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Meet the
Saint-Aubins

PHOTO BY HANS-JURGEN PAUL WITH HANS J PAUL PHOTO

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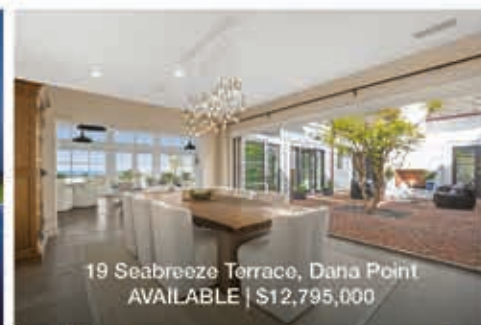
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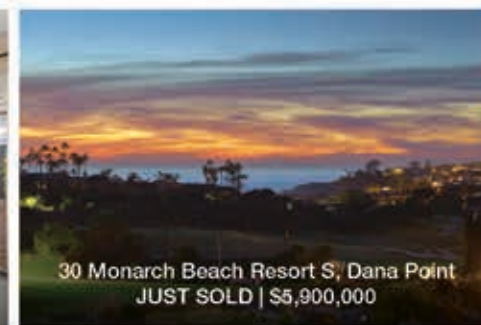
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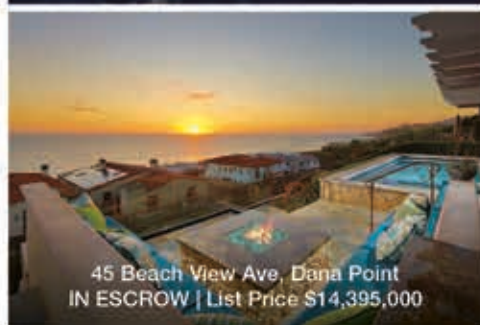
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Farewell

Dear Niguel Shores residents,

It is with mixed emotions that I write this "Publisher's Note," my last one as publisher of *Stroll Niguel Shores*. As it goes in life, nothing stays the same, and I have decided to retire.

It wasn't an easy decision. The past two and a half years have brought me much joy. I have enjoyed meeting so many wonderful people who live in Niguel Shores, sharing your photos and stories and building authentic community connections. I am grateful for the opportunity to serve residents and businesses alike during my time as the

publisher of *Stroll Niguel Shores*. A heartfelt thank you to all who have welcomed me, participated in the publication, encouraged me with your feedback and become my friends.

The N2 Company will continue to deliver *Stroll Niguel Shores* to you with the help of a team of talented individuals who will pick up where I'm leaving off.

The Corporate Content Team will coordinate the content and are eager to get to know you! They can be reached at NiguelShores@n2co.com. I encourage you to continue to share your photos

and stories. My hope is that the publication will continue to grow and fulfill its purpose — to turn a neighborhood into a community.

Please keep supporting the wonderful sponsors who advertise in this publication. They are the ones who make it possible for you to receive it each month!

I wish you all the best of health and prosperity in the future, and I hope to see you around sometime!

Yours truly,
Dennis Backer



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We'd love to get to know you!

Are you and your family new to Niguel Shores?

If so, welcome! Since this magazine is about you and your neighbors, we warmly welcome your involvement and would love to hear from you.

Did you know our "Meet Your Neighbor" section is a great way to connect with neighbors and share a bit of you and your family? Just shoot us an email at NiguelShores@n2co.com with your name and contact info, and we will get you scheduled for an upcoming issue!

In addition to our "Meet Your Neighbor" features, we also love to include "Resident Business," "Young Achiever," "Precious Pets" and "Making a Difference" stories in the pages of our magazine. If you have a business, pet, precocious child or teen, or charity you'd like us to profile, just say the word!

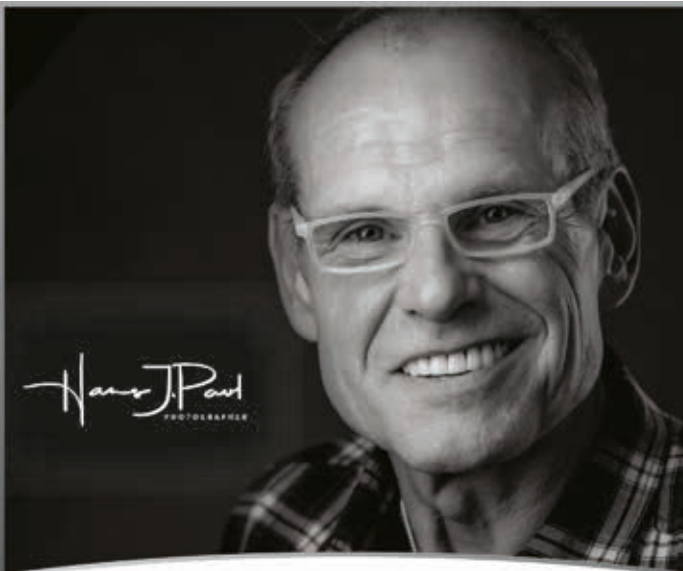
We look forward to hearing from you!



Who Are the Women In Your Life?

Do you have a woman you want to celebrate in your life? Your mom? Daughter? Local business owner or doctor? In honor of International Women's Day, we want to highlight the women in your life and around the neighborhood.

Email a quick bio and photo to NiguelShores@n2co.com so we can share the women in your life with your neighbors.



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Meet the *Saint-Aubins*

Adventurous couple Robert and Deanna Saint-Aubin are living life to the fullest here in Niguel Shores!

BY MIKAYLA BEDARD
PHOTOS BY HANS-JURGEN PAUL WITH HANS J PAUL PHOTO

Meet your neighbors — Robert and Deanna Saint-Aubin! The Saint-Aubins have lived in Niguel Shores since April 2015, their lives taking them to many other places before they finally settled down in what they consider the best place in the world.

Robert and Deanna are originally from the East Coast, having grown up in New Bedford, Massachusetts, and the Shenandoah Valley, Virginia, respectively. They both stayed on the East Coast for college, with Robert

attending the Massachusetts Institute of Technology (MIT) in Cambridge, Massachusetts, and Deanna attending Simmons College (now Simmons University) in Boston.

The couple met in February 1961 at an MIT mixer during their freshman year and started dating soon after. They continued their relationship after graduating in 1964, at which time they moved to Philadelphia, Pennsylvania, for Robert to start law school at the University of Pennsylvania Law School

(UPenn Law) while Deanna worked as a medical editor. Then, in 1965, a year after their move to Philadelphia, Robert and Deanna were married and began their adventurous lives together as a married couple.

In 1967, Robert graduated from UPenn Law and took a job working as a corporate lawyer. He remained with that company until 1984, when he was relocated to Reno, Nevada, facilitating the couple's move out west. Soon after moving, the couple



bought a second home in beautiful Lake Tahoe, Nevada, spending as much time there as possible over the next seven to eight years.

The Saint-Aubins spent the next 18 years living in Nevada before being relocated once again to Southern California. While in Reno, the couple started looking for a place to retire, preferably near the coast. Their big break came in 1999 while attending a wedding at the Ritz-Carlton, Laguna Niguel. Deanna immediately fell in love with the area, and two years later, she and Robert moved to Ritz Point, a neighborhood right across the street from Niguel Shores.

Although they'd come close to finding their forever home, the Saint-Aubins' Ritz Point home wasn't quite it. While beautiful, the house was two stories, and the couple knew they would need a one-story home as they got older. So, in 2015, Robert and Deanna moved to Niguel Shores, where they rented a home for nine months before finally finding their home.

Robert and Deanna have now lived in Niguel Shores for nine years, and they can't imagine living anywhere

else! They especially love living on the ocean, and one of their favorite neighborhood hangout spots is the beach bluff, an oceanfront community park. When they're not at the bluff, the Saint-Aubins can often be found eating out at their current favorite restaurant, Bluewater Grill in Newport, though they're big fans of any seafood restaurants.

On days when they'd rather stay in than eat out, Deanna is more than happy to cook for the couple, as cooking is one of her favorite hobbies! She first became interested in cooking after marrying Robert, as back then, she didn't know how to cook even the basics. Determined to learn, Deanna went to the bookstore, bought Julia Child's cookbooks and taught herself how to cook. She's now a pro and has gone an impressive three to five years without cooking the same dish twice.

The Saint-Aubins love getting involved with the Niguel Shores community. For Robert, this means being a part of the Men's Club, which meets for breakfast twice a month. Deanna is a member of the Niguel Shores Book Club. The couple are

also involved in the community through philanthropy, as they both regularly support the Mission San Juan Capistrano, a place of hope and prayer, and the San Diego Zoo.

In terms of hobbies, Robert and Deanna try to live life to the fullest, so traveling has always been one of their favorite pastimes. While living in Philadelphia, the couple could often be found backpacking in Utah, Wyoming, Idaho and British Columbia. They've also traveled to Australia, living there for a month in the 1990s, and have visited Hawaii many times.

When looking for something more relaxing to do at home, Robert and Deanna enjoy spending time watching home improvement shows, the news and American Idol. They're also avid readers and highly recommend West with Giraffes by Lynda Rutledge and any biographies written by Walter Isaacson to fellow book lovers. In addition to these hobbies, Deanna is also a bird carver. She even had a workshop in Reno where she made life-like bird carvings!

The couple are also big fans of music, especially classical music, as



Deanna used to play both the piano and organ. She eventually converted Robert into a classical music fan, although he loves other genres, as well. The couple have used their love of music to help aspiring musicians, as Robert has served on the board of the Nevada Opera Association in Reno and the board of the Reno Pioneer Performing Arts Center, while Deanna served on the board of the Nevada Museum of Art.

Robert and Deanna have certainly lived up to their dreams of getting the most out of life, and we're so happy they could share some of their stories with us this month. Be sure to say hello to this adventurous couple when you see them around the neighborhood!



We want to give all of our neighbors the opportunity to get to know each other better. Email niguelshores@n2co.com to learn how you could be featured in an upcoming issue!

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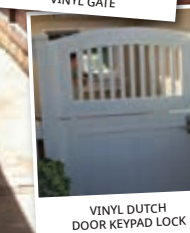
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Meet George: Precious Pet to the Ritch Family!

SUBMITTED BY LINDA RITCH, NIGUEL SHORES RESIDENT



George got his name because he was the king of the apartment complex. He was born in a litter of nine kittens to a resident who loves cats but could not take care of all of them. Most of George's siblings got placed in homes, and a few just went missing. George is a survivor and was known to be the friendly greeter to the mail person, UPS driver and all the vendors who would visit the property.

I went monthly to check on the property, and George would always come out to greet me by walking and rubbing against my legs and purring and meowing to say hello. He became well-loved by all the residents, but George would never commit to moving in with any of the residents; he preferred living outside.

In January this year, he would be out in the rain and was starting to look thin. I was asked by a resident if I would consider adopting him. Of course, I was so excited to adopt him, and my daughter Bella was thrilled. Bella volunteers at the cat rescue in PetSmart, cleaning cages and loving on the cats; they get rescue kittens and adult cats who need to find permanent homes from the Ark of San Juan Capistrano. We also have a cat named Chloe, who we adopted from the same organization five years ago and who fills us with joy.

George has quickly become family and gives us so much joy. Animals can bring us deep happiness and unconditional love. George is an exotic-looking Maine Coon who exudes friendliness and has very expressive eyes and black lipstick. He has a unique purr and loves to meow and loves to talk. You can follow George on his Instagram at georgiebear14, where he likes to post about his new life in the Shores.

Stretch, Strengthen, Succeed

Incorporating morning mobility practices into your daily routine is a commitment to your health and well-being.

BY SHAUNA OSBORNE, NATIONAL EDITOR

Your body is your temple, and morning mobility is the ritual that honors it.

THE FIRST RAYS OF DAYLIGHT stream through your window, bringing not just warmth but also the promise of a fresh start. What if you could harness this daily renewal and channel it into improved flexibility, heightened energy levels and overall well-being? Morning mobility practices are the key, offering a transformative experience that sets the tone for a positive and productive day. These practices increase blood flow, release tension and activate muscles, preparing your body and mind for the challenges ahead.

Sun Salutations

Sun salutations are a series of flowing yoga poses that not only stretch and

strengthen muscles but also enhance focus and balance. This practice offers a wonderful opportunity to connect with our natural surroundings when practiced outdoors — in a local park, a communal green space or even your own backyard. Incorporating this sequence into your morning routine opens the day with a sense of calm and clarity.

Dynamic Stretches

Dynamic stretching involves controlled movements that prepare the ligaments and other soft tissues for optimal performance and safety, improving range of motion and flexibility. Experiment with leg swings, arm circles and torso twists during an early stroll around the

neighborhood to wake up muscles and joints. This practice promotes better posture and also reduces the risk of injuries, ensuring we all kick off our days with a spring in our step.

Bodyweight Exercises

Simple bodyweight exercises like planks, squats, lunges and push-ups engage multiple muscle groups, promoting strength and endurance. Consider transforming park benches into workout stations for push- or step-ups or clear sidewalk space for lunges during a morning stroll. These exercises enhance metabolism and deliver a natural energy boost, perfect for jumpstarting your day.

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Some Niguel Shores residents at the 2023 "Celebrating Childhood Cancer Heroes" Gala.



Gala with founders Sandy and Gary along with last year's honored heroes Isaac, Wesley, Julia, and Will.



Several Niguel Shores volunteers at the milestone 1,000th Pot of Gold delivery last summer. Currently, they are about to deliver #1,200. It was a wonderful day for the 1,000th hero Wesley, his family, and all friends/volunteers who attended.

Gold Rush Cure Foundation

Gary and Sandy Barker founded Gold Rush Cure Foundation after their son, Christian, died of leukemia at age 14. Motivated to action, the Barkers honor Christian by bringing joy and encouragement to other kids affected by cancer.

THE START OF NONPROFIT

Gary and Sandy Barker have seen many kids survive cancer and many others pass away after a brave journey, including their son, Christian, who died of leukemia at age 14. It was a relentless 20-month battle, at the end of which Christian died of his treatment, not the cancer itself. After his passing, the Barkers wondered what to do.

Motivated to take action, Sandy traveled to Washington, D.C., to fight for less toxic cancer treatments, and her efforts didn't stop there. When she returned home and learned how many people wanted to donate to an organization in Christian's honor, Sandy and Gary, knowing some foundations aren't what they seem, decided to create their own foundation.

After spending some time praying and securing board members, Sandy and Gary got started on establishing their own nonprofit 501(c)(3), Gold Rush Cure Foundation. The word "gold" in the organization's name recognizes the national color for childhood cancer, while "rush" represents rushing to help kids.

A DREAM COMES TO FRUITION

On Sandy's birthday, a year and a half after she and Gary decided to create their own nonprofit, Sandy asked God to give her a dream from Christian for her birthday. She was really missing him, and he loved celebrating her birthday,

but no dream came. Three days later, Sandy gathered the mail and noticed the IRS had sent her a letter regarding their nonprofit just six weeks after submitting their 501(c)(3) request. Gold Rush Cure Foundation had been approved on her birthday, and Sandy took this to be a birthday gift from Christian and a sign from God.

NATIONWIDE IMPACT

With Orange County as its birthplace, Gold Rush Cure Foundation is now nationwide and currently works in about 135 hospitals, supporting people from birth to age 20. As a nonprofit, Gold Rush Cure Foundation relies heavily on the work and contributions of volunteers, and it's because of these volunteers that the organization has grown so much. One group of volunteers is a women's group right here in Niguel Shores, which adopts one kid a quarter and makes cards all year long to raise spirits of children affected by cancer. Gold Rush Cure Foundation is an all-volunteer foundation, with no paid salaries.

Gold Rush Cure Foundation is currently getting ready to deliver its 1,200th "Pot of Gold" to a family impacted by cancer. Each Pot of Gold is delivered in person and is worth \$500 to \$600. They are also accompanied by fun accolades, both for the child with cancer and his or her siblings. Siblings of children dealing with cancer are often left at home and

can sometimes feel neglected, so it's important for Sandy to include them in the Pot of Gold. Pots of Gold are shopped for, wrapped and delivered by those who volunteer with the organization.

THE INSPIRATION BEHIND THE CAUSE

Why is Gold Rush Cure Foundation so important to Sandy? Christian first coded on Christmas morning while being treated at a hospital in Seattle. He was revived and tried his best to fight off the inevitable, but unfortunately, he officially passed away five days later, without getting to open his Christmas gifts. Sandy and her husband wish they could have seen the smile on his face if he'd been able to open his presents before passing.

With Christian in mind, Gold Rush Cure Foundation is on a mission to bring joy and encouragement to kids facing something no one should ever have to face. Sandy is also still medically advocating for better cancer treatments in her free time. Her 31st advocacy trip to Washington, D.C., is coming up this September.

HOW TO HELP

Those looking to get involved with Gold Rush Cure Foundation can do so by making a monetary donation or buying tickets to the organization's upcoming gala, Celebrating Childhood Cancer Heroes, on April 20, 2024. During this event, participants will get to meet four incredible kids currently battling

cancer. One of the kids even used the funds from her Pot of Gold to create a video promoting the event!

Tickets for the Celebrating Childhood Cancer Heroes gala can be purchased at goldrushcure.org. The Barkers would love to see you there!

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Communication: The Road to Resolution and Peace



SUBMITTED BY MICHAEL GASS, PH.D.

Communication is the essential and needed reality in all relationships, including with loved ones, family members, significant others, work relationships, in government, politics and between nations. Although focusing on close relationships, significant others and work relationships, it can apply to other areas.

It will first be helpful to look at poor communication. A major factor in poor communication is not listening to the other person's side and views. It is not unusual in failed communication to feel the other person is only listening with and to his or her views. In essence, any other view is wrong, irrational and doesn't make any sense. Two examples of not listening are "That's ridiculous; how can you think so crazy?" and "I understand, but let me tell you what really makes sense." In these cases, the listener was not putting his or her views aside and listening through the other person's eyes. The listener was not empathizing with the speaker. Empathy is needed for healthy relationships, for solving problems and working effectively together. A person feels valued and respected when listened to and understood and will better listen to and understand the other person.

It is also necessary for the speaker to present his or her views in a positive, compassionate, non-guilt-provoking, diplomatic and rational way. This may require reducing your anger, resentment and related feelings before talking to the other person. This may include talking out loud by yourself, imagining you are talking to the other person, putting yourself in the place of the other person or talking with another person not involved. The person is free in these cases in an appropriate way to express his or her anger and related feelings in ways you wouldn't express them to the person you are communicating with. Writing a letter you won't send regarding your anger and other feelings may also be helpful in reducing your anger and related feelings. Following these anger and related feelings reducing exercises, you can rehearse or write what you want to say to the other person.

In summary, healthy communication is the bridge and pipeline for solving problems and getting along in a peaceful, caring and loving way. It will make your life a more productive, meaningful and quality one, which we all deserve.

For further information, you can contact Michael Gass, Ph.D., licensed psychologist, PSY5201, at 949-462-0102 or therbtcenter@gmail.com.

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REAL ESTATE RESOURCE

This is your neighborhood Real Estate Resource page. This information can be useful when trying to compare property values or for just keeping a pulse on the real estate market in our area. For questions regarding the properties listed, or about real estate in general, consult a real estate professional.

The information contained herein has been obtained through sources deemed reliable by The N2 Company, but cannot be guaranteed for its accuracy. Any information of special interest should be obtained through independent verification.

Address	Neighborhood	Sale Price	Sold Date	Beds	Baths	SqFt
33781 Cabrillo Isle	Niguel Shores	\$7,500,000	12/22/23	4	6	5,441
33631 Marlinspike Drive	Niguel Shores	\$2,625,000	12/08/23	3	3	1,600
23822 Cassandra Bay	Niguel Shores	\$2,610,000	11/09/23	3	2	1,852
23832 Ionian Bay	Niguel Shores	\$2,800,000	11/06/23	3	2	1,450
24031 Windward Drive	Niguel Shores	\$2,425,000	10/10/23	3	3	1,550
24082 Gourami Bay	Niguel Shores	\$2,449,000	10/08/23	3	3	1,950
23802 Ionian Bay	Niguel Shores	\$2,150,000	10/03/23	3	2	1,300
23762 Hobart Bay	Niguel Shores	\$6,386,625	09/27/23	4	4	3,033
33661 Windjammer	Niguel Shores	\$3,225,000	09/23/23	4	3	2,235
23502 Seaward	Niguel Shores	\$4,500,000	09/05/23	3	3	3,947
33541 Atlantic Avenue	Niguel Shores	\$2,799,000	08/30/23	4	2	1,900
33721 Brigantine Drive	Niguel Shores	\$3,400,000	08/28/23	2	2	1,973
33341 Gelidum Circle	Niguel Shores	\$2,550,000	08/07/23	3	3	2,169
33831 Mercator	Niguel Shores	\$5,900,000	07/28/23	3	4	3,154
23672 Sidney Bay	Niguel Shores	\$3,500,000	07/27/23	3	2	1,800
24021 Windward Drive	Niguel Shores	\$2,560,000	07/12/23	2	2	1,690
23812 Ionian Bay	Niguel Shores	\$2,130,000	07/06/23	4	2	1,684
33801 Shackleton	Niguel Shores	\$6,705,000	06/30/23	3	3	2,740
23931 Tasman Bay	Niguel Shores	\$2,599,000	06/23/23	3	2	1,778
33554 Halyard Dr.	Niguel Shores	\$1,738,000	06/20/23	2	2	1,390



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resident business guide

This is a current list of business owners and professionals from our neighborhood. It is an opportunity to network, qualify, and potentially build a business relationship with other successful individuals who also live here. To be included in the Resident Business Guide, email your name, business name, phone number, website, and email address to niguelshores@n2co.com.

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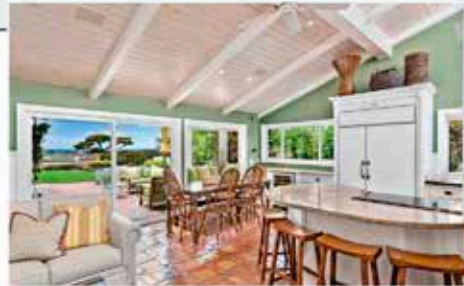
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