offices in Lake Forest. What does Age Well do, you ask? How about their vital nutrition program Meals on Wheels? In fact, over 500,000 Meals on Wheels are served annually. About 55% of the home delivered meals go to homes where seniors are living alone. Then there is the Grab & Go

Women's Club Outside Activity

EVENT: Decoration Of Ornamental Ball With Costume Jewelry

HOSTED BY: Jeannie Sticher & Suzanne Enis

DATE & TIME: Tuesday, November 28 – 2 to 4 P.M.

WHERE: Community Center Clubhouse

Bring your creativity and enthusiasm. The hosts will bring their guidance and encouragement.

The club will supply the ornamental ball. You can bring your own jewelry or have the hosts provide it (for which there will be a small cost).

A sign-up sheet will be available at the November Women's Club meeting. This will be first come, first serve, with a limit of 20 members.



CLUBS

Lunches, 69,000 and counting. Another critical service is providing transportation to medical service providers, about 23,000 rides annually, and over 2,200 in-home Welfare Checks. And get this: Age Well served over a million meals in Orange County during the COVID crisis. Where would we be without Age Well on the front lines supporting the fastest growing sector of our OC population—the seniors?

Age Well Senior Services is partly government funded, but mostly funded by contributions. In addition to donations from the community, Age Well greatly relies on its over 700 citizen volunteers, almost half of whom are seniors themselves. These volunteers have been known to trim trees, mow lawns, and take care of pets in addition to delivering meals. If you are looking for something to do with your spare \$\$ or your spare time, you could not find a worthier cause or organization than Age Well Senior Services in Lake Forest. Contact them at agewellseniorservices.org/ or (949) 855-8033.

Our second October meeting featured **Eric and Margi Eckes**, scuba divers extraordinaire, who regaled us with slides and videos of their many dives in all corners of the planet. Between them, Eric, the still photographer, and Margi, the videographer, have almost 2500 dives. That's right, 2,500! Both started their diving careers close by, in Laguna Beach's Shaws Cove, and expanded from there to such exotic diving destinations as Tonga, the Polynesian Kingdom, the Red Sea in Egypt, Indonesia, Costa Rica, Papua, New Guinea, and most recently, Cuba. Eric and Margi's close up photos of exotic sea creatures are amazing to behold. Did I mention British Columbia? How about Lake Michigan? Jacques Cousteau is a soul mate of the Eckes. Very entertaining, Eric and Margi. Thank you.

This month we look forward to presentations from **Margarita Wilkinson**, Republican candidate for Congress, and from **Debbie Bannister**, VP at Exchange Resources, talking about tax strategies. If you want to join us for one of these presentations, please do. You do not have to be a Shores resident to join our Men's Club. And, your first breakfast is on us!

—Tim Moore



UC Master Gardener Kelly Christensen speaking at the September meeting.

GARDEN CLUB

This month's meeting will be **Monday, November 20**, at **11 a.m.** in the **Clubhouse**. Two of our members, **Francine Stout** and **Chris Daley**, will guide us in making holiday ornaments using Tillandsia (air plants), pinecones, shells, and Spanish moss.

We are hosting a Community Service Project named **Forget-Me-Not**. Forget-Me-Nots are flowers symbolic of friendship and remembrance. We

will extend our friendship and holiday remembrance by donating the Tillandsia ornaments to those seniors that are involved in the Dana Point Senior Meals program at the Dana Point Community Center.

We always **welcome new members** to the Garden Club. Membership is open to all residents of Niguel Shores. You do not need to be a gardening expert to join. Our meetings are varied and may comprise a speaker, workshop, garden-related projects or a field trip. Refreshments are served at each meeting. Dues are \$20 per person per year, and \$5 per guest visit. To join, sign-up forms are in the Niguel Shores office.

Please contact **Sandi Stauffer** at sandistauffer@com-cast.net with any questions. We hope that you will join us.

—Judi Palladino

“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.”

FRIENDS OF THE DANA POINT LIBRARY ANNUAL HOLIDAY SALE



Saturday, November 4
10 a.m. to 4 p.m.

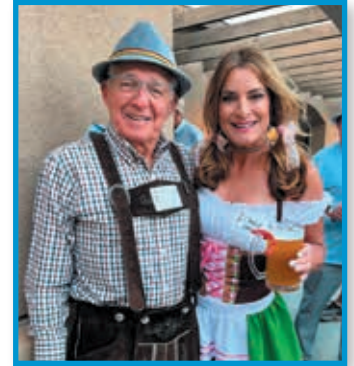
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The Community Room
at the Dana Point Library

friendsdanapoint.org (949) 489 3956

Oktoberfest

The Men's Club hosted *eine gute zeit*—a good time—at the annual Oktoberfest last month.



Local Color – Pumpkins Everywhere!

Launching Fall with Friends

A group of Niguel Shores women enjoyed the chance to do some fall decorating with a **Succulent Pumpkin Craft Night** at the **Aventura Sailing Clubhouse**—a gorgeous setting to socialize, toast, dine and create.

Attendees brought their own Cinderella pumpkins and glue guns. After prepping each pumpkin with spray adhesive and moss, the fun began. Many were surprised to learn we do not cut the pumpkins. Keeping the pumpkins intact allows them to last through the year with a little weekly mist of water.

White pumpkins were popular for the coastal vibe and versatility by removing the fall embellishments and adding favorite seasonal or holiday colors. A variety of orange hues and green pumpkins turned out beautiful results too.

As instructor, I explained how to build a proportional and dynamically colorful arrangement by breaking the design into three categories: Thrillers, Fillers and Spillers. The Thrillers start in the center and are vertical and/or colorful. The Fillers are usually succulents that hold up the Thrillers. Then the Spillers are pearls, drooping succulents or variegated pops of color that can be added towards the base by the moss.

Everyone filled large paper plates with succulent clippings of various color, size, and texture brought from



attendees' yards. For finishing touches there were embellishments such as pine cones, colored leaves, bright mini-pumpkins, and even seashells.

The night was a huge success thanks to everyone's enthusiastic and creative spirit.

—Carey Smith



Garden Club Pumpkin Décor

At the October meeting of the Garden Club, Suzanne Enis demonstrated ways to use pumpkins as Thanksgiving table centerpieces or as beautiful all-season planters for succulents.



Issues of the *Seashore News* from 1973 to present are available online at www.niguelshores.org. We would like to hear from you! Send your comments and suggestions to seashorenews@hotmail.com

General Editor: Sandy Homicz; Assistant Editors: Michelle Ralph (Committees/ News) Patti Staudenbaur (Clubs/ Activities/News); Contributors: Don Baer (Tennis); Debi Berk (Rec Amenities); Jim Cobb (Board From the Helm); Susan Courtney (News/Photos); Susan Davis (Pet Parade); Geoff Dunlevie (Maintenance); Mary Ellen Hofmann (News/ Distribution); Marla Miller (GM Report); Tim Moore (Men's Club); Tim Murphy (Traffic and Safety); Matt Northrop (Website/Advertising); Mike Oliva (Bridge); Frances Ozimec (Page Turners); Judi Palladino (Garden Club); Karey Palmer (Women's Club); Jenny Rose (Women's Outside Activity); Sharon Stewart (Wellness); Mike Stively (Architecture); Meg Wilson (News/Health/Photos); Jessica Wright (Family News)



IN ESCROW



**24011 Goldeneye
Laguna Niguel | \$1,469,900**
4 Bedrooms | 2 Baths | 2,000 Sq. Ft.

IN ESCROW



**24191 Becard Dr.
Laguna Niguel | \$1,550,900**
4 Bedrooms | 3 Baths | 3,098 Sq. Ft.

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**NIGUEL SHORES
MARKET DATA**



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ACCOLADES

CHEERS for **Oren Pentz** who won Best GM Muscle Car at the recent **Dana Point Classic Car Show** and received congratulations from Supervisor Katrina Foley and Mayor Mike Frost.



LET'S HEAR IT for Marathon Runner **Slone Smith**, son of residents **Erik** and **Carey Smith**. Slone has qualified for the **2024 Boston Marathon** with the American Red Cross, one of the Boston Marathon's Official Charity Programs. The Red Cross accepted Slone's application out of the thousands they received, and he hopes to raise a minimum of \$10,000 for the charity.

In addition, Slone has been training to qualify for the **2025 Boston Marathon** by finishing the **Big Bear Revel Marathon** on November 18. His goal is to finish the 26.2 mile race in under three hours. This time would clinch a second consecutive invitation.

A fundraising page has been established if any of our residents would like to help Slone reach his goal. See his story at givinggain.com/ap/slone-smith-raising-funds-for-american-red-cross-of-massachusetts/#timeline.



Slone Smith (left to right) 2014 LA Marathon; 2023-1st Place Men 20-24; Pacific Beach Half Marathon; 2023 San Diego Half Marathon; 2023 Rock n Roll Half Marathon.

DANA POINT THIS MONTH

FARMERS MARKET AND CRAFT VENDORS

Saturdays November 4, 11, 18, 25
9 a.m. to 1 p.m.
La Plaza Park

FRIENDS OF THE LIBRARY HOLIDAY SALE

Saturday, November 4
10 a.m. to 4 p.m.
Dana Point Library Community Room

VETERANS DAY TRIBUTE

VFW Post 9934
Friday, November 10
10 to 11 a.m.
Strands Vista Park Veterans Memorial

THANKSGIVING LUNCH FOR SENIORS

Monarch Beach Rotary and City of DP
Saturday, November 18
11:30 a.m. to 1:30 p.m.
Dana Point Community Center

ANNUAL TURKEY TROT

DP Chamber of Commerce
Thursday,
November 23
6 to 11 a.m.
Dana Point Harbor
Register at
turkeytrot.com



COMING SOON:

248TH MARINE CORPS BIRTHDAY BALL

Marine Corps League South Coast Detachment 22
Saturday, December 2,
from 5 to 11 p.m.

Laguna Cliffs Marriott Resort & Spa

Purchase tickets or sponsor a Marine at \$155 per person.
www.eventbrite.com/e/248th-marine-corps-birthday-ball-tickets-727491987117

Donate items for the silent auction and raffle.
Contact Niguel Shores resident Tina Fornadley at
(949) 375-5663 or go4itre@gmail.com



ACTIVITIES

BRIDGE

Bridge is an interesting game. There are various schools where one can learn to play, such as the South Orange County Bridge Center which teaches “Duplicate Bridge.” Here at Niguel Shores we play “Party Bridge” which is easier to play since all the equipment you need is a flat surface to play on and a deck of cards. The game of Bridge will allow you to match wits with people from all walks of life and enjoy each other’s company.



Our recent winners:

September 20: Surprising everyone, Mike Oliva stumbled into first, while Bob French who thought he wasn’t in the running came in second, and his lovely wife Betty French came in third.

September 27: Bill Imbriale nailed first, Jim Pinola was lying in wait for second, and Patty Hollis, not to be outdone, came in third.

October 4: Maria Girard (Champion Pickleball Player) came in first, Jim Pinola again came in second, followed closely by Terry Liebman.

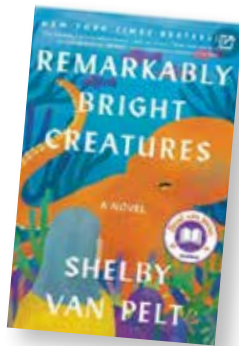
October 11: Mike Oliva came in first for the second time, Sandy Nelson came in second, and Maria Girard came in third.

Please remember if you are interested in playing, call **Bob** or **Betty French** at (949) 312-2556 or visit us on Wednesdays at 10:45 a.m. in the Niguel Shores Clubhouse.

—Mike Oliva

PAGE TURNERS

Page Turners Book Club will be reading *Remarkably Bright Creatures* by Shelby Van Pelt as their November selection. *Kirkus Review* calls it “a debut novel about a woman who befriends an octopus ... a charming, warmhearted read.”



The review goes on to say, “Tova Sullivan’s best friend is an octopus. A giant Pacific octopus named Marcellus ... who can, as he points out, do many things we don’t know he can do. What he can’t do is escape from captivity in a small public aquarium in the fictional town of Sowell Bay, near Puget Sound.” Tova fills her nights cleaning at the aquarium where “she prides herself on keeping the glass and concrete scrupulously clean while chatting with the

inhabitants, although she saves her deep conversations for Marcellus. Lately she’s been concerned about the way he’s been escaping from his tank and cruising through the other enclosures for live snacks—and sometimes visiting nearby rooms, which risks his life. Tova is too preoccupied to pay attention to the sweet but awkward flirting of Ethan, the Scotsman who runs the grocery store, but she does get drawn into the complicated life of a young man named Cameron who wanders into Sowell Bay ... Although Tova and other characters are dealing with serious problems like loss, grief, and aging, Van Pelt maintains a light and often warmly humorous tone.”

Page Turners Book Club was started in the summer of 1991 by a group of Niguel Shores women (about six or seven, I believe) and has since grown now to consist of three groups with approximately twelve members in each. A list of all the books that the club has read over the past three decades can be found at the Niguel Shores website niguelshores.org. Click on “Clubs,” then “Page Turners,” then “Past Reading Selections.” The list is extremely interesting for anyone remotely interested in books!

I am happy to report that we have added a number of new members during the past couple of months and all are most welcome. If you have any questions or would like more information you can contact me at fzimec@cox.net.

—Frances Ozimec

IN MEMORIAM

George Hartmann

Longtime resident on Halyard Drive

Niguel Shores Men’s Club and Bridge Club

Survived by his wife Sherry, and their 6 children,

11 grandchildren, 5 great-grandchildren

George enjoyed a wonderful life

and will be missed by all.

PICKLEBALL

Our Pickleball courts continue to be very busy, both for Drop-in Play and Organized Play. As noted last month, the Recreation Amenities Project will include some much needed and appreciated changes to our courts. However, this will also necessitate the courts being closed for a few weeks this month. Watch the Niguel Shores website at niguelshores.org and look for email blasts with community updates from the Association.

Several other courts are available in neighboring communities that may be an option for anyone interested:

- Dana Point Community Center has outdoor courts open to the public for drop-in play (bring chairs, no seating).
- Dana Point Recreation also offers a variety of indoor classes. Registration begins November 6, and classes fill up quickly.
- Richard Steed Memorial Park in San Clemente (247 Ave La Plata) has eight new courts for beginner through advanced players.
- San Geronio Park in San Clemente is scheduled to close permanently on November 7.
- Starting November 5, our courts will close at 7 p.m. or dusk, due to Daylight Savings time change.

Our Pickleball Happy Hours will pause until spring of 2024, but mark your calendars for our now famous **Pickleball Holiday Party** scheduled for **Wednesday, December 20** in the Clubhouse. We are looking for volunteers to help with this very fun event. Contact **Chris Horpel** at horp@stanfordalumni.org.

As always, the Niguel Shores Pickleball Community is a friendly and welcoming group and new players are always welcome to join. See you on the courts!

—Susie Smith

TENNIS

Tennis Scheduling

Our tennis groups are becoming more and more scheduled each day. Since we have limited courts and all of us wish to play at “prime time hours,” we thought we might address the issue of canceling courts if you will not be using them. Until we have an updated scheduling for courts, our current system will not allow you to cancel a court within two hours of the scheduled time.

Often, we have noticed that a court is scheduled, but no one shows up. We are asking our

tennis residents to please cancel the court reservation if you are not able to use it. You can cancel/revise the reservation by going to the email you received from our scheduling system when you made the request.

When you hit either cancel/revise, the system takes you to a new page, with the “cancel link” in small type. Hit this and then a message comes up, “Your court is canceled.” You will receive an email to validate this cancellation or revise court time. This way, people who wish to play but were not able to schedule a court, may be able to play.

You can also contact the office to cancel the court. However, I would not use this method too many times, since the office has plenty of other business to handle. If you have any questions on how to access and cancel or revise, please contact **Don Baer** at pacific92629@yahoo.com.

Ladies 3.0 Tennis

One of our residents is trying to organize ladies’ doubles play at the 3.0 ranking level. If you would like to participate in this group, please contact **Hansa Sehgal** at hansasehgal21@gmail.com. She will be happy to discuss details with you.

The holidays are coming, with Thanksgiving very soon. Penni and I wish each of you a joyous fall and holiday season. We look forward to seeing you on and off the court. Till then, keep your racquets moving, and live life “Happy, Wild and Free.”

—Don Baer



Wellness . . . Processed Food

Corn on the cob or crunchy corn chips? Baked potato or hot salty French fries? Homemade pizza versus the quick and easy freezer-to-oven version? Which is better for us?

These are burning questions we have about food! Well, maybe some of us. The rest of us just go for the fries and say, “To heck with it. They taste too good to pass up!” However, it’s not a bad idea to stop and ponder how the food you’re about to put into your mouth came to be.

Items such as the aforementioned tasty treats are often loosely categorized as processed foods. People ask me about processed food frequently. The truth is, there’s quite a bit of controversy regarding this topic, but there is a system known as NOVA that breaks down the food we consume into four categories:

- **Unprocessed or minimally processed food** (fruits, vegetables, beans, nuts, eggs, meat, grains, etc. obtained directly from plants or animals with no alteration)
- **Processed culinary ingredients** (sugar, honey, maple syrup, butter, vegetable oils, salt, etc. extracted from natural foods by pressing, grinding, refining, etc.)
- **Processed foods** (salted nuts, cured meats, canned fish, fruits in syrup, canned vegetables or beans, breads from a bakery, etc.)
- **Ultra-processed foods** (packaged breads and baked goods, most breakfast cereals, flavored yogurts, ice cream, candy, margarine, cakes, instant soups, etc. all of which offer craving-like palatability)

Understanding the difference between these categories can help us take better care of our health, and avoid diabetes type 2, and even many types of cancers. The NOVA system also teaches us that some of our perceptions about processed food might not be accurate while also shining a light on how profit-oriented the food industry is, which makes money via our addictions to the ultra-processed food category.



I urge you to take a look at this link for more details about NOVA at

<http://bit.ly/46ToCjZ> and also a great newsletter about nutrition at <https://bit.ly/46uxooM>. For an additional perspective, see [npr.org/sections/health-shots/2023/07/24/1189276187/an-ultra-processed-diet-made-this-doctor-sick-now-hes-studying-why](https://www.npr.org/sections/health-shots/2023/07/24/1189276187/an-ultra-processed-diet-made-this-doctor-sick-now-hes-studying-why)

With all the choices we have to make at the grocery store, finding healthful items can be quite overwhelming. The produce department is usually where decisions are the easiest. Fresh fruits and vegetables are there waiting for us. Elsewhere, choices get more complicated with shelves of boxed convenience foods of questionable nutritional value.

To begin to understand the differences between the four NOVA system categories, let’s take the pizza example already mentioned. A pizza made from scratch is an example of “processed food.” The wheat is made into flour, the tomatoes into sauce, and the milk into cheese. Thus, foods that are basically unprocessed (wheat, tomatoes, milk) are processed into ingredients (flour, tomato sauce, cheese) that ultimately result in a delicious *homemade* pizza. The pizza from the freezer section, however, is very energy dense (LOTS of calories), has several additional components like extra salt, fat, oil, artificial preservatives that land it in the category of “ultra-processed food.”

Another example would be juicing. Put fruits and vegetables into your blender and whirl them into a lip-smacking liquid filled with great nutrition. That’s processed food—but you wouldn’t have called it that, as we associate processed food with junk food even if that it isn’t always the case.

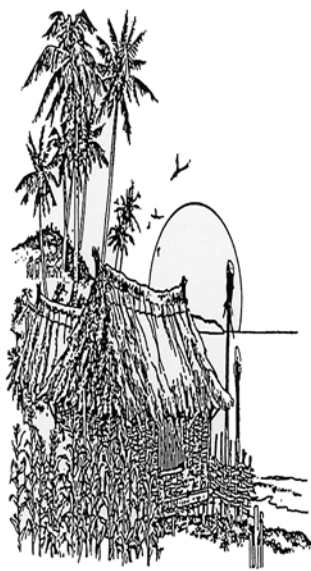
As you can tell, this is a big topic. We spend our money and give our trust to the food industry, so the more knowledge we have, the better choices we can make. When people begin to tell you what’s processed and what isn’t, know that there’s more to it than personal opinion. Enjoy that pizza but find out where it came from and of what and how it’s made. Then YOU can knowingly “process” that pizza by taking a bite and savoring the warm, delicious flavors. Just remember to select your food responsibly.

—Sharon Stewart

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

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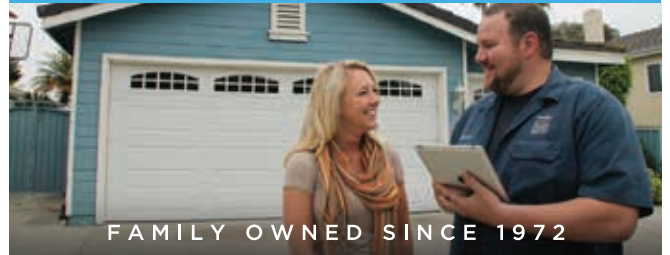
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MARKET UPDATE



ACTIVE LISTINGS

The active listing inventory in the past couple of weeks increased by 68 homes, up 3%, and now sits at 2,408. It is the second lowest Oct. reading since tracking began in 2004, behind the 2,042 reading in 2021. In Sept., 37% fewer homes came on the market compared to the 3-year average before COVID (2017 to 2019), 1,114 less. Last year, there were 3,656 homes on the market, 1,248 more homes, or 52% higher.



DEMAND

Demand, the number of pending sales over the prior month, decreased by 79 pending sales in the past two weeks, down 6%, and now totals 1,335, the lowest October reading since 2007. Last year, there were 1,427 pending sales, 7% more than today. The 3-year average before COVID (2017 to 2019) was 2,206, or 65% more.



EXPECTED MARKET TIME

With the inventory rising and demand falling, the Expected Market Time, the number of days to sell all Orange County listings at the current buying pace, increased from 50 to 54 days in the past couple of weeks, its highest level since the start of February. It was 77 days last year, slower than today.



CLOSED SALES

There were 1,647 closed residential resales in Sept., 18% less than Sept. 2022's 2,011 closed sales. Sept. marked a 17% drop compared to Aug. 2023. The sales-to-list price ratio was 99.4% for all of O.C. Foreclosures accounted for 0.4% of all closed sales, and short sales accounted for 0.1%.



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