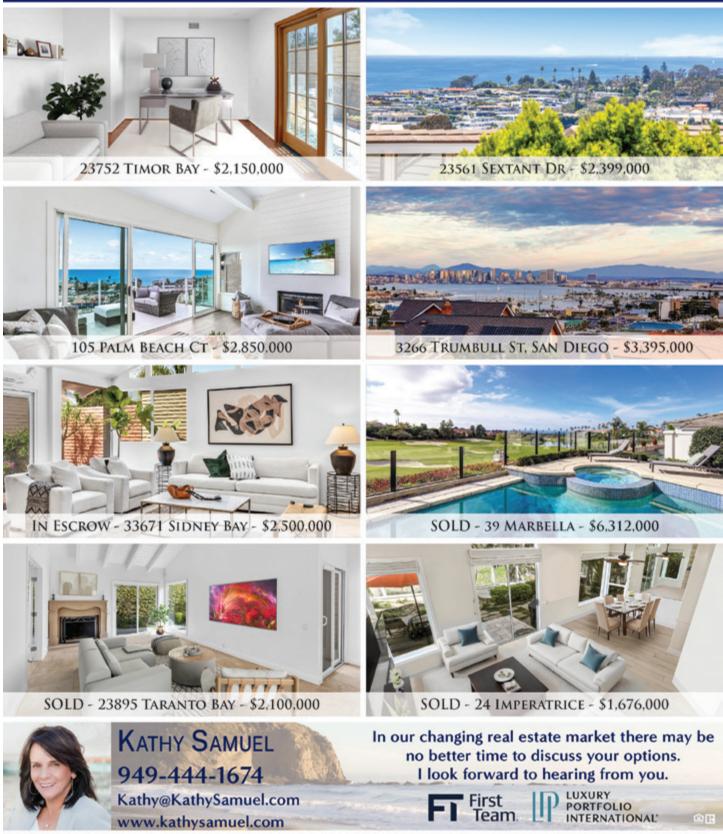


DANA POINT REAL ESTATE MARKET UPDATE:



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FROM THE HELM

Dear Niguel Shores Community,

I am honored to introduce myself as the new president of the Niguel Shores Community Association. My name is **Mark Russell**, and I am deeply grateful for the opportunity to serve this wonderful community. I am committed to ensuring that our community remains a vibrant, welcoming, and enjoyable place for all residents.

Alongside me, I am pleased to welcome our newly elected board members: **Rick Palmer, Brian Porter,** and **Bob Berkery.** Each of them brings a wealth of experience, dedication, and a passion for making Niguel Shores the best it can be. Along with **Pat O'Brien**, this should be a very productive year.

As your president, I pledge to be fair and unbiased in all my decision-making processes. I believe in transparency, open communication, and working collaboratively with all members of our community. My goal is to listen to your concerns, address your needs, and work towards solutions that benefit everyone.

I would also like to extend my heartfelt thanks to **Marla Miller,** who is retiring from her position as general manager after 11 years of dedicated service. Marla's hard work and commitment have significantly contributed to the success and harmony of our community, and she will be greatly missed. As Marla leaves us, I am excited to welcome **John Muller** as our new General Manager. John brings a wealth of knowledge and an amazing attitude, and I am confident he will be a tremendous asset to our community. In an effort to make our general session monthly board meetings more resident-friendly, I am instituting several new initiatives. Residents will now have more time to speak during the open forum portion of the meeting. Additionally, we will introduce a "Questions and Concerns" form that residents can fill out, which will be reviewed by myself and the General Manager.

I am also excited to announce "**Mark's Fireside Chat.**" This will be a 30-minute session held immediately after the general session, where myself and another board member will be available to chat and listen to residents more in depth. This initiative aims to foster better communication and understanding between the Board and the community.

I want to extend a special thank you to **Matt, Karen**, and **Blayke**, our awesome office staff. They are a huge asset to the Board and the community.

On a personal note, my family and I have been part of this community for over 26 years. My wife **Rhonda**, our two grown boys, **Zac** and **Jackson**, and our loyal Jack Russell Terrier, **Willie**, are all proud to call Niguel Shores home.

Together, with the support of our Board and the active participation of our community members, I am confident that we can achieve great things. I look forward to the exciting journey ahead and to making a positive impact on our community. Thank you for your trust and support.

> Warm regards, —*Mark Russell*

GENERAL MANAGER REPORT



Good Bye

A s you all know, my last day here at Niguel Shores will be July 5. After almost 11 years of working at this amazing place, with so many remarkable people, I am filled with mixed emotions as I bid farewell to this chapter and embark on a new adventure of retirement.

I am filled with a sense of pride and fulfillment and am grateful for the opportunities I have had to contribute to the Niguel Shores Community Association's mission and vision. Working with a different boss and potentially an entirely new Board every year posed challenges as well as many opportunities to learn and grow continuously. Thank you to the nine (9) Presidents that I had an opportunity to serve under: John Dougherty, Pat O'Brien, Jeannie Sticher, Art Staudenbaur, Bob Russell, Jeannie Sticher, Dick Kichline, Bob Russell, Bob Russell, Rhonda Dunlevie, Jim Cobb and Mark Russell. What an amazing group of individuals—thank you all so much! And if you can believe it, I have attended 254 Board Meetings during my tenure.

What an honor it has been to work with all the volunteers and many Committee members at Niguel Shores that make this a such great community. These volunteers help the manager and staff members work more efficiently and for that, I am extremely appreciative. I cannot even begin *continued on page 4*

BOARD ACTION SUMMARY AVAILABLE ONLINE

See the Niguel Shores website at *niguelshores.org* for a summary of the June 12, 2024 Board of Directors General Session and Executive Session Meeting. Board Actions are posted soon after the meeting. The next Board Meeting is scheduled for the **2nd WEDNESDAY**, JULY 10, 2024 AT 6:00 P.M.

GENERAL MANAGER REPORT

to tell you how many committee meetings I have attended, but each of them was important to me and I would not have done anything differently.

The Niguel Shores staff is an incredible group of dedicated individuals and a pleasure to work with. They all work very hard for the best interests of the community and that shows with the years of commitment and service each of them has here at Niguel Shores.

As much as I have enjoyed my role here, I am eagerly looking forward to the next chapter of my life. But saying that, I want to express my heartfelt appreciation to every one of you. Niguel Shores is a jewel, and I know it will continue to be that with the new manager, dedicated staff,

COMMITTEE REPORTS

FINANCE COMMITTEE

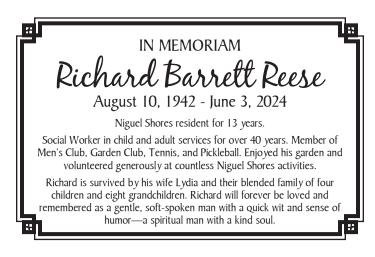
Committee Volunteers Wanted-The Finance Committee is seeking new members. If you are interested in volunteering your time to help your Niguel Shores Community, please contact the office for details on duties and meeting times.

MAINTENANCE COMMITTEE

Be a Good Neighbor—Well, we are into the heart of summer and the Independence Holiday is upon us. With all the fun and festivities, it is important to remember to be safe and a good neighbor. We now have many new amenities to enjoy, but it has been noted that some are not using them as intended.

The Bocce Ball courts are for Bocce Ball only. They are not a dog run, a place to lounge on with beach towels or a place to ride bikes. The multi-use Sport Court offers many options. However, please do not be tempted to hang on the basketball hoops. There is a new rope jungle for that in the play area.

E-Bike Courtesy—With the growing popularity of E-Bikes,



and many amazing volunteers who work hard and care so much about the best interests of the community.

Thank you all for your help in making and keeping this place the gem that it is. I have worked at other Associations, but Niguel Shores is the only one that I would call truly a COMMUNITY and it is because of the people!!!

Happy 4th of July Niguel Shores! I hope you all get to experience the joy that is Niguel Shores during this fun-filled special season for the community.

GOODBYE AND HAPPY 4TH TO YOU AND YOUR FAMILIES!



-Marla Miller



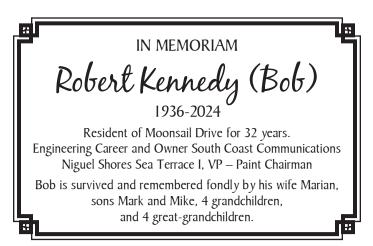
MEN'S CLUB ANNUAL PANCAKE BREAKFAST Manual Annual Ann

we've seen some problems arise. Kids and some adults have been tempted to ride on our green belts and even on the grass at the Bluff. Not only is this very unneighborly, it is very dangerous. Please refrain from riding anywhere but on the streets.

Committee Spot—The Maintenance Committee is in search of a new member. So, if you would like to get involved in keeping Niguel Shores the extremely well-maintained community it is known for, please stop by the Community Office and complete an application.

Have a great July!

—Geoff Dunlevie



COMMITTEE REPORTS

RECREATION COMMITTEE

Summer is finally here! Get ready for some fun!

July Events:

July 4th Celebration – All Day. Come and enjoy the activities on Independence Day. Be sure to sign up in the NSCA office by July 3 to participate in the decorating contest for Golf Carts. The decorating will be judged at 9:30 a.m. on Niguel Shores Drive. See Page 1 of this issue for the event schedule.

Ice Cream at the Bluff – Friday, July 12, 3:00 to 5:00 p.m. Debbie's Ice Cream will provide delicious frozen treats down at the Beach Bluff. Pay vendor directly.

Food Truck Night – Saturday, July 20, 5:00 to 8:00 p.m. Mark your calendars and enjoy the selection of food trucks this year with Mad Dumplings, Savory Times and Drizzle. Music provided by DJ George. Purchase your food from food truck vendor and pay cash or credit at event.

Upcoming Events:

Ice Cream at the Bluff – Friday, August 2, 3:00 to 5:00 p.m.

Contribute your baked goods and volunteer for our hugely popular 4TH OF JULY BAKE SALE & CAKE WALK * Sign up to bake some of your "awardwinning" cakes, pies, cupcakes, cookies. * Sign up for a shift to sell the yummy goods. Choose your shift: 9:30 to 11:30 a.m. or 11:30 a.m. to 1:30 p.m. To sign-up: Send an email to Marietta Hannigan at mariettahannigan@yahoo.com or Patti Staudenbaur at umass21@cox.net

Band by the Sea – Saturday, August 17, 5:00 to 8:00 p.m. Enjoy great music and dance the night away with neighbors, family and friends. Ticket sales start August 1st at a cost of \$15 each. Reserve a table for preferred seating.

Ice Cream at the Bluff – Friday, August 30, 3:00 to 5:00 p.m.

Labor Day BBQ – Sunday, September 1, 5:00 to 8:00 p.m. Mark your calendars for our famous barbeque celebration. This is a free event in which we provide the hot coals and you bring whatever you would like to BBQ!

—Recreation Committee

RECREATION AMENITIES CELEBRATION

Grand Opening Day on June 1 was great fun for everyone who came out to enjoy our new recreation amenities.



CLUBS

WOMEN'S CLUB

Kentucky Derby Tea—Hold your horses! The Women's Club Kentucky Derby Tea on June 13 crossed the finish line as a definite winner! The clubhouse was a spectacle with the sight of lavish, wide-brimmed hats, the taste of Mint Juleps and Oak Lily cocktails, the smell of fragrant white rose centerpieces, and the sound of laughter and chatter.

The creative co-chairs, Carey Smith and Dianne Cahill, planned the sold out event with the help of their committee members: Cathy Burgner, Olivia Downs, Kathleen Girvetz, Anna Kwit, Leslie Moore, Marnie Olia, Karey Palmer, Laura Pentz, Carla Perin, Kris Perry, Enza Saccacio, Laura Some, Florence Taslitz, and Toni Williams.



Co-Chairs Carey and Dianne

The attendees were served an assortment of delicious sandwiches and sliders, deviled eggs, charcuterie cups, biscuits, bundt cakes and cookies, as well as iced tea and specialty cocktails. After lunch, Anna Kwit took the stage as announcer and the "greatest two minutes in sports" commenced. "Jockeys" **Dianne Cahill, Julie Chis, Mary Ellen Hoffman, Sue Palmer, Carey Smith, Sharon Stewart, Cynthia Talley, Jeanie Vierig, Dot Wall, Lynda Watts, Laurel Yocca, Kathy Zoch** were chosen from the audience, dressed in race bibs, and given riding crops (fly swatters). The room was full of excitement, laughter and applause as the Niguel Shores jockeys mounted their inflatable horses and raced around the "track!" Prizes raffled after the race included a duffy boat excursion

Women's Club Bocce Ball Social



The winners of the Women's Bocce ball single elimination tournament were Nancy Capelli and Cathy Dube. Finalists were Meg Wilson and Gunjan Anand. Additional





medals were given to winners of the first round Team 3 Meg Schuler, Carla Perrin and "pinch roller" Lisa Buchner; and Team 5 Rebecca Russel and Marietta Hannigan. at the harbor, sun hats, sunglasses, a yoga mat and tote bag, and beautiful centerpieces. The Derby Tea was an afternoon of friendship and fun for all! See photos on Page 10.



Marla and Sharon

Change of Officers—At the tea, the current Women's Club Board was recognized for their hard work: President Sharon Stewart, Vice Presidents Laurel Yocca and Carol Daly, Secretary Karey Palmer, and Treasurer Cathy Tyson. The new 2024-2025 Board was sworn in by former club president Lisa Buchner: President Laurel Yocca, Vice Presidents Sharon Stewart and Carol Daly, Secretary Laura Syme, and Treasurer Cathy Tyson. Sharon also presented a retirement gift of appreciation to NSCA General Manager Marla Miller on behalf of Women's Club.

End of Season Social—Members gathered for an afternoon of Bocce Ball in May and an end of the 2023-2024 season Bluff Party in June. Thank you to Jenny Rose and Gunjan Anand for their hard work planning unique, wellattended events throughout the year.

Charity Donation—Each year, the Women's Club commits time and resources to help a charity in the community.

Laura's House is a non-profit organization providing support services, resources and refuge to individuals and children who are victims of domestic violence. Last month, Sharon Stewart delivered a \$500 check to Laura's House on behalf of the Women's Club. We look for-



Donation to Laura's House

ward to having a speaker from Laura's House at our September meeting to learn more about their charitable organization.

If you have not already joined or renewed your membership for 2024-2025, please do so! You may go to the Niguel Shores Office to fill out paper work and pay your \$25 annual dues.

-Karey Palmer

GARDEN CLUB

Special Congratulations! The Garden Club's honorary life member **Ruthy Stahl** turned 106 years old on June 15. Ruthy is one of the club's original founders, and attended for more than twenty years. The Garden Club donated money to the Penny Pines Refores-



Ruthy Stahl

tation Project in Cleveland National Forest in Ruthy's honor. Our Garden Club meeting in June was our Annual Gar-

den Club BBQ at the Bluff when we celebrated with fellow

CLUBS

gardeners another season of learning, working together, and nurturing our earth. New officers and committee chairpersons were introduced and installed: Sandi Stauffer, President: Janice Stauffer, Vice President and Treasurer; Martha Burns,

Secretary; Marietta Hannigan, Membership; Judi Palladino Seashore News: and Suzanne Enis Hospitality. Also attend-



ing were this year's scholarship recipient, Christine Villa, a student at Saddleback College studying sustainable horticulture and landscape design, and our retiring General Manager Marla Miller, who received a special garden-inspired thank you gift created by Suzanne Enis.

Breaking News! For the first time ever, the Garden Club will have a decorated golf cart at this year's July 4th Parade!

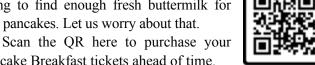
Members are encouraged to renew their membership of \$25 per year, payable now. August 1 is the deadline to be included in next year's Directory. Garden Club membership is open to all residents of Niguel Shores. You do not need to be a gardening expert to join. Our meetings may comprise a speaker, workshop, garden related projects or a field trip. Refreshments are served at each meeting. Dues are \$25 per person per year, and \$5 per guest visit. Sign-up forms are in the Niguel Shores office.

-Judi Palladino

MEN'S CLUB

June was busy for the Men's Club with meetings, activities, and prepping for the big July 4th Pancake Breakfast. We're guessing more than 450 of our friends, family, and neighbors will be joining us for a fresh hot breakfast on Independence Day and we are looking forward to it. Please come

join us. And don't worry about where we are going to find enough fresh buttermilk for 500 pancakes. Let us worry about that.



Pancake Breakfast tickets ahead of time. Scan to Purchase At our June 4 meeting, after a fine break-

fast, we heard about Mission Providence Hospitals in Mis-



Mission Providence Hospital executives Stephanie Krogius and Austine Duru.

sion Viejo and Laguna Beach from two of Mission's senior executives, Austine Duru and Stephanie Krogius. Mr. Duru gave the early history of the Sisters of Providence. Those nuns' pioneer spirit lives on in the work being done



Win Tickets to Music Under the Stars Concert at Mission San Juan Capistrano

> on August 17 featuring Disco Inferno

WIN A TABLE FOR 10 IN A PREMIER OCATION. **RARE OPPORTUNITY!**

(Box Office is sold out, no tickets available to buy.)

Raffle Donation

One Ticket \$20 | Three Tickets \$50 | Seven Tickets \$100

Thanks to donor Judy Flynn, spouse of the late John Cobain, long-time chair of the Men's Club Scholarship Committee.

> For Tickets, Call or Text Geoff Dunlevie (949) 359-1804 | gdunlevie@gmail.com

today in Orange County. Ms. Krogius was equally engaging as she spoke about the building plans and leading-edge science going on right here in OC, where one of only-eight-inthe-world machines operates daily to destroy cancerous tumors with sound waves only, no surgery involved. How about that?

Our June 18 meeting was an evening event with plenty of snacks and some adult beverages. At 5 p.m. Geoff Dunlevie began by introducing outgoing General Manager Marla Miller who expressed how much she enjoyed her almost eleven years here, and that Niguel Shores is truly a "Community."

Thanks for your good work, Marla. We all wish you well.

Next, John Yocca introduced Orange County Sheriff Don Barnes, an imposing figure and an impressive speaker who is justifiably proud of the fine work the OC Sheriff's Department does, especially in contrast to other law enforcement agencies in California and the rest of the country. Sheriff



Left to right: San Francisco Police Lieutenant Heinz Hofmann (ret), Orange County Sheriff Don Barnes, NSMC President Geoff Dunlevie, NSMC Vice President John Yocca.

Barnes spoke with clarity and humor and then took questions from the audience. Sheriff Barnes stated that South Orange County as a region is the safest area in the Nation. Something he and his fully-staffed department are very proud of.

Our next meeting will be July 2 at the regular 0800 start time. If you volunteered to work the July 4th Breakfast, plan on attending the July 2 meeting for assignment details. See vou there.

—Tim Moore

ACTIVITIES

BRIDGE

So far I have been lucky! No one has reported me to the Better Bridge Commission!

Our Leaders-This month I want to introduce you to the leadBob and Betty French

ers of the Niguel Shores Bridge Group. These unsung heroes are in charge of setting up the games, calling additional players as needed, and insuring games are organized and on time. When one or more of our signed-up players forget to come or are unable to attend at the last moment, then Bob and Betty French rise to each occasion.

Bob and Betty joined us from Palo Alto, California. Bob handles our Bridge business and Betty makes our Bridge group fun and enjoyable. Both are Californians. Bob was born in South Gate and Betty was born in Compton. They met at church in Compton. Both were teachers for the first seven years of their marriage. Betty then remained home to raise their family while Bob continued teaching and ultimately became a high school Vice Principal, and later the Principal. Thanks to you, Bob and Betty, for making our Bridge group run so well.

Our Recent Winners

- 5/22: Cherry Ramee totally secured first, but not to be outdone Jane Olson held on to second, and Freyd Rad nailed third.
- 5/29: Glenda Wilson slid into first, while our fearless leader Betty French hit a double, and Freyd Rad hit another triple for third.
- 6/5: Jim Pinola roared out of the gate for first place, while Bob Ruben was close on his heels at second, and Terry Liebman secured third.
- 6/12: Mike Oliva stumbled into first place, while Byron Nelson nailed second, closely followed by Lesley Boyer for third.

Reminder-Please sign in for the following week and remember we now start at 10:30 a.m. If you are interested in playing, please call Bob or Betty French at (949) 312-2556 or visit us on Wednesdays after play finishes at 2 p.m.

-Mike Oliva

PAGE TURNERS

At their June meeting, amid refreshments and discussion of The Only Woman in the Room, Page Turners group leaders revealed the nine books chosen by members for the club's 2024-2025 reading year. These are the selections, in order of votes received:

- 1. The Women, Kristin Hannah
- 2. Heaven and Earth Grocery Store, James McBride
- 3. Hello Beautiful, Janet Napolitano
- 4. The Frozen River, Ariel Lawhon

- 5. Trust. Hernan Diaz
- 6. After Annie, Anna Quindlan
- 7. Fourteen Days, The Authors Guild
- 8. The Fellowship of Puzzle Makers, Samuel Burr
- 9. The Violin Conspiracy, Brendan Slocumb

Page Turners takes a break during July and August, resuming again in September. We meet once a month in groups of eight to ten members on either Monday or Thursday afternoons. If you are interested in joining a book discussion group, please contact Steve and Ann Morris at samwrsi@cox.net or Frances Ozimec at *fozimec@cox.net* for more information.

—Frances Ozimec

ACCOLADES Singer-Songwriter Molly Bergman is the 21-year-old daughter of our residents, comedienne Rita Rudner and producer, writer,



director Martin Bergman. Molly is a graduate of Dana Hills High School and is currently studying at the prestigious Frost School of Music at the University of Miami.

While she's home for the summer, Molly is performing regularly at the Old Acre Winery, adjacent to Dana Point Harbor at 24921 Dana Point Harbor Drive. Her performances on the evenings of July 5, 14, and 20 and August 2 and 10 showcase a mix of oldies and audience favorites along with her original material.

On Spotify, Molly's original song "Maybe" just exceeded 110,000 streams. She has previously opened for Jewel, Michael McDonald, and Train. Her band, Listen to the Seventies, has appeared at the Laguna Playhouse and will be performing July 30 on the concert stage at the Laguna Festival of the Arts.

Molly relishes her connection with Dana Point. "I took lessons at Danman's Music School on Del Prado when I was little. As a teenager, I used to sing before the Movies in the Park for the local council. And I love my new home at Old Acre Winery; it's such a cozy venue. Perfect for me and my singer/songwriter vibe."

Molly took her first piano lesson when she was five. Later she became obsessed with learning to play guitar, begging her parents to buy her one for her sixth birthday. She's now added mandolin and banjo to the instruments she plays, and her **banjo tutorial** has become a very popular Tik Tok post.

To learn more about Molly's performing career, see mollybergmanmusic.com. To check out the Old Acre Winery, visit oldacrewinery.com. Accolades and best wishes to Molly on her performance career.



SPORTS

PICKLEBALL

A Bit of History—In the fall of 2018, several residents introduced Pickleball to the NSCA Board and Community via open meetings. By spring of 2019, over 70 homeowner signatures had been collected supporting Pickleball play in the Shores.



The Shores first Pickleball players.

The Board agreed in spring 2019 for a Pickleball trial test, utilizing Court 1. During that time, extensive research was completed concerning cost, equipment, noise level, other community Pickleball venues, and the possible impact of Pickleball on Shores residents.

Opening Day in April 2019 was met with lots of enthusiasm and participation from over 30 residents of all ages and playing experience. Original play time was set as Monday, Wednesday, and Friday mornings from 9 a.m. to Noon.

Founding members collected the signatures of residents playing, monitored noise levels, and held several on-site meetings with residents impacted by the new play during the test period. Several playing residents visited other Pickleball courts and had discussions concerning play times, number of players, and clinics and lessons being offered.

Updates were communicated to all interested players via the *Voice of the Pickle* newsletter and updates in the *Seashore News* and online.

In July 2019, a proposal was presented to the Board to approve transitioning Court 1 to four Pickleball courts. A Steering Committee was formed to establish guidelines, monitor feedback, address concerns, and support players of all levels.

Fast-Forward Five Years—Court 1 now contains four dedicated Pickleball courts, and a trial test is running on Court 2 to see if more courts should be established there. Our original mission statement remains: "Our Mission is to create a unique Pickleball opportunity in Niguel Shores where beginners and veterans are treated equally, sportsmanship is more important than wins and losses, competition is strong, and where people are more important than the game."

-Founding Members Joanne Webb, Kathy Jones and Jeannie Sticher

TENNIS

Life is Good in the Shores, and a robust tennis season is here. The May "gray" and June "gloom" have departed for the July "fry" and August "bake"—which makes the new shade covers over the benches a welcome improvement to the courts. New Reservation System— Tennis is now using a new reservation system at *yourcourts.com*. The system is very user friendly. You do not have to stay up till midnight to snag a court, and you can easily cancel or adjust your reservation.

Reservation Instructions—You will need to create an account for the new tennis reservation system. Please see the link on the Niguel Shores website or contact Matt in the office at *mnorthrop@niguelshores.org*

Once you have an account, you can log into the system and select the day and time you want to reserve a court. You can reserve seven days in advance, so if you want a court at 9 a.m. on Wednesday, you can sign up at 9 a.m. on Wednesday the week before.

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It's easy to cancel. Just click on your reservation time and select cancel. There is a second step, so be sure to confirm.

Since the tennis facility is now sharing court #2 on Friday and Saturday mornings from 9 to 11 a.m., this has made courts in higher demand and reservations are a necessity. I would ask tennis players, if they have a court and will not need the scheduled time, to please cancel immediately, or send a text or email to the other regular players and alert them there is a court time available.

Player Contacts—I would be happy to provide contact information for the regular players, with their permission, if you will send me an email request. We are working to better the tennis at the Shores and increase the participation of current and new players. As with all sports, there are sometimes increases and decreases in player activity.

Come Out and Play—I look forward to seeing each of you on the courts. If you have any questions on the registration system, please contact me, Don, at (949) 422-9140 or *pacific92629@yahoo.com*. Remember, keep your racquets moving and "Live Life Happy, Wild and Free."

-Don Baer and Penni Buff Baer

Women's Club Kentucky Derby Tea ┥









































FOURTH OF JULY IN DEPENDENCE DAY MARRICA'S BIRTHDAY!

Niguel Shores celebrates America's Independence Day in a big way, as evidenced by these photos from recent years. Many thanks from the whole community to Nancy Tinnes, who has headed our celebration for the past two decades.



This year, the **Men's Club** starts the day at 8:30 in the Clubhouse with their **Annual Pancake Breakfast**, under the direction of **Tim Williams**. Tickets are \$8 per person. Reserve your time and buy tickets at <u>pancakes.niguelshoresmensclub.org</u> or at the door. Proceeds from the breakfast go toward the **Men's Club Scholarships** given each June to worthy high school seniors.

Beginning at 9:30, you can indulge your craving for sweets at the **Women's Club Bake Sale** on the Clubhouse Patio. For \$5 you have your choice of yummy cakes, pies, a dozen cookies or cupcakes. Then, from 11:30 to 1:30 on the Sport Court, Women's Club hosts old-fashioned fun at their popular 4th of July Cake Walk, with separate walks for kids and adults. Tickets are \$1 each for a chance to win a whole cake or other goodies. Contact organizers Marietta Hannigan and Patti Staudenbaur to help with baking or working at the event.

At 10:45, come join Uncle Sam and our Military Veterans at the Flagpole to raise the U.S. Flag and sing the National Anthem together. Be sure to wear your red, white, and blue!

At 11:00, comes the highlight of the day when Fire Engine #30 leads the Neighborhood Grand Parade through Niguel Shores. Participants line up on the street in front of the Clubhouse, then proceed down Niguel Shores Drive, across Atlantic, up Windward, across Halyard, and back down Niguel Shores Drive. Sign up now in the office to be part of the Parade Decorating Contest. Judging of decorated golf carts. happens at 9:30 in the parade lineup area.





Looking for a tasty lunch? **Chef's Tasting Spoon Food Truck** will sell hot dogs, gourmet sandwiches, and drinks in the Clubhouse parking lot from 10:30 to 1:30.

For afternoon fun, come out to our **Sports Amenities** – the pool and spa, tennis and pickleball, the new kid's playground and sport court with basketball, volleyball, hopscotch, bocce ball, shuffleboard, and a shaded view-ing/seating area.

All that, but we're not finished. At 4:00, **DJ George** brings tunes to the Bluff for your entertainment. The **Food Truck** returns with delicious dinner selections for purchase from 4:00 to 7:00, and the **BBQs** heat up at 5:00 for our grill meisters who want to cook their own items. Have cameras ready at 5:55, when the pilots of **Condor Squadron** fly over Dana Point in WWII North American AT-6 planes.

The grand finale comes at 9:00 as **Fireworks** from Dana Point Harbor, local resorts, and nearby parks light up the night sky to commemorate **America's 248th Independence Day**.

Enjoy our wonderful Niguel Shores activities and salute our great country this 4th of July!

SPOTLIGHT

SECURITAS PATROL OFFICERS

Many of us drive in and out of our community every day, perhaps multiple times a day, and likely wave and smile to our gate and patrol officers. However, we may not know their names or much about them. This month, we would like to introduce three primary members of our Securitas Team: Jeff Iosue, Juan Martinez, and Cole Miles.

Jeff Iosue has been with Securitas for ten years, and in Niguel Shores for six years. Jeff and his family moved to California from Michigan when he was just five years old. They settled in Southern California, thankfully according to Jeff, because Michigan winters were definitely not something



Jeff losue

they missed. Jeff graduated from Valencia High School in Placentia and worked retail before seeking a career in patrol services. He was hired by Securitas for a position in a Newport Beach community. Then, when the opportunity for a full-time spot opened in Niguel Shores, Jeff applied and he is very glad he did.

Jeff shared that working community patrol is very different today than it was years ago. The training and job requirements have been upgraded considerably. Officers go through background checks, finger printing and at least forty hours of training. These are the requirements to obtain a state-issued Guard Card, which our guards are required to have and carry with them at all times.

As noted earlier, Jeff is very happy with his decision to take the position here in Niguel Shores. He feels the community is a great place to be. The residents, the guests, and his co-workers make this a very positive work environment. If Jeff occasionally encounters an unhappy resident or guest, he believes in giving them the benefit of the doubt and tries to work things out. Jeff works the "swing shift " from 2:00 to 10:00 p.m. five days a week, with occasional opportunities for an extra overtime shift.

Juan Martinez is the newest member of the Securitas team, having been here for about three years. Juan started as a temporary Pool Attendant, but when Juan's supervisor saw his positive attitude and rapport with the residents, guests and staff, Juan was offered a permanent spot.

Juan grew up in Orange County and attended Buena Park

High School. He is the oldest of four, with two sisters and one brother. His parents still live in the family home in Buena Park, while Juan has moved to Anaheim. He spends a lot of his spare time helping his parents and his close-knit family.

Juan worked for Amazon prior to switching to a career in community patrol. He agrees with Jeff that the profession has definitely been upgraded. He has also gone through the background check process, is certified in CPR, and has completed many hours of training in order to qualify for his Guard Card.

Juan thoroughly enjoys his position as Gate Attendant. He says it is "a very good fit" for his personality. His supervisors would likely agree, because Juan has recently been promoted to **Shift Supervisor**. He mentioned several things about the

community that he appreciates. The people are friendly and welcoming, the environment is beautiful, the parks and beach bluff are just a great place to be. Interestingly, Juan also commented on how much he enjoys the community events and activities such as concerts at the bluff, parties at the clubhouse and especially the 4th of July celebration.



Juan Martinez

Juan currently works the Guard Gate from 6:00 a.m. to 2:00 p.m. Monday through Thursday, and on Sunday he is in the patrol car. Juan feels very fortunate to be part of the Niguel Shores Community.

Lastly, we'll introduce **Cole Miles**, our **Niguel Shores Post Commander**. Cole grew up in Lake Forest and attended Trabuco Hills High School. Shortly after high school, Cole enlisted and spent four years with the United States Marine Corps. After his discharge, Cole decided to give security work a try. Like his coworkers, Cole went through the training process and was assigned to Niguel Shores. Cole's first role was as Gate Attendant, a position he held for about two years. When the previous Post Commander moved on, Cole was offered the spot. That opportunity has paid off for Cole and for our whole community, as Cole has served successfully in that position for the past two years.

As Post Commander, Cole's responsibilities are extensive. Much of his job requires management and administrative responsibilities. He handles all the Human Resource tasks involved in staffing the Securitas personnel who are

SPOTLIGHT

assigned to Niguel Shores. He is also in charge of resident and guest issues, as well as working very closely with our HOA. Cole describes his role as the liaison between Securitas and the Niguel Shores Community Association. He interfaces daily with his patrol team, our residents, and our Niguel Shores staff and works to maintain positive relationships with all. Apparently, he has done a very good job in maintaining that relationship, because the Securitas contract has just been renewed for an additional four years.

In addition to the training the other officers are required to complete, Cole has also taken an eight-week Management Training course that he says has "trained him to be a better leader." The course has obviously served Cole well, because since he assumed the role of Post Commander, staffing issues and human resource issues are very much under control.

Like Jeff and Juan, Cole has developed an excellent rapport with residents, guests, Niguel Shores staff, and his coworkers. Overall, Cole feels lucky to be here. The residents are friendly and supportive of his role as Post



Cole Miles

Commander and as Cole stated at the end of our interview, "Niguel Shores just feels like home." It is very good to know that Niguel Shores is not only a "good fit" for so many of our residents, but also for our Securitas Team as well.

-Patti Staudenbaur

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TRAVEL TALK

Locked In on the Panama Canal

There are many fascinating questions one might ask about the **Panama Canal**. What is it? Who first conceived the idea of it? What were the compelling reasons to construct it? How could it be done? Who would do it? Who would have the rights to it? How old is it? Is it still relevant?

If you're interested in the answers, I encourage you to go to the source—the canal itself. It remains one of the engineering wonders of the world, opened in 1914 and still operating 110 years later! This shipping link and short cut between oceans is not only relevant but critical to world trade and travel.

Conceived of centuries ago, the canal's construction was unsuccessfully attempted by France in the late 1800s, then ultimately accomplished by the United States in the early 1900s. Described as a vast and extremely difficult project at its inception, the canal required excavation of more than 200 million tons of earth and involved the deaths of nearly 28,000 workers over three decades.

Last year, my youngest brother and I discovered our mutual desire to see this engineering marvel and we committed to making the adventure happen, he with his wife and I with an obliging daughter. We chose a twelve-day cruise to Panama on the stylish new *Celebrity Beyond*, with an itinerary including Cartegena, Columbia, as well as the Dutch "ABC Islands" (Aruba, Bonaire, and Curacao).

At dawn several days into the cruise, our ship entered the outer channel—a "pinch me" moment! After passing through the first set of locks, we glided out into Lake Gatun, atop the Panamanian isthmus. The ship paused there mid-morning, disembarking passengers for shore excursions. Mid-afternoon, it turned around, sailed back the way it had come, and docked in Colon, a port on the Caribbean Sea.

I had wondered how an enormous cruise ship could possibly do a "U-turn." Easily, is the answer. I learned that Lake Gatun is an expansive body of water—once the largest manmade lake in the world—providing the fresh water needed to separate the salt water, flora and fauna of the two oceans connected by the Canal. Lake Gatun is the storehouse for the fresh water required to fill the locks and lift vessels, 24/7.

Since my daughter and I had booked a complete canal transit shore excursion experience, we left the ship by tender and boarded buses bound for a small town farther along the lake. There we boarded a 400-some passenger boat that took us through the famed Culebra Cut (the most difficult and dangerous portion of the canal to construct) and final series of locks emptying out into the Pacific Ocean. Our on-board guide was a wealth of knowledge, explaining every detail of the passage.

We learned that the locks are "double locks," allowing two lanes of traffic to transit in the same direction or different directions at one time. In our case, we advanced into a lock in the company of two other small tour boats while a huge Liquid Natural Gas (LNG) cargo ship was positioned in the lane next to us. LNG is highly explosive, explaining why the words "NO SMOKING" were emblazoned on its deck in tenfoot-high letters!

We spent the afternoon alternating with the other vessels, each of us waiting before advancing slowly. Unlike watching paint dry, this activity kept us fully absorbed in witnessing the care and caution being exercised. So many maneuvers are employed to guarantee the security and structural integrity of both locks and vessels—fiscal considerations are paramount. One can hardly fathom (pun intended) the complexity of the entire operation. The length of time required to navigate the canal depends on numerous factors: the number of reservations (huge cargo ships reserve transit in advance); practical situational/operational considerations; and unpredictable weather conditions.

As we found out, various specialists are involved with the canal's operation, including pilots who board vessels and supervise navigation; tug boat crew; personnel who operate small locomotives (mules) used to tow and secure vessels inside the locks; and numerous technicians who control circuitry.

As the sun was setting, we exited the final set of locks and continued down the channel into the Pacific, in the company of many ships coming and going. Passing under the last of three bridges spanning the canal, we noticed the lights of Panama City beginning to twinkle in the distance.

It was dark—and late—by the time our boat docked and we re-boarded buses for the return trip to Colon's harbor, rendezvousing with our "mother ship," the *Beyond*. We were advised that our return time couldn't be accurately predicted due to the many factors mentioned above. BUT—and it's a wonderful guarantee—we were assured that since our excursion was authorized by the Celebrity cruise line, the ship would not depart Colon without us.

My brother and I are so glad we fulfilled our desire to experience the amazing Panama Canal. The history and economic impact of all we saw and learned along the way can be summed up with a sentiment attributed to Ralph Waldo Emerson: "Life is a journey, not a destination."

For those considering this journey, I recommend the prior reading of David McCullough's *The Path between the Seas: The Creation of the Panama Canal, 1870-1914.* The book is a tribute to the many people who initially dreamed of this venture, worked tirelessly to plan, finance and build it, and ultimately brought their vision to reality.

-Bonnie Myers

Wellness - Love the Skin You're In

Unless you've been under a rock, you've probably noticed that we all want to look younger. Well, some of us more than others. I mean, some people will sign up at the first wrinkle sighting for a face lift (or at least Botox), while others, like me, will just go with the flow and hope that it doesn't get too bad. This may be minimal confirmation of the position I've taken, but I can still recognize myself in the mirror in the morning. So far, that is.

The condition of one's skin, especially in our bodyconscious neck (no pun intended) of the woods, also seems to be a statement of some kind. "Look at her. She must've lived life in the fast lane," or "She spent too much time on the beach."

Notice I'm consistently saying "she/her." I'm convinced that our culture has it in for women, while turning a blind eye to the aging skin of the men in our lives. It expects women to look forever young, when gravity is making this unrealistic concept absolutely impossible!

By now, you may think this short article will be about plastic surgery, but no. What I wanted to highlight is how we are aware of our skin, but only from a perspective of how it *appears*—how beautiful and youthful it does, or doesn't look.

The reality is that our skin is the body's largest organ. Like all our organs, the skin's job is very extensive and



important to our health. Our birthday suit protects us from those nasty germs out there and acts like a thermostat keeping our body temperature within proper ranges. Also, thank your skin for giving you the ability to sense hot and cold, to name just a few sensations. And here's a word you probably never thought about: *integumentary*. That word relates not just to your skin, but also your hair, nails, oil glands and sweat glands. These all work together to provide you with the definition of *integumentary* which is "outer covering."

And what a fabulous covering it is! There are three layers to our outer covering of skin. The epidermis, the top layer, provides us with a protective barrier against infection, even rain, sun, wind and other natural elements. It makes new skin cells, replacing the 40,000 skin cells you lose daily, while also giving our skin its color. The dermis, the middle layer, makes up 90% of the skin's thickness and contains collagen and elastin (I'm certain mine has an elastin deficit), grows hair, contains nerve receptors, makes oil and sweat while keeping blood flowing to the epidermis. The hypodermis, the bottom layer, cushions muscles and bones, helps connect nerves and blood vessels to the rest of the body, has connective tissue, and regulates body temperature. Common skin issues may include dermatitis, skin cancer, insect bites, dry skin, burns, or psoriasis to mention only a few.

Keeping our skin healthy is a lot like keeping the rest of our body healthy. Get restorative sleep, stay hydrated, quit smoking, eat healthy, reduce stress, use moisturizer, and please use sunscreen! If you take charge of your skin care, you too will recognize yourself in the mirror each morning no matter how old you are!

-Sharon Stewart RN

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





MICROCHIPS AND GPS DEVICES FOR YOUR PET

Many of you have had your pet microchipped or may be considering doing so. You also may be interested in an alternative to microchipping—a location tracking GPS device attached to your pet's collar.

Microchips

1. *What are they?* Microchips are permanent tamperproof devices that provide identification of a lost pet. If a pet is not wearing a collar or tags, or if the collar is lost or removed, then the microchip might be the only way to find the pet's owner. Dogs with microchips are more than twice as likely to be returned to their owners, and cats are almost 20 times as likely to be reunited with their families. Shelters and veterinarians routinely scan stray pets for microchips.

2. What information is in the microchip? The microchip contains an identification number linked on the microchip company's database to you and to your contact information. Some companies also link the microchip number to your pet's medical information. For overseas travel, a 15-digit ISO standard microchip is required. Most of the chips used today in the US are this type.

3. *How is a microchip implanted?* The microchip itself is in a glass cylinder about the size of a grain of rice. It does not contain a battery. It is inserted under the skin with a large needle. Fortunately, technology has improved these needles, so they do not cause pain when inserted. Some veterinarians advise implanting the microchip when the pet is under anesthetic for spay or neuter.

4. *How does the device work if it has no battery?* A special scanner is waved over the area of the microchip. This scanner emits radio waves that activate the chip. The chip then transmits the identification number to the scanner, which displays the number on a screen. Today, we have universal scanners that read all manufacturer's chips.

5. *Are there problems with microchips?* Millions of animals have been microchipped, and reported problems are few. The most common problem is the movement of the chip from its original implantation site. The newer chips tend to migrate less than the older ones. Other problems, such as failure of the microchip, hair loss, infection, swelling and tumor formation, have been reported in low numbers. The benefits of the chip outweigh the risks of a problem.

6. Once implanted, is there any maintenance needed for microchips? No maintenance is required for microchips, although you need to register the microchip and keep your contact information up to date in the registration database. If you notice any abnormalities at the site where the microchip was implanted, such as oozing or swelling, contact your veterinarian immediately. Ideally, the microchip should be scanned during your animal's regular check-ups to make sure that it is still in place and working properly.

7. How do I register my microchip? Sometimes your veterinarian registers the microchip information for you when they implant the chip. In other cases, you need to contact the company and register directly. If you get a pet from a rescue or shelter, do not assume that the pet will be registered for you. If you are told the pet was registered by any outside source, make sure you contact the company and check that the information for your pet's chip matches your identification information. There may be an initial fee accompanying the chip registration. In some cases, the microchip company will offer a yearly subscription linked to the microchip. This subscription is not mandatory but can be helpful. The yearly fee could cover poison control costs (which are high) and the costs of sending fliers to veterinarians if your pet is lost.

GPS Devices

1. *What are they?* Unlike microchips, GPS devices *are* a way to track the location of your pet in real time.

2. *How do GPS devices work?* A GPS transponder is attached to the pet's collar. This transponder communicates with an app on your cell phone. This can help keep track of outdoor cats during the day and show the location of a lost dog. They have an internal battery that must be kept charged.

3. *What type of GPS devices are there?* One type of device requires a yearly subscription and uses cellular data. This necessitates good cellular data coverage for the device to locate your pet. This type provides notification on your app of your pet's location. A more affordable type of GPS uses Bluetooth technology. However, to successfully use a Bluetooth-linked device, you need to be within the range of your phone or of someone else using the app. Most Bluetooth signals do not go farther than 100 feet. Bluetooth locaters can also be less accurate and may not provide alerts.

Some GPS devices monitor fitness as well as location, like a Fitbit watch. You can also use AirTags as a GPS for your pet. This uses Apple technology and Bluetooth. It can work better than standard Bluetooth because when your pet is greater than 30 feet away, the Apple network kicks in.

The GPS and microchip options both reduce the risk of losing your pet and the pain when a pet can't be located. If you are interested in using either type of pet-location device, you should discuss with your veterinarian the benefits and costs of each option. —*Susan Davis DVM*



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