



Pool 2 Gets Refreshed

By Debra Friedman, photos by Fred Lake



Pool 2 in June after being drained

As Casta del Sol ages, its amenities often need refreshing. A number of years ago, the Rec Ctr 1 pool and patio area underwent a major renovation. Earlier in 2024, Pool 1 and the adjacent spa were drained, replastered, retiled, and renewed. Then it was time

to focus on Rec Ctr 2, including the pool, spa, and showers.

Typical of construction projects, the project took much longer than predicted. In March 2024, the construction project at Pool 2 began with the draining of the pool and spa and



Pool 2 in September when finished

removing the old tile, plaster, and coping. There were some delays with coping and tile material deliveries as well as inspection delays by the Orange County Health Department. After several months of downtime, new coping, tile, drain covers, and finally new plaster and mastic were installed. Lastly, a new shutoff switch for safety was added.

The work was extensive. By the end of September, all the work was completed. As a finishing touch, new tables and chairs, lounge chairs, and umbrellas were placed around the pool. Thanks to the Facilities Committee for all their hard work on this project. The result was even better than anticipated. Come and enjoy.

Traffic Committee: Safety First

By Debra Friedman, photo by Jeff McCoy



CdS Traffic Committee members

The Traffic Committee is one of the 12 standing committees in Casta del Sol. During the past few years there have been several changes in leadership and committee members. Recently, Elizabeth Wing stepped down as co-chair. Fred Wilmott, who previously chaired the Traffic Committee, volunteered to be co-chair along with Lynn Yeazel. Lynn has been on the Traffic Committee for five years and co-chair for three. Additional members of the committee are Audrey Michaels, Mike Wolff, and John Mazurek. Recent additions to the committee are Kathy Wu and Connie

Campanile. Considering the amount of work this committee is responsible for, each member carries a heavy load. The Traffic Committee has been an excellent training ground for several members who moved on to take positions on the Board of Directors.

The Traffic Committee works closely with Allied Universal, the vendor for about a year since it acquired Nordic Systems, the previous vendor. Darrell Ennis, the account manager for Allied, attends most Traffic Committee meetings. On some occasions,

Continued on next column

Eddie Cervantes, the Allied Universal supervisor, also attends meetings.

One key function of this committee is to select gate services that service, maintain, and repair vehicle and pedestrian gates. Several months ago,

Automated Gate Services was selected among those vendors who were interviewed. There are so many other varied responsibilities of this committee including all the traffic signs at the gates and throughout the community,

Continued on page 6

Artist in Residence: Pam Townsend - A Canvas of Life

By Parizad Sethna, photos by Jeff McCoy

Pam Townsend's journey into the realm of art began in the most unexpected of places: a pediatric doctor's office. As a child, she was captivated by the colorful and fanciful prints by Modigliani, Dali, and Chagall that adorned the walls of her doctor's office. Growing up in the vibrant St. Louis area, her artistic curiosity was further kindled by countless visits to the St. Louis Art Museum.

Adult life offered a new canvas for her creativity. Inspired by evening



Pam Townsend: The art of portraiture

art classes, she discovered the vibrant world of acrylic painting. Captivated by its versatility and bright colors, this became her medium of choice. Her artistic voyage led her to join the Uni-

Continued on page 6

ASSOCIATION NEWS

President's Message

John Nethercutt,
President



By the time you read this article, the Board will have spent over 39 hours devoted specifically to crafting the 2025 HOA Reserve, Operating, and Capital budgets. We have met with every committee including Budget and Finance, Reserve, Traffic, Greenbelt, and Facilities to review each line item. We have also met two or three times each with the owners of the companies that hold our two main contracts, O'Connell and Allied. In this age of political correctness, I will say that the Board has held *spirited conversations* with our numerous dedicated HOA committee volunteers and have had very *direct conversations* with our contractors.

Over the past year, we have all seen prices spike in our everyday life, from the grocery store to the gas station to getting our prescription drugs. When I was a kid in college getting ready to tackle the world, I never imagined I would say this, but even prices for our garbage pick-up have spiked. We just received notice that garbage pick-up is again increasing by 7% effective this past July 1.

Last month, I stated our goal was to produce, finalize, and approve budgets for our \$14 million HOA, keep our dues to a minimum and the Casta del Sol common area in top condition. To keep this desired goal, we have had to make some difficult decisions with some major cuts.

On behalf of the Board, I would like to thank the many volunteers who gave generously of their time and talent to help us fulfill our fiduciary responsibility to Casta del Sol.

Emergency Preparedness

If you were unable to attend the Emergency Preparedness presentation last month at Casta del Sol, you can first go online to castadelsol.powerstonepm.com/community/public-documents to see the full coverage of the topic. Once you are on the website, click on: 1) **Public**, in the white box, 2) **City of Mission Viejo**, and 3) **Disaster Preparedness Presentation**.

Manager's Report

Marilyn Smith,
General Manager



Volunteers Make Casta, Casta!

Casta del Sol Homeowners Association has achieved fifty plus years of success as a top active adult community for assorted reasons, but the main reason is our devoted volunteers. There is a tremendous sense of pride in this community, and it shows.

Casta has many committees, including Architectural, Budget and Finance, *Courier*, Election, Facilities, Greenbelt, Library, Reserves, Risk Management and Insurance, Social, Traffic, Welcome, and Ad Hoc Committees. If any of these committees interest you, or you would like more information, please contact a committee chair directly. Their contact information is on pages 9 and 10 of the Casta del Sol telephone directory, or you can call the recreation office at (949) 455-4681 and staff will be happy to get you the proper information.

Now is a wonderful time to show your commitment to the community by getting involved. No experience is required, however if you have a specialized skill or talent that would help strengthen the Association, please notify the specific committee chair. Please return your Committee Interest Forms at Rec Ctr 1 today.

Political Signs/Holiday Decorations are Permitted

According to the Architectural Standards and Guidelines, political signs are permitted on the exterior of any dwelling unit. Please do not place political signs in communal areas, however windows and planters are okay to display them. Political signs must be removed three days following the election. This year's election day is Tuesday, November 5.

Holiday decorations may be displayed 30 days prior to the first day of the applicable holiday and must be removed 15 days after the last day of that holiday. Holiday decorations include, but are not limited to, menorah, Christmas lights, wreaths, garland, posters, and symbolic displays. Please consider participating in the Social Committee's holiday decorating event. Information is available at Rec Ctr 1.

Continued on next column

Casta del Sol HOA - Board of Directors -

President:	John Nethercutt	Directors:	Jayne Freed
Vice President:	Karen Warren		Brian McDonald
Treasurer:	Susan Ashby		Linda Silverman
Secretary:	Shelly Lethiot		

Contacting the Board of Directors: Email the appropriate department contacts, or for general questions email Marilyn Smith at msmith@powerstonepm.com or Susan Wadsley at swadsley@powerstonepm.com. Individual Directors cannot speak on behalf of the entire Board. Correspondence will be forwarded to the Board for their review or included in a future Board meeting packet.

The *Casta Courier* is published monthly by the CdS Homeowners Association. Mailing address: 27651 Casta del Sol Drive, Mission Viejo, CA 92692. Content submission deadline: 6th of each month for next month's issue. *Courier* staff contact information is on page 26.

DISCLAIMER

CdS Homeowners Association and Farmer Publications, accept no responsibility for content, accuracy or opinion, expressed or implied, of articles, letters or advertisements. Inclusion of advertisements does not carry with it any endorsement, actual or implied, for the product or services advertised. The CdS Homeowners Association and Farmer Publications have content *Rules and Restrictions* that must be met, and accept no responsibility for damage occasioned through use of products or services advertised herein.

Street Lights

Street lights throughout the Casta community are the responsibility of Southern California Edison (SCE). Should you notice a street light is out or flickering near your home, please inspect the light pole, write down the number that is on the vertical aluminum tag affixed at the bottom of the pole, if available, and report the light outage to the Southern California Edison Customer Service Department by calling (800) 655-4555.

Landscape Notes

Bill Thornton,
Landscape Services
Coordinator



There are constant questions about foundation landscape maintenance. The information is in the 2023-2024 homeowners telephone directory starting on page 40. In the introduction it states, "It is essential that no owner request any member of the landscape maintenance crew to provide or perform individual services." Owners can hire independent gardeners for their foundations, see page 43 – Section 2.3. If an owner plants non-association approved plants, they assume responsibility for the maintenance of the foundation areas.

The rules go on to discuss the private area surrounding the house. All plants belong to the owner and any plants not originally installed by the developer, or not on the Greenbelt Committee and Board approved list are to be maintained by the owner.

Some examples of private plants common in Casta are bougainvillea, rose, gardenia, camellia, pygmy palm, succulents including cacti, vines, and exotic plants.

We have some master gardeners in Casta del Sol that pride themselves on plants that take special care and maintenance of their foundation, which is permitted. The red stake program is to alert the landscape crew to not conduct maintenance in your foundation on page 42 – Section 2.2. Place the red stakes, that are free and available at the Rec Ctr 1 office, at the beginning and end of the foundation along the front edge. Mulch is not provided by the HOA.

The approved plant list is in the Rec Ctr 1 office. Please read the entire section on the Greenbelt Rules and Regulations for a complete understanding of the services.

Continued on page 4

INSIDE

Pres. & Mgr. Reports	2
Association News	2-4, 6
Committees of the Board	7-10
Bulletin Board	12
Clubs & Activities	12-13, 16-17
Calendar	14
Feature of the Month	15
Sports	19
Casta Community People, Places & Events	20
Classifieds	21-26
	27

ASSOCIATION NEWS *Cont'd*

Board Meeting Highlights

September 19 and October 3, 2024

September 19

The Board:

- Approved a statement to be included in the Notice of Procedures for submitting nominations for the election of directors: "All candidates will be required to follow the requirements of the Corporate Transparency Act by providing their name, residential address, birthdate, and a copy of either a valid driver's license or passport. This information will be filed with the Financial Crimes Enforcement Network which is a bureau of the United States Department of the Treasury."
- Approved the Social Committee's proposed schedule of social events for part 1 of the 2025 calendar year.
- Approved the Casta del Sol Earthquake Emergency Action Plan.
- Approved O'Connell Landscape for the renovation of two interior slopes: Las Casas at Alava and El Greco at Alava, for a total not-to-exceed cost of \$62,360.10.
- Approved the purchase and installation of 220 cul-de-sac signs for a not-to-exceed cost of \$277,870.89.
- Approved repair and relining of the sewer line on Borgona due to common area tree roots: Santa Margarita Plumbing for \$4,515; W.B. Starr for the removal of one tree for \$165; homeowner reimbursement for \$145 for a total cost of \$5,265.
- Approved a policy for the formation and operation of groups and activities in Casta del Sol and the annual club/activity certification form.
- Approved changing the grease trap cleaning from monthly to quarterly service.
- Approved the Architectural Committee Charter as written by the Board of Directors.
- Approved a homeowners' request to install a catch basin, drainpipe and extend a slump stone wall on Via Storni at a cost of \$5,050.
- Denied a homeowner's request for reimbursement of veterinary bills in the amount of \$4,188.75 due to their dog ingesting rat poison.
- Approved terminating the existing contract with Farmer Publications for publishing the *Casta Courier* and the Casta Telephone Directory providing the required 90-day written notice by October 1, 2024. Approved entering into a new agreement with Digital Photographix (DPG) to publish the *Casta Courier* and the Casta del Sol Telephone Directory as soon as Farmer Publications is no longer providing this service. (Note: this agenda item was approved at the Sept. 5, 2024 Board meeting.)

October 3

The Board:

- Approved the delinquency report through August 8. Approved recording liens on two accounts for a total of \$5,002.27.
- Approved the appointments of Barry Silverman, Chair; Jay Miller, Vice Chair; and June Anderson, Secretary of the Ad Hoc Emergency Preparedness Committee.
- Approved the list of seven tree removals for a total cost \$4,265 and a list of ten trees for a total cost of \$11,230 by W.B. Starr due to dead, diseased, damaged, and/or dying with potential sewer issue.
- Approved the towing policy as presented.
- Approved the CdS Financial Policies and Procedures as presented.
- Approved the Espinoza Open Space Renovation, Phase I project by O'Connell Landscape in the amount of a not-to-exceed cost of \$19,176.30.
- Approved requesting the City of Mission Viejo to make a presentation to Casta del Sol regarding an update on its plans for the Oso Creek Trail. The request will include a list of topics to be covered.

The next regular meetings of the Board of Directors will be held **November 7 at 9 a.m. and November 21 at 1 p.m. in the Vista Room.**

Fran Morgan, Courier staff

**For a copy of the September 2024 Treasurer's Report, refer to castadelsol.com, Recreation Center bulletin boards, and/or eblasts.

September Treasurer's Report

Total HOA Assets as of September 30, 2024: \$10,042,601

• Operating Cash: \$2,301,057

This includes \$424,731 in checking, \$772,621 invested in a money market account and \$1,100,000 invested in CDs. Two CDs matured in September for \$400,000.

• Reserve Cash: \$6,918,633

This includes \$1,004,740 invested in a money market account and \$6,000,000 invested in CDs. We are increasing the cash available in anticipation of asphalt invoices. Also included in the balance is interest receivable of \$87,225 and Due to Operating of \$173,333. Reserve expenditures in September were \$60,108 which included termite repairs at Rec Ctr 1 and 2, Rec Ctr 2 pool work, and turf restoration.

• Capital Improvement Cash: \$561,525

This includes \$359,945 in cash and \$200,000 in a CD. There were no Capital expenditures in September.

• Outstanding Accounts Receivable (A/R): \$95,474

Allowance for Bad Debts is \$56,331. Allowance for Bad Debts is an estimate of receivables that will not be paid. The Allowance is adjusted quarterly (March, June, September, December) and is equal to outstanding receivable balances over 91 days.

The following are highlights of our Operating expenses as of September 30.

- **General & Administration** has a YTD positive variance of \$145,329 due to low activity in Legal Fees, Printing, and Salaries. Bad Debt Expense is \$20,361 higher than budgeted.
- **Land Maintenance** has a YTD positive variance of \$41,847, which is down from last month. There are negative variances in the areas of Irrigation Repair & Maintenance and Tree Removals. There are positive variances in Irrigation Modification and Planting. We expect a deficit in Land Maintenance at year end due to tree pruning and tree removal contracts.
- **Recreation, Repairs and Maintenance, and Traffic Control** have a combined positive variance of \$19,980. There are large positive variances in Repairs & Maintenance, Plumbing Repairs, and Gate Telephone Service. There are negative variances in Rodent and Pest Control.
- These categories have a YTD positive variance which is down from last month:

Utilities: \$114,829

Gas: \$22,836

Trash: \$9,308

Electricity: \$23,146

Water: \$54,252

Treasurer's Comments:

The YTD surplus is \$372,244, but the YTD budget to actual surplus is \$371,586, which is a decrease from last month. The current surplus is primarily due to the positive variances in General & Administration, Land Maintenance, and Utilities.

*Respectfully submitted by Susan G. Ashby,
Casta del Sol Board of Directors, Treasurer*

Wildfire Info App for Smartphones

There is a *free* informational app you can download on your smartphone called "Watch Duty: Wildfire Maps & Alerts" that will keep you up-to-date with other fire emergencies in progress in your city and surrounding areas. The link is: www.watchduty.org

ASSOCIATION NEWS *Cont'd*

Landscape Notes

Continued from page 2

If you decide to replace your foundation with new plants, please fill out an application for proposed re-planting. The form is in the Rec Ctr 1 office.

Bill Thornton,
(949) 455-4672,

bthornton@powerstonepm.com

Cindy Van Patten,

Landscape Administrative Assistant,

(949) 215-3146,

cvanpatten@powerstonepm.com

Maintenance Report

John Vogel,
Maintenance
Services Supervisor



Though we do have an estimated 350 days of sunshine, our rainy season does tend to sneak up on us every year and remind us of fixes and repairs, both major and minor, that we put off since the last rainy season. Here are a few easy tips that will allow you to enjoy the winter season.

Roof Maintenance: Take some time to walk outside and take a good hard look at your roof's overall condition. If you notice your roof looks in need of help, call a roofer to come out and give it a thorough inspection. You may be charged a fee for an inspection, but it will give you an idea of what is going on and if any repairs need to be made.

Rodent Blocking: Look outside your home for any openings a rat would be happy to utilize. Openings for HVAC equipment or holes in sidings are more than enough for a rat

to find a way in. They will be looking for a place to stay, so do not invite them in the for winter. They do not pay rent.

Heat Control: Odds are good you have not touched your heater in a few months, but you don't want to find out it needs some TLC when the lows are in the 30s. Give it a test, and if it doesn't pass, call an electrician or an HVAC company to service it.

John Vogel,
jvogel@powerstonepm.com
Katie Tompkins,
Maintenance Coordinator,
ktompkins@powerstonepm.com



FEIG LAW FIRM
*Preparing Today
Eases Tomorrow™*



- WILLS • TRUSTS •
- PROBATE • SPECIAL NEEDS TRUSTS •
- TRUST LITIGATION • FAMILY LAW •

SCOTT FEIG, J.D., M.A.
ATTORNEY at LAW
949-689-9715

FEIGLawFirm.com
930 Roosevelt • Irvine, CA 92620 (near Jeffrey Rd.)

*Join Us In Welcoming Our
New Residents - November 2024*



Katz, Howard
28147 Alava
(347) 642-2869

Aguirre, Adela
28071 Calle Valdes
(760) 978-8222

Upequi, Vivian
28155 Calle Casal
(949) 485-1909

Jaimerena, Rob
23731 Via Storni
(714) 381-3433

Voss, Thomas & Mary
28092 Calle Casal
(630) 220-3486
(630) 818-0043

Perillard, Mike & Shelly
23895 Villena
(714) 743-0898

Traupmann, Charles & Marilyn
23902 Villena
(310) 427-4507
(310) 684-9728

Directory Changes

Lind, John and Nancy Jo
28157 Manchuca
(949) 547-1756

Takahashi, Debbie & Roger
28182 Alava
(949) 632-7137
(949) 637-7939

Pulliam, Rich & Jane
27729 Calle Valdes
(714) 380-4313

You're invited to church!

Sundays 8:30am

Spirited traditional service with liturgy, hymns & choir



Mount of Olives Choir Under the Direction of Dr. Judd Bonner



MOUNT OF OLIVES CHURCH
MISSION VIEJO

24772 Chrisanta Dr
Mission Viejo, CA 92691
949-837-7467
WWW.MOCHURCH.ORG



Modern Worship Services at Mount of Olives Church
Sundays 9:45 & 11:00am

Free Household Hazardous Waste Drop-off Event

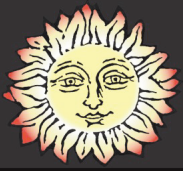
Mission Viejo and Waste Management will be hosting a free, drive-through Household Hazardous Waste (HHW) collection event for Mission Viejo residents. Items being collected are anything flammable, corrosive, reactive, or toxic.

Acceptable items: household cleaners, garden chemicals, paint products and thinners, fluorescent light bulbs and tubes, electronic items, etc.

Unacceptable items: sharps, ammunition, appliances larger than microwaves, asbestos, leaking containers, pressurized cylinders, tires, trash, etc.

You must bring valid identification of proof of residency and remain in your vehicle. No business waste or walk-ups will be allowed. Each vehicle is allowed to dispose of 125 pounds or 15 gallons of HHW with each container not to exceed 5 gallons.

When: Saturday, November 2, 2024
Where: Mission Viejo City Hall parking lot; 200 Civic Center
Time: 8:00 - 11:00 a.m.



Casta del Sol Specialist

Call **Kelly Arshi** for a **FREE Market Evaluation**
949-455-0606



SERVING SOUTH ORANGE COUNTY FOR OVER 35 YEARS



23911 Calle Alonso
3 Bedrooms, 2 Baths
1503 Square Feet
Rosa Floorplan
Offered at \$875,000



28142 Via Bonalde
2 Bedrooms, 2 Baths
1004 Square Feet
Alicia Floorplan
Offered at \$850,000



28576 Cano
3 Bedrooms, 3 Baths
Approx 2000 Square Feet
Custom Rosa Floorplan
Offered at \$1,025,000
In Escrow



27719 Calle Valdes
3 Bedrooms, 2 Baths
1472 Square Feet
Narciso Floorplan
SOLD for \$1,050,000
Sold on 10/16/2024



28458 Buena Vista
3 Bedrooms, 3 Baths
2191 Square Feet
Custom Monetary W/Loft Floorplan
SOLD for \$1,030,000
Sold on 8/12/2024



27862 Torroba
3 Bedrooms, 2 Baths
1472 Square Feet
Narciso Floorplan
SOLD for \$880,000
Sold on 6/27/2024



28456 Borgona
3 Bedrooms, 2 Baths
1495 Square Feet
Narciso Floorplan
SOLD for \$860,000
Sold on 6/20/2024



28566 Cano
2 Bedrooms, 2 Baths
1295 Square Feet
Violeta Floorplan
SOLD for \$920,000
Sold on 6/20/24



28331 Yanez
2 Bedrooms, 2 Baths
1295 Square Feet
Violeta Floorplan
SOLD for \$842,000
Sold on 6/10/2024



27871 Via Prados
2 Bedrooms, 2 Baths
1287 Square Feet
Dona Floorplan
SOLD for \$830,000
Sold on 6/6/2024



28051 Via Tirso
2 Bedrooms, 2 Baths
1606 Square Feet
Cypress Point Floorplan
SOLD for \$895,000
Sold on 6/4/2024



28286 Zarza
2 Bedrooms, 2 Baths
1230 Square Feet
Maya Floorplan
SOLD for \$850,000
Sold on 5/10/2024



23552 Villena
3 Bedrooms, 2 Baths
1472 Square Feet
Narciso Floorplan
SOLD for \$873,000
Sold on 4/30/2024



28132 Via Bello
2 Bedrooms, 2 Baths
1114 Square Feet
Blanca Floorplan
SOLD for \$705,000
Sold on 4/16/2024



27701 Via Rodrigo
3 Bedrooms, 2 Baths
1503 Square Feet
Rosa Floorplan
Sold for \$875,000
Sold on 3/28/2024



27881 Calle Valdes
2 Bedrooms, 2 Baths
1188 Square Feet
Blanca Floorplan
SOLD for \$700,000
Sold on 3/20/2024



23541 Via Ventura
3 Bedrooms, 2 Baths
1563 Square Feet
Juanita Floorplan
SOLD for \$915,000
Sold on 3/8/2024



28272 Yanez
3 Bedrooms, 2 Baths
1472 Square Feet
Narciso Floorplan
SOLD for \$1,050,000
Sold on 2/26/2024

ASSOCIATION NEWS *Cont'd*

Artist in Residence: Pam Townsend - A Canvas of Life

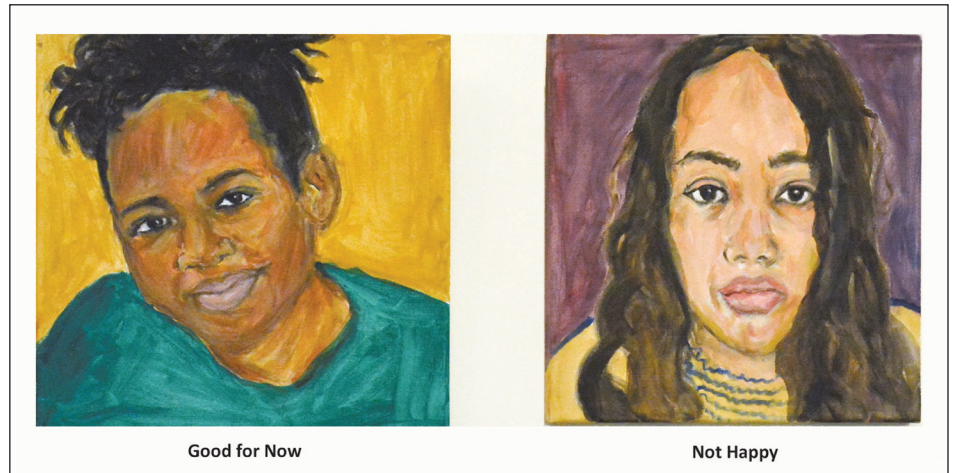
Continued from page 1

versity City Library Art Association in Missouri where she showcased in juried exhibitions.

Pam's love of art extended beyond her personal enjoyment. As a registered nurse, she found that her artistic sensibilities helped her connect with patients on a deeper level and sharpened her ability to observe and understand emotions.

Pam's artistic path has been self-taught, preferring the freedom and flexibility of exploring her own

style rather than conforming to the structured confines of a classroom. Recognition and accolades are pleasant byproducts, but not her primary motivation. Art is a source of solace, and peace. Her passion is portraiture and her focus is portraits of her family, capturing the nuances of facial expressions and the subtle shifts in mood. A face, she believes, is a canvas of ever-changing emotions, a testament to the beauty of the human experience. Her studio, a converted



A spectrum of emotions captured on canvas by Pam Townsend

Traffic Committee: Safety First

Continued from page 1

communicating to residents regarding traffic rules and safety precautions, ensuring that curb paintings are kept up-to-date, reviewing the spike strips at each gate, monitoring speed minders to see that residents and guests are not speeding, and more.

The Traffic Committee also works with other committees to replace the cul-de-sac signs that have weathered and been damaged over the years.

Communication with the city of Mission Viejo and with law enforcement agencies is a regular duty. Keeping abreast of changing vehicle codes adds to the responsibilities of this committee. The Powerstone Management staff liaison to this committee is Maintenance Services Supervisor John Vogel.

The residents of Casta del Sol are fortunate that we have such a diligent group of committee members to help keep us safe.



A portrait of pride and joy

room filled with her family portraits, is her sanctuary where she finds peace, quiet, and a sense of fulfillment.

As she looks to the future, Pam aspires to expand her artistic horizons. She dreams of capturing the beauty and diversity of humanity through her art, fostering understanding and empathy.

Pam, a vibrant and active member of Casta Creatives Club, showcased her artistic talents at the Heritage Garden Open House earlier this year. Her expressive work is currently on display through December at the CdS Library in Rec Ctr 1. Stop by and enjoy her beautiful artistry.

Making precious moments happen for you.

Transportation Services at The Covington

Live the life you want.

Grandkids are your world. So, when there's a soccer game to watch or a dance recital to attend, all you have to do is tell us where to go. We'll do the driving for you.

the covington
The Art of Possibility

An ECS senior living community. Proudly nonprofit.

3 Pursuit Aliso Viejo, CA 92656
RCFE 306-002255, COA 224

thecovington.org | (949) 200-1554

COMMITTEES OF THE BOARD

Architectural

Now that the election is almost behind us, we only have a few more days to remove the signs, banners, and other election materials from our properties. Please remove them by November 10.

With the holiday season approaching, there are guidelines for holiday decorations and lights, too. They may be displayed only during a period of 30 days prior to the first day of a holiday and 15 days after the last day of the holiday.

Our foundation areas present an opportunity to soften the area surrounding our homes with plantings of shrubs and other greenery but not trees. There are guidelines to follow here, too. Border edging such as wood, wired wood, plastic, bender board or wired fencing is not permitted; grower's pots, nursery pots, plastic pots or empty pots should not be visible; and, non-plant items should not be used to replace missing in-ground plants.

The committee meets on the first Tuesday of the month at 1 p.m. and we review applications for exterior modifications on Fridays at 10 a.m. Residents are welcome to join us.

Priscilla Tripp, Chair
ptripp1@gmail.com

Budget and Finance

In September, the Budget and Finance Committee met with the Board of Directors in a joint meeting to discuss the 2025 draft budget. At our October 8 Budget and Finance Committee special meeting, we reviewed an updated 2025 draft budget and voted to approve a Committee Recommendation to the Board to approve the preliminary budget. As of this writing, the Board of Directors has not yet approved the Land Maintenance contract. We also do not have a final 2025 Reserve Study. The Board should have both those items for consideration when approving the 2025 Operating Budget at their Board meeting on October 17. Homeowners should soon be receiving their notification explaining the 2025 dues.

The Budget and Finance Committee meets regularly on the third Monday of each month at 1 p.m. in the Vista Room. Our next meeting will be held on November 18.

Please look for the eblasts with additional details about the meetings.

Lisa Shoemaker, Chair
(949) 305-6336

Courier

The *Courier* Committee plans our newsletter several months in advance. So, we are looking at some of the series we will be completing in 2024. During 2023, we did extensive focus articles on clubs and activities. In 2024, we highlighted the CdS committees, generally one committee per month. We will, of course, continue to present articles on clubs, activities, and committees with newsworthy items.

We had to be especially creative coming up with story ideas during the pandemic. When activities were shuttered, we looked back and had se-

ries such as Remember When, Small World, and Sharing Our Roots. We have continued some of these concepts, but they have taken a smaller role. Of course, we will always cover important news about the Association, changes in facilities and amenities, as well as social events, resident profiles, and our beautiful community.

Our excellent group of committee members arrived at several new ideas that we will be pursuing in 2025. One is based on the *Mission Viejo Cookbook* where people shared how their families created recipes. The *Courier* will feature stories about family traditions, often related to holidays,

Continued on page 8

Good Sleep Should Happen More than Once in a Blue Moon! ✨

Optimal Sleep OC

TOM ALEXANDER, DDS, AASM, AADSM



We thank our friends and neighbors at Casta del Sol for their warm support and friendship.

Sleep Apnea and Snoring Diagnosis Medicare Provider

(949) 620-5262 • Free Consultation TRI CARE CERTIFIED Provider
info@OptimalSleepOC.com for Active, Retired Military
2 Osborn Ste 140 A, Irvine, CA 92604 Reserves & Eligible Families

Coming Soon!



Located at the top of the hills. Beautifully updated free-standing, Juanita-3bed, 2 bath, eat in kitchen plus livingroom/dining room and view patio. Ensuite master bath has an oversized low threshold shower. There is even an outdoor storage room off the garage. Tankless water and whole house filtration system. EV Charging Station. New furnace/forced air system. Lots of room to enjoy Casta Del Sol's amenities.

Will be on the market soon with fresh new interior paint.

Competitively priced for today's market right here in Casta del Sol. Call for a tour.



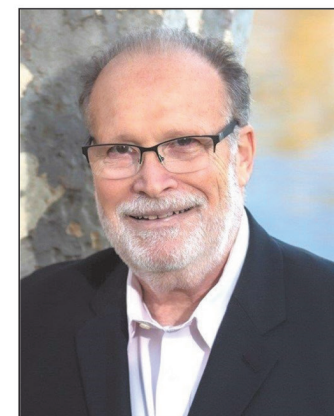
JAYE Yaruss, Associate Realtor
DRE #01434016
949 842 2961
Jaye@TheYarussGroup.com
Senior Real Estate Specialist,
Hands on Declutter and Moving

YG

Yaruss Group

REAL ESTATE
Brokered by Davar & Co

BOKER Yaruss, Associate Broker
DRE #01362392
949 929 7187
Boker@TheYarussGroup.com
GRI & Probate Certified Specialist
Skilled Negotiator, Affiliate
Member of PFAC



COMMITTEES OF THE BOARD *Cont'd*

Courier

Continued from page 7

seasons, and special events. We are also looking at those who volunteer in the nearby community. We have so many residents who give their time and energy by volunteering at nearby places such as hospitals. We would love to hear your stories related to these new topics.

The *Courier* Committee meets on the second Wednesday of the month at 9:30 a.m. in the Fiesta Room.

Debra Friedman, Chair
debrafriedman0@gmail.com

Facilities

Fall has arrived, and hopefully, the weather will be cooler. The Facilities Committee has been working on potential capital items to enhance our community. During a recent joint meeting of the Board of Directors, Traffic Committee, and Facilities Committee, ideas were presented and the Board approved five capital items. These include: adding covers over the pool equipment at both Rec Ctrs that will protect the overall life; securing Gate 1 with exit and pedestrian gates; the possibility of adding Pickleball Courts; adding an access

control system for pedestrian and Rec Ctr gates and community meeting and club spaces; and adding solar panels at both Rec Ctrs. In process, the Facilities Committee is working with local HOA design firms to review the capital items and provide budgetary costs and ADA and code requirements.

Projects in process include an update of the Fiesta and Ceramics/Arts and Crafts Rooms; reviewing the use of umbrellas to place over benches at Lawn Bowling, Rec Ctr 1, and Tennis Courts; painting the monument signs; possible purchase of a storage container; concrete grinding; repair/replace sidewalks, gutters and v-ditches; and home painting for 2025.

Think about attending one of the 11 committee meetings throughout the month to find out what is happening in our community. The *Courier* has times and dates of the committee meetings.

Don't forget, the Facilities Committee meets monthly, on the fourth Thursday at 9 a.m. in the Fiesta Room. Stop by and check out the work being done in maintaining and updating amenities, buildings, streets, and many other projects.

Nancy Cunningham, Chair
(949) 350-3562

Greenbelt

On September 19, the Board of Directors approved O'Connell Landscaping for the renovation of the El Greco slope and Las Casas slopes at Alava. The Request for Proposal (RFP) was sent to six landscape contractors and three formal sealed bids were received back. The committee approved a final draft version of the Greenbelt Rules and Regulations in October. The Board will determine when the rules will be sent out for the 28-day community review.

The Greenbelt Committee is looking for new committee members. All members are part of smaller project groups that bring additional information to the entire committee for future projects. Members must follow the Greenbelt Charter and have some working knowledge of governing documents. Members do not have to have a green thumb or know botanical names of plants. A member can be a resident and not a homeowner, but a non-owner does not have a committee vote. (Board adopted Policy in 2024)

It is anticipated that the turf transformation project (rebate project) will start in October or November of this year pending final approval by the water district. Notification for

the approved project was anticipated to be sent to the association in early October.

A second Turf Restoration project along Espinoza is now complete. A domestic water conversion project to recycled water is on hold pending any additional assessed cost from the water district. The planting of 34 trees along Torroba Park and Sarasate and the removal of tress at Torroba Park is expected to be completed in November.

Trees in the grass area in the front of homes are not property of the homeowner. Therefore, these trees should not be pruned by the homeowner or a private gardener. A personal gardener can maintain the foundation areas but not Association trees.

Please be aware that Greenbelt Committee meetings may last over two hours. Homeowner forum is at the end of committee meetings. The next committee meeting will take place in the Fiesta Room on Tuesday November 12 at 9 a.m.

Randy Gish, Chair
gishra@sbcglobal.net

Library

The Library Committee has received several messages from resi-

Continued on page 9

Claire Cho DDS

Dr. Claire Cho & Dr. Alyssa Kim

COMPLIMENTARY FREE EXAM
FOR NEW SENIOR PATIENT

At Dr. Claire Cho's office, we understand the unique dental needs of our senior community. Our dedicated team is here to provide gentle, personalized care that ensures your comfort and health.

- **Comprehensive care:** From routine cleanings to advanced treatments like cosmetic veneers, dental implants, dentures, and gum care, we offer a full range of services tailored to your needs.
- **Comfort First:** Our friendly staff and calming environment make every visit pleasant and stress-free
- **Experienced with Senior Care:** Drs. Claire Cho and Alyssa Kim and the team bring 35 years of expertise and experience treating older adults. we take the time to listen and address your concerns.
- **Convenient Location:** easy access for residents of our elderly home community with flexible appointment scheduling

Dr. Cho is a wonderful, professional and very gentle dentist. The entire staff treated me as if I was the only person in their care. Dr. Cho and everyone in the office took their time and kept me calm. I have never had a more gentle and careful dentist in my life. I highly recommend Dr. Cho! My 82 year old mother and 9 year old daughter also see Dr Cho and they love her. I can't say enough good things. I hope you enjoy the same level of service that I have in her care.
- Cristy Gardner



GET A BEAUTIFUL SMILE
Full Mouth Restoration
Cosmetic Veneers/ Orthodontics
Relax with **SEDATION**

DENTAL IMPLANTS
[ALL-ON-X] ☾
NEW SET of TEETH in ONE DAY



TAKE THE FIRST STEP TOWARD A HEALTHIER, HAPPIER SMILE.
Call us today at (949) 831-8826 or visit WWW.CLAIRECHODDS.COM to schedule your appointment.

COMMITTEES OF THE BOARD *Cont'd*

Library

Continued from page 8

dents about the “free bin.” We apologize for taking it away from residents, but it is temporary. It will be returned as soon as we figure out how to do it without jeopardizing our work.

What happens is that checked-out books are sometimes put on the free bin, rather than in the library return slots. Another resident will see that newly purchased book on the free bin and assume it is also free to take. That book never gets checked-in by our volunteers and is automatically placed in the overdue file. The library volunteer who checks on the overdue books calls the resident to tell them their book is overdue. Most of the responses to the call are “but I returned that book!” Volunteers often check the free bin for returned library books, but we can’t catch them all. We will return the free bin to Rec Ctr 1 soon. An eblast will be sent out stating the return dates. Thank you for being patient.

New Additions to the Library Regular Print:

An Honorable Assassin,
Steve Hamilton

Blue Sisters, Coco Mellors
Capture or Kill,

Vince Flynn & Don Bentley
Colored Television, Danzy Senna

Death at the Sign of the Rook,

Kate Atkinson

Den of Iniquity, J. A. Jance

How to Age Disgracefully,

Clare Pooley

Madwoman, Chelsea Bieker

Sandwich, Catherine Newman

Tell Me Everything, Elizabeth Strout

The Life Impossible, Matt Haig

The Wedding People, Alison Espach

We'll Prescribe You a Cat,

Syou Ishida

Large Print:

Clive Cussler Ghost Soldier,

Mike Maden

Passions in Death, J. D. Robb

Red River Road, Anna Downes

Spirit Crossing, William Kent Krueger

The Booklover's Library,

Madeline Martin

The Dark Wives, Ann Cleeves

What Time the Sexton's Spade Doth

Rust, Alan Bradley

Audio:

Eagle Rock, Ian K. Smith

The Queen City Detective Agency,

Snowden Wright

Sheila Kessler, Vice Chair
Rkessler2@gmail.com

Social

Casta del Sol definitely likes to get into the spirit! Friends and neighbors alike turned out to the Halloween Party in full costume. Such a fun array of spook, humor, and creativity. The dance floor was quite the sight. Thanks to Kip Isbell for keeping the music going. The sandwiches from Board and Brew were fresh and delicious. Salad, chips, and decorated cupcakes complemented the sand-

wiches. Guests enjoyed their goody bags and the Monster Punch, too. There were contests for the costumes, as well as the decorated-at-home pumpkins. Our trivia quiz tested our knowledge of all things Halloween. A shout out to Valerie Hanich from Powerstone for all her hard work in helping us pull this event together.

Coming up for the month of November, please join the Social Committee

Continued on page 10

Living with Macular Degeneration

Or other vision loss conditions?

High powered low vision glasses can help you **read, watch television, and even make you a safer driver!** We have helped patients pass the DMV vision and written tests! We work with whatever is on your wish list!

"I have a list of 14 different tasks that these low vision glasses helped me to do. I can even drive more safely now that I can see the traffic lights and street signs easier!"

"Thank you Dr. Shuldiner!" - Tamara W.



Call for a free telephone consultation to see if you are good candidate for low vision glasses.

Richard J. Shuldiner, OD, FAAO, FIALVS

LOW VISION OPTOMETRIST
PRESIDENT, The International Academy of
Low Vision Specialists

888-610-2020

www.LowVisionCare.com



Family Owned & Operated
Since 1977

Ocean Pacific Patios

Lic #344248



Vinyl Fences and Gates

\$500 OFF
Any Estimate of
\$3,500 or more
**some restrictions apply*



Paver and Cement Work



Solid Roof Patio Covers

**Specializing in
Alumawood Patio Covers**
No Painting • No Termites • Fire Proof

949-525-1267

**Call Now
FREE ESTIMATE!**



Open Lattice Patio Covers

www.oceanpacificpatios.com

Serving Casta del Sol for Over 15 Years

COMMITTEES OF THE BOARD *Cont'd*

Social

Continued from page 9

for our Movie Night event on November 15. We will be showing the film *The Boys in the Boat* along with some extra surprises. Tickets will be going on sale shortly; check your eblasts for more information.

The Social Committee meets the first Friday of every month at 10 a.m. in the Fiesta Room.

*Amy Lake, Chair
(516) 263-7941
Arlake225@gmail.com*

Traffic

We typically associate gate strikes with tailgating. The statistics actually

indicate that most gate strikes result from impatient drivers who don't wait for the barrier arm to recycle or drive away disgruntled after talking with a gate attendant who may have refused entry.

What are the repair costs that get billed to homeowners? For a minor collision with the barrier arm, \$20 worth of parts and an hour of the maintenance staff time is needed. If the collision is more serious and requires a service call by our gate maintenance vendor the cost is roughly \$475. In extreme cases (such as what recently happened at Gate 3), a service call and a number of costly parts resulted in a \$1,975 bill. Besides

the dollar costs, when a vendor makes repairs that entry lane is typically out of service for at least an hour. In some cases, the repair vendor isn't able to offer same day service and may require a week or more to get parts. This is due to the fact that some of these parts are many years old.

The message is: slow down, save money, don't cause lane closures, and give patience a try. You not only save yourself money, you prevent damage to your vehicle.

*Lynn Yeazel, Co-Chair
lyhdtv@gmail.com
Fred Wilmott Co-Chair
wilmott@cox.net*

who will be contacted by committee members with the goal of setting up visits. In addition, we will continue to contact residents who had previously missed a welcome visit but signed up for one when they visited our table at the August Newcomers Event and Community Fair.

If you are either a new resident who has not been contacted to arrange a meeting, or a resident who signed up for one at the August event and has not been contacted, please do not hesitate to email me at the address below.

As members of the Welcome Committee make their way around Casta, we notice how festive it is beginning to look with Halloween and Thanksgiving decorations being displayed. Now that we have cooler weather and have several holiday functions being scheduled by various Casta clubs, it is the perfect time to get out to meet and make new friends with your neighbors and other Casta residents. The Welcome Committee encourages everyone to get involved.

*Jane Deak, Co-Chair
JaneDeak@gmail.com*

Welcome

Members of the Welcome Committee contact new residents to arrange a meeting and provide a packet of information about activities, clubs, and committees in Casta del Sol and Mission Viejo. Committee members enjoy meeting new residents, sharing information, answering various questions, and helping them feel at home here.

The Committee meets on the third Tuesday of the month. This month, the new resident list included eight households (a total of 14 residents)



HOUSE CLEANING

Celebrating 30 Wonderful Years of OC Senior Service

- \$... Affordable Professional Maids
- ✓ Flexible Scheduling • High Security
- Personalized Service
- ✓ Quality Cleaning Supplies & Equipment
- LET'S - MAKE - A - DEAL... Call Howard

949-215-9550
www.howardshousecleaning.com

FIVE STAR RATED!

★★★★★

POLLY STANDRIDGE

949-939-4780
pstan9898@gmail.com

At your service..

- Resales - 1031 Exchange
- Home Purchases - Leases
- Free Home Valuation

我住在这里，我们是邻居
我是一名成功的房地产经纪人，
你打算卖掉你的房子吗
请随时给我打电话 谢谢，请保重

宝莉

Coldwell Banker Realty
#01780629

I HAVE CASH BUYER TO BUY YOUR VIEW HOME
Please give me a call anytime..Thank You Neighbors!

\$1,150,000.00 \$1,085,000.00

SOLD

GOLDEN COAST

DERMATOLOGY

SKIN CANCER & VEIN CENTER

❖ Varicose Vein ❖ Medical ❖ Surgical ❖ Cosmetic

Dr. Jessica Kim, DO, FAOCD
Board Certified Dermatologist
Board Certified Internist
Varicose Vein Expert
Mohs Surgeon

Call us to schedule an appointment today:

949.200.7008

(Most insurances / Medicare Accepted)

26732 Crown Valley Parkway, Suite 571
Mission Viejo, CA 92691
www.GoldenCoastDermatology.com
(Only 10 mins away from Casta del Sol!!)



Lower Fees | Superior Marketing | Outstanding Service

★★★★ 949.922.3673 ★★★★★



First agent to break a **MILLION** in Casta Del Sol!

Christina Ford



Christina Ford is a full-time Realtor with decades of experience in the business, this is why my wife and I chose her and because of her kindness and easy to talk too. Her knowledge of the region allows her to make the connections we needed in selling our home. Christina gave us professional insight and advice about our home and the local Real Estate market. She knew exactly what to set the price of our home and received multiple offers in a few days after putting our home on the market. She gave us efficient, energetic and professional service. It was a very smooth and easy transactions throughout the process. Any questions we had, Christina gave us a quick response back. We highly recommend Christina for all your Real Estate needs.

Luyke Family

949.922.3673

www.christinafordrealtor.com
ChristinaFordRealtor@gmail.com

30021 Tomas, #300, RSM, CA 92688
(5 minutes from Gate 4)

DRE# 00917868

Over 1000+ Homes Sold Since 1986

BLESSED SMILE

Mission Viejo



Dr. Park & Dr. Lee

Healthy Teeth & Healthy Gums for Life, Caring, & Comfortable Dentistry

Why Blessed Smile Dentistry may be perfect for you...

- We listen to your concerns and explain your options
- Over 45+ Years of Combined Experience
- Comprehensive family dentistry including crowns, bridges, porcelain veneers, tooth-colored fillings, teeth whitening, & dental implants - all for a beautiful confident smile
- All PPOs & Medicare Dental PPOs Accepted
- USC Graduates of 1994 & 2006
- Handicapped Accessible 1st Floor

You can be confident that our team is committed to providing you with the personalized high-quality high-service dental care that you deserve. Your long-term dental health is our priority, and together, we will always determine the best treatment possible for your unique beautiful smile.

Avoid Toothache! Don't Wait! Call

949-916-1610 • 949-716-4892

SENIOR SPECIAL

FREE Dental Consultation!
FREE Exam

Complimentary cosmetic veneer consultation.

www.BlessedSmileDentistry.com



23032 Alicia Pkwy Suite D • Cross Street is Olympiad next to "Sabatino's Italian Restaurant" & Closer to Casta del Sol Community

Bulletin Board

Please see club reports for more information.

Social Committee

Lights! Camera! Action! Join us for a Casta Movie Night in the Vista Room at 6:30 p.m. on Friday, November 15. We will be watching the award-winning film *The Boys in the Boat*. The cost is \$3 per person and will include snacks and beverages. So, grab some yummy snacks and enjoy the show! Contact Amy Lake at (516) 263-7941 or arlake225@gmail.com.

Health & Fitness Club

Come see what "the fun" is all about! Class fee waived on Tuesday, November 19. Try out our Stretch Class for free in the Vista Room at 10 a.m. The class runs 50 minutes and is for all levels. Contact Helen Freedman, text (646) 662-7325 or PelicanPost123@yahoo.com.

Cover to Cover – Book Club #1

Our October selection is *How High We Go in the Dark* by newcomer Sequoia Nagamatsu. It is a profoundly prescient debut following a cast of intricately linked characters over hundreds of years as humanity struggles to rebuild itself in the aftermath of a climate plague. This should lead to a lively discussion for certain. We meet on the fourth Monday of the month at 6:30 p.m. in the Casta Library. If you are interested in joining us, contact Amy Lake at arlake225@gmail.com or (516) 263-7941.

Quilters Group

Join us from 1 to 4 p.m. on Thursday, November 14 in the Garden Room at Rec Ctr. 1. We are not a club, have no dues and we welcome all who enjoy needle art. Contact Victoria Crayne at (949) 587-1853.

Yarn Art Group

Join our friendly yarn craft group! We meet every Wednesday from 9-11 a.m. in the Garden Room at Rec Ctr 1. It's open to everyone; no dues or fees required. Contact Teresita at (949) 328-0294 for more details.

Canine Companions Club

The Canine Companions will be having an Italian Luncheon on November 16 at 1 p.m. at the Lawn Bowling Pavilion. If you are new to Casta and have a dog, please come and join our group. This will be the last luncheon at the Lawn Bowling Pavilion for the year. We will have a whole new schedule for the coming year. Come meet some new friends and enjoy a delicious meal. Please RSVP. Save the date for our Holiday gathering on December 4 at 5:30 p.m. at Tutto Fresco in Rancho Santa Margarita. Individual checks. No doggies allowed. Contact Linda Brockmiller at (949) 412-1083 or lindabrock1946@gmail.com.

Submissions to the Bulletin Board

The Bulletin Board is to be used by Casta del Sol clubs and organizations to briefly announce activities or changes to activities occurring during the month of, and the following month. Submissions to the Bulletin Board are due the 6th of each month and should be typed in the body of an email or as an attachment in Word format. Jeff McCoy, Bulletin Board Editor, jmactr1@gmail.com.

CLUBS & ACTIVITIES

Bible Study

Any resident of Casta del Sol who has an interest in participating in the study of the Bible is welcome to join us. This is an active group of folks from different churches. Our studies are varied, but always Bible-oriented. We examine and/or question the study of the day, but always keep the discussion on topic from the Bible.

The club meets at Rec Ctr 2 every Tuesday morning from 10 to 11:30 a.m. for study and prayer. Come and join us as we sing the old hymns.

We are a no-dues club. All are welcome. For more information, please contact Peter Filakouridis at (949) 305-1935.

*Peter & Mary Filakouridis,
mrsfila@gmail.com*

Bridge

November looks to be a great month for bridge at Casta del Sol! You and your partner can join our duplicate bridge group Tuesday afternoons from noon to 3 p.m. in the Garden Room at Rec Center 1. Don't have a partner? Touch base with us; we may be able to supply one. Whether you're a seasoned pro or eager to learn, our welcoming group invites you to explore rubber and duplicate bridge. CdS Duplicate Bridge is unsanctioned by the ACBL.

Take a break from Thanksgiving preparations and visit our casual rubber/party bridge group on Wednesdays from noon to 3 p.m. We typically play in the Fiesta or Garden Rooms, so check with Rec Ctr 1 staff for the exact location. And we occasionally need substitutes for duplicate and party bridge; email me with *bridge* in the subject line if you're interested. Hope to see you there.

*Tim McCoy,
mccoytest@cox.net*

Canine Companions

Finally, the heat relents, thank you, just in time for our Halloween extravaganza of food and costumes last month. As usual our loving dogs provided us with laughs, and we gave out prizes to those adorable and most original designs.

This month's event will be an Italian Luncheon on November 16. Please join us for delicious pasta, salad, and surprise desserts.

We will have our Holiday Party on December 4. An announcement will

be emailed this month. We will have delicious food with a great time at Tutto Fresco, but no doggies allowed.

Please be reminded that other than our once-a-month luncheon meetings at the Lawn Bowling Pavilion, we suggest dog walking tours of the garden each Tuesday and Thursday at 4 p.m. Just show up at the Pavilion. Any suggestions for a dog-related meeting or gathering for next year would be appreciated.

*Tom Brockmiller,
lindabrock@cox.net,
(949) 412-1083*

Casta Creatives

What an eventful year for the Casta Creatives Club. The workshops on Acrylic Pouring, Mosaics, and Collage were all filled. The Drawing and Watercolor classes earlier in the year and the two Wine and Paint events were all very successful.

The club members met on October 24 for a fourth quarter meeting and discussed fabulous plans for 2025. The end of year party and election of officers will be on November 14 at 3 p.m. in the Vista Room.

Each week, our members meet on Wednesdays and Thursdays for Open Studio from 2 to 6 p.m. in the Arts and Crafts Room. For more information, please contact Jacki Keller at (949) 293-5487.

*Debra Friedman,
debrafriedman0@gmail.com,
(949) 230-7195*

Ceramics

Ceramics hosted the 2024 Holiday Boutique and we would like to thank all the vendors who created extraordinary, beautiful, and unique gifts. All who participated were treated to the wonderful gift opportunities at reasonable prices – what a treat in today's world. Thank you, Ceramics Club members, for all the work you did to make the Boutique a success!

Ceramics is open as usual, please come in and visit.

*Janet Andrechak,
andrechakjanet@gmail.com,
(714) 747-3046*

Quality Work

Reasonable Rates

RYAN'S HANDY MAN SERVICE

A Handy Man To Have Around

- Painting/Drywall
- Kitchen/Bath Upgrades
- Electrical
- Hauling Service
- 30 Years Experience
- Plumbing
- Fences/Decks
- Fan/Light Fixtures

" Odd Jobs are My Specialty "

Business:

(949) 293-5691

Lic # B42695

Cell:

(949) 293-5691



CLUBS & ACTIVITIES *Cont'd*

Crafts For Charity

As the holiday season draws near, the Craft Ladies of Casta del Sol are continuing to work on tray favors for the recipients of Meals on Wheels in Mission Viejo. We will work on favors for Thanksgiving, New Year, and Valentines Day. Materials will be supplied, and you'll be shown what to do.

We welcome new project ideas and are always looking for potential recipients. Stop by when you can and lend a hand. We'd love to meet you. It's a great way to meet your neighbors and make new friends while helping others. We also thank our neighbors who have donated craft supplies that help us lower costs.

Craft Club meetings are on the first and third Wednesday of each month from 10 a.m. to noon at Rec Ctr 2. Meetings this month will be held on November 6 and 20.

Jessica Hollowell,
(310) 480-9093

Democrats

The Casta Democrats Club is happy to say that we mailed over 7,000 postcards in this election year. Some of our members assisted Canyon Dems in doing literature drops. And

we have had outstanding attendance for many of the monthly meetings this year. Our list of Casta del Sol residents who want to participate in our activities and remain informed continues to grow.

Our big event coming soon is the Election Night Taco Party on November 5 from 5 to 9 p.m. in the Vista Room. The last day to sign up is November 1. This is also when 2025 officers for the Casta Democrats Club will be voted on. There will be no meeting in December.

Make sure to look at the *Courier*, read eblasts from the office, and view the flyers outside Rec Ctr 1 to stay informed. Also, if you would like to receive emails, please let me know.

Debra Friedman,
debafriedman0@gmail.com,
(949) 230-7195

Health & Fitness

Our September Brain Power Lunch was a huge success with a sold-out Vista Room! Thanks to all who attended to listen to our panel discuss research from the Blue Zones, brain retraining at any age, and how important attitude is in aging well. If you would like a copy of the resources mentioned during the Lunch Panel,

email me at the address below.

We will have a Stretching Class Open House on Tuesday November 19. Come join us for the class, or just come by to observe our fun, weekly stretching and balance routine. Our usual \$10 class fee will be waived that day for all participants in the Vista Room, 10 a.m. Bring a stretch band if you have one.

Helen Freedman,
PelicanPost123@yahoo.com,
(646) 662-7325

Heritage Garden

As we all gather around tables filled with gratitude this Thanksgiving, the Heritage Garden Club would like to take a moment to express our deepest appreciation and heartfelt thanks to all our residents for their unwavering support of our beautiful garden.

To our dedicated volunteers, your green thumbs and green hearts have transformed our garden into a sanctuary of nature. Your dedication has not only beautified our community but has also cultivated a sense of belonging, shared purpose, and connection.

To our generous donors, your contributions have been the lifeblood of our garden. Your support has been instrumental in sustaining our garden,

ensuring that our garden continues to thrive and enrich our lives.

To our environmentally conscious recyclers, your commitment to sustainability has set a shining example for us all. Your efforts to reduce waste and conserve resources have helped to create a healthier planet for generations to come.

Wishing everyone a happy and healthy Thanksgiving.

Parizad Sethna,
parizad9@outlook.com,
(949) 298-0076

Italian American

The Italian American Club would like to invite you to a fun-filled evening of Bingo with friends on Thursday, November 14 at 6 p.m. in the Vista Room. We will play seven games with a chance for you to win awesome prize money. A light refreshment will be served. Sign-up and tickets are on sale through November 13 at Rec Ctr 1 for \$5 and only \$1 per Bingo card paid at the event.

In addition, please be sure to mark your calendars for our next Italian American dinner night on December 12 at 6 p.m. in the Vista Room. You

Continued on page 16

Easy Living Home Care and Errands

Affordable In-Home Care and Errands to help with *all* of your needs. Keep your Independence, Compassionate, Attention to Detail, **We Listen.**



Thanksgiving Special!

10% off
First Invoice
Call on or before 11/30/24
to receive an
Additional
10% OFF

Free In-Home Evaluation

- * Home Care
- * Personal Care (Bathing/Dressing)
- * Escort to and from Appointments
- * Shopping, Outings, Errands
- * Housekeeping, Laundry, Organizing
- * Companionship

- * Meal Preparations
- * Medication Reminders
- * Maintain a Safe & Secure Environment
- * Short Term Recovering Patients

We're Hiring!

Licensed * Insured * Bonded * W2 Employees
Employee Criminal Background Checks

(949) 842-6831

lori@homecare4ca.com
www.homecare4ca.com



Lic. #304700141

TERMITES EATING YOUR HOME?

EDGE
EXTERMINATING O.C.

Termites are what we do best!



- NO TENTING FUMIGATION
- NO ROOF DAMAGE
- NO 3-5 DAYS MOVE OUT
- NO BAGGING OF FOOD
- NO SECURITY CONCERNS
- NO BAD CHEMICAL ODORS

WE ALSO DO WOOD REPAIR

Call or Text Today

Edge Exterminating O.C.

Call: **714-529-5911**

Text: **714-381-2567**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		Recreation Center 1 Hours: Nov-Apr: Mon-Fri, 8 am-10 pm; Sat & Sun 8 am - 8 pm Recreation 1 Pool & Fitness Center Hours: Nov-Apr: Mon-Fri, 7 am-10 pm, Sat, 7 am-8 pm, Sun, 8 am-10 pm Recreation Center 2 Pool Hours: Mon-Sun 7 am-10 pm, Rec 2 Heritage Room Hours: Mon-Sun 8 am-10 pm		Calendar Coordinator, Valerie Hanich Recreation Director, vhanich@powerstonepm.com (949) 455-4681 Note: All meetings are subject to location change or on Zoom.		1 10:00 AM Social, F 10:00 AM Architectural App Review, G 1:00 PM Risk Management & Insurance, F	2
3 3:00 PM - Sol Rock N Rollers Event, P1	4	5 1:00 PM Architectural, F 5:00 PM Democrats Event, V	6 10:00 AM Library, F	7 9:00 AM CdS BoD, V, Z	8 10:00 AM Architectural App Review, G 7:00 PM Sol Rock N Rollers Event, V	9 	
10 HONORING ALL SERVED	11 10:00 AM Traffic, F 5:30 PM Military Vets Honor Ball, V	12 9:00 AM Greenbelt, F	13 9:30 AM Courier, F 11:30 AM Las Damas Event, V	14 6:00 PM Italian American Bingo, V	15 10:00 AM Architectural App Review, G 5:30 PM Social Singles Event, F 6:30 PM Social's Movie Night, V	16 1:00 PM Canine Companions, LBP	
17	18 1:00 PM Budget & Finance, V	19 10:00 AM Welcome, F	20 	21 1:00 PM CdS BoD, V, Z	22 10:00 AM Architectural App Review, G 12:00 PM Fishing Meeting, F 1:00 PM Ad-Hoc Emergency Preparedness, F	23 	
24	25 	26	27 10:30 AM Courier Stuffing, V	28 	29 10:00 AM Architectural App Review, G	30	

- Association, Board & Committee Meetings
- Association Sponsored Activities
- Club & Activity Events

Daily/Weekly Activities Schedule - November 2024 (All activities are subject to change.)			Recreation Center 1
Bible Study T, 10:00 AM, H	Cribbage..... TH, 6:30 PM, H	Pinochle..... F, 6:30 PM, H	AC = Arts & Crafts
Bocce Ball M, W, F, 2-3 PM, BC	Duplicate Bridge T, 12 PM, G	Poker Ladies..... 1st W, 6 PM, G	B = Billiards Room
Bunco..... 1st T, 6 PM, H	Hand & Foot M, 6 PM, G;	Quilting..... 2nd & 4th TH, 1 PM, G	BC = Bocce Ball Courts
2nd T, 6 PM, H	W, 12 PM, H;	Rubber Bridge..... M, 11 AM, G	CW = Ceramics Workshop
2nd T, 6 PM, G	S, 6 PM, H	Scrabble T, 6 PM, L	F = Whole Fiesta Room
Bunco Babes 3rd T, 6 PM, G	Jewelry Class F, 1 PM, AC	Shuffle Super..... 2nd Su, 1 PM, SBP	F1 = Fiesta Room Fireplace Side
Casta Creatives..... W, TH, 2 - 6 PM, AC & CW	Lawn Bowling..... M, W, F, 12:45 PM, LBG	Strummers M, 1 PM, H	F2 = Fiesta Room Back Side
Ceramics Club..... M, T, W, S, 8 AM - 1:30 PM;	Mah Jongg Mavens S, 10 AM, H	Support Group 1st & 3rd TH, 10:30 AM, G	G = Garden Room
AC & CW	Mexican Train T, 1 PM, V or AC	Tennis T, TH, 6:30 PM, TC;	L = Library
TH, 8 AM - 12 PM, AC;	Party Bridge..... W, 12 PM, F or G	M, W, S, 8 AM, TC	LP = Lapidary Room
TH, 8 AM - 1:30 PM, CW	Paddle Tennis M, T, W, TH, F, 9 AM, PTC	Texas Hold'em W, 12:45 PM, G	P1 = Pool 1
F, 8 AM - 1 PM, AC,	Pickleball..... T, F, Su, 8 AM, TC;	Water Exercise..... M, T, W, TH, F, 9 AM, P1	SBP = Shuffleboard Pavilion
F, 8 AM - 1:30 PM, CW	M, W, 4 PM, TC	Wood Workers..... M, 2 PM, AC; TH, 12 PM, AC	V = Vista
Crafts for Charity 1st, 3rd W, 10 AM, H	Ping Pong S, Su, 9 AM, G	
			Recreation Center 2
			CG = Chipping Green
			H = Heritage Room
			LBG = Lawn Bowling Green
			LBP = Lawn Bowling Patio/Pavilion
			P2 = Pool 2
			PTC = Paddle Tennis Court
			TC = Tennis Court

CELEBRATING 35 YEARS

ESTABLISHED IN 1987

Lic. #1040867

Our Gift To You.

\$ 30

Off Of One Scheduled Service

We're OPEN Saturdays

Santa Margarita
Plumbing, Heating and Air

CALL US AT (949) 858-3818 OR VISIT OUR WEBSITE AT RSMPLUMBING.COM

FEATURE OF THE MONTH

Spooktacular Garden Tour: The Spirits Live On

By Debra Friedman, photos by Fred Lake

Leave it to the Casta del Sol Variety Club to design another delightful and unique concept. Albeit, Halloween oriented tours have been done elsewhere, the Variety Club, in concert with the Heritage Garden Club, put its own spin on the event. The Heritage Garden was transformed into a cemetery via gravestones, Halloween décor, and more. This event was another innovation of directors Barb Turino and Bear Sanchez that came to fruition.

Capturing the essence of Halloween, the spirits of souls past visited the Heritage Garden on October 6 throughout the day. Storytellers, Barb Turino and Bear Sanchez, led visitors to various garden sections to encounter spirit-filled scenes. At the Rancho, aka Witch's House, was Veronique Warner as the scary Evinora. The Butterfly Garden yielded an enchanting visit with singing, dancing, and flute playing fairies featuring Debra Friedman, Linda Donohoe, and Sara Henninger. The Zen Garden held the spirit of a monk played by Seth Sethna. The Red Bud Grove was a vignette of a saloon with a barkeep and several saloon gals and guys, who were imbibing and rabble rousing, featuring Jim Lamparter, Val Ricci, Suzy Jolley, Richard Scott, and Beth Minor. Jeannine Eile played a long-lost hiker, the victim of a mountain lion attack. There was also a cowboy shoot-out with Larry Kromling as the sheriff and Carol Altemus as the culprit. The scene of a damsel in distress (played by Sherry Hargrove) was replete with a villain (Chris Minor), hero (Phil Naideth), and a sword fighting finale. The forlorn woman along with a lover who arrived too late were played by Patti and Jerry Castro. The tree that appears to have a face was the site of Mr. Barkman (aka Rich Blumenthal).

What would Halloween be without trick or treating? Guests were provided water, cookies, and goodie bags. Thanks to Heritage Garden Club members for facilitating this intricate reenactment. Thanks to Paradise Bakery for providing cookies for all our visitors.

In total, there were 21 Variety Club spirits in the garden on October 6. It was a sold-out event with over 150 visitors experiencing this special journey to rave reviews.



Cast of Variety Club performers



Melodrama enacted



Barb Turino as storyteller



Fairies in the Butterfly Garden



Long lost lovers united



Spirit of lost Oso Creek Trail hiker



Sheriff and bandit ready for a shoot-out



Evinora, the scary witch

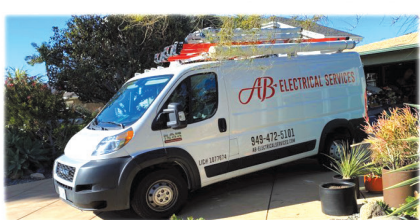


Spirit of Mr. Barkman

Lic. # 1077674



ELECTRICAL SERVICES



OUR SERVICES:

- ❖ Electrical safety inspection
- ❖ Outlet installation and repair
- ❖ Ceiling fan installation and repair
- ❖ Smoke and carbon monoxide detector installation
- ❖ Exhaust fan installation
- ❖ All electrical maintenance and repairs
- ❖ Panel upgrade and repair
- ❖ Electrical troubleshooting



Ceiling Fans



Spot Lights



EV Chargers



Outdoor Outlets



Sconce Lights

Before

After

Call us today at: 949-472-5101 or visit our website: AB-ElectricalServices.com

CLUBS & ACTIVITIES *Cont'd*

Italian American

Continued from page 13

don't want to miss this! Matt Gray will entertain us with his amazing musical talent singing hits from the 50s through the 80s. More details will appear in next month's *Casta Courier*.

Kim Chiurazzi,
kimmarietchiurazzi@gmail.com,
(949) 466-4430

Las Damas

Las Damas Club invites members and guests to come together on November 13, to give thanks for the many blessings we share. Our

luncheon meeting will be held in the Vista Room, 11:30 a.m., with a delicious Thanksgiving menu, including roast turkey, all the trimmings, and pumpkin pie.

Our entertainment features the marvelous singer, Matt Gray, presenting favorites of the modern classics, evocative soul renditions, and the best of Motown to lift your spirits and fill you with song. Tickets are on sale at Rec Ctr 1 through November 10 at \$25 for members, and \$30 for non-members, checks payable to Las Damas Club.

Donations are being accepted for Camp Pendleton Christmas toy collection, either cash or checks payable

to Mission Viejo Community Foundation. Your generosity is greatly appreciated.

Pat Crowley,
(949) 305-0582

Mah Jongg Mavens

We play Mah Jongg on Saturday mornings from 10 a.m. to 12:30 p.m. and on Tuesday afternoons from 1:30 to 4 p.m. in the Heritage Room at Rec Ctr 2. Bring the 2024 card and \$3 to play. We are a friendly group and welcome newcomers.

Mah Jongg Mavens hold a tournament and potluck lunch on the first Saturday of every month. Bring your card, \$3 to play, and a food item to share.

Winners on September 7: Most Mah Jonggs, Lois Connors; Concealed Hands, Linda Clark, Ann Loranger, and Liz Rickett; Quints, Linda Clark; Jokerless, Joan Peterson. No winners in Singles and Pairs. We did not have a tournament on October 5 due to the Casta Holiday Boutique. May the Jokers be with you!

Jean VanDerford,
abutterflylady@cox.net

Military Veterans

The *U.S. Military Veteran* from an anonymous source: "It is the veteran, not the reporter, who has given us the freedom of the press. It is the veteran, not the poet who has given us freedom of speech. It is the veteran, not the campus organizer, who has given us freedom to demonstrate. It is the veteran who salutes the flag, and whose coffin is draped by the flag, who allows the protester to burn the flag." Happy Veterans Day!

Happy Birthday U.S. Marine Corp! The Corp is a whooping 249.

On November 11, we celebrate Veterans Day and our annual Honor Ball. It's tradition; a formal event that combines dancing, military toasts, and honors our fallen military soldiers. There are a few days left to join us. Don't miss this eventful evening. The last day for sign-up is November 6.

Rod Jordan,
rodny@rodnyjordan.com,

Ping Pong

Join us on Saturday mornings from 9-11 a.m. in the Garden Room for social and competitive play. There is always a table available for newcomers and/or those who need a refresher. In

addition, a table will be available for open play on Saturdays until 2 p.m. and most Sundays. All skill levels are welcome. Paddles are available for loan in the Rec Ctr 1 office. We look forward to seeing you there. For more information contact Sherry Hargrove.

Sherry Hargrove,
(858) 336-5369

Pinochle

The Pinochle Club meets every Friday evening at 6:30 p.m. in the Heritage Room at Rec Ctr 2. We play six games of Pinochle, usually in groups of three players, each player trying to achieve the highest score to move on to the next table of three players. Occasionally, when we have an even number of players, we vote to play with partners. Anyone who knows how to play can join us. We welcome new players. If you would like to learn how to play, contact Dawn Hibbs by email or telephone using the information below.

Dawn Hibbs,
idglass@cox.net,
(949) 455-9826

Republican

Happy Thanksgiving, Republican Club members. Thank you to all who attended our successful Meet the Candidates Wine and Cheese Event on October 13. It was wonderful hearing from our candidates. The presentation by Deborah Pauley, who spoke on the initiatives including Prop 13, was also informative as we prepare to go to the polls.

As we prepare for this year's election, please be reminded that it is not only your right but also your duty to cast your vote. Also, please vote on Election Day and if anyone needs a ride, please contact me and someone in the club will make sure we get you to the polls in a timely manner.

We promise to have a fun celebration in December. We want all of you there to join in the festivities. Stay tuned for more information.

Betty Houston,
consultantbetty@gmail.com,
(626) 422-0771

Social Singles

If you are a Casta del Sol resident who is single, you are invited to join our Social Singles group. We have no membership dues. In November, we will be meeting for potluck dinner

Continued on next page

Attention Seniors!!

Notable healthcare changes are happening to Medicare plans. Let's ensure your healthcare needs are covered for 2025.

Schedule a free plan review with me!

Jo Bedi

Your Local Licensed Insurance Agent

**Life +
Health**

(949) 292-5946

License #0105927

jobedi58@gmail.com



Annual Enrollment Period Oct 15th - Dec 7th

*Casta del Sol
Resident*

HOME IMPROVEMENT AND HANDYMAN

**CARPETS • PAINT • WINDOWS
BLINDS & SHUTTERS • UPHOLSTERY
LAMINATE & TILE FLOORING
ALL KINDS OF REPAIRS
SENIOR AND VETERAN DISCOUNTS**



**Serving Seniors
For 25 Years**

949-510-7058

CLUBS & ACTIVITIES *Cont'd*

Social Singles

Continued from previous page

on Friday, November 15 at 5:30 p.m. in the Fiesta Room. To reserve your seat at the table, please RSVP to Carol Kowalsky only (cekewpiel@cox.net). To join the group and get on our email list, or for more information, please contact Mary Carlson.

Mary Carlson,
marycarlson28@gmail.com,
(949) 380-0744

Sol Rock 'n Rollers

On November 3, we will have another free concert poolside, weather permitting.

Sky Island Ramblers will be performing from 3 to 5 p.m. They are a cosmic acoustic quartet. No registration needed, open seating, and BYOB and snacks if you desire. Bring cash for the 50/50 drawing and tip jar with the money going to the band to thank them for their performance.

On November 8 from 7 to 9 p.m. in Vista Room, we are going to have our popular Ladies Night of Dancing with DJ David for lots of fun music and dancing. Sweet & Salty is our theme with special treats and sweets, BYOB, and \$12 per person. Registration will be announced in an eblast.

Save the date of December 8 because we are working on a holiday afternoon of music. More information to follow.

Annie Cabaniss,
Anniecabaniss@gmail.com,
(949) 637-7653

Support Group

If you experience grief because of losing a loved one, losing independence due to illness, aging, or caring for a loved one, this is a place for emotional support, sharing experiences and hearing similar situations. You are not alone on your journey. Come and meet others in similar seasons and situations. We meet twice a month. For more information, contact Kathy Wu.

Kathy Wu,
(818) 590-8009,
Kathywu.mv@gmail.com

Variety Club

The Variety Club's Spooktacular Garden Tour in October was a rousing success. It was a new concept and was embraced by Casta del Sol residents. The audience had a fantastic time and the performers enjoyed enacting various scenes in the spectacular Heritage Garden. The Heritage Garden Club was instrumental in making this happen. Thanks to the very supportive

Casta residents who turn out to view and appreciate our events.

There are potential plans for a dinner theater type show in February, so stay tuned. The Variety Club is also working on creating a spring show. Because of the response to the *Twilight Zone* movie last year, we are also discussing making a movie in 2025. We were happy to welcome some new members who have added so much to our family of performers and stage crew. If you are interested in joining us for future shows, please contact Barb Turino at (951) 858-7350.

Debra Friedman,
debrafriedman0@gmail.com,
(949) 230-7195

Vegetable Garden

With summer gone, the gardeners pulled out their planting guide to detail what vegetables can be planted in the fall. The list is extensive, including beets to spinach, with several herbs such as parsley, chives, and coriander. Our Asian American gardeners have introduced us to some new vegetables such as luffa and winter melons. A walk through the garden will reveal many gardeners planting staples such as carrots, cauliflower, kale, cabbage, leeks, and onions. At this writing, 22 people are waiting for a lot. Happy gardening!

Michael Schlesinger,
mikeschles123@gmail.com,
(914) 815-1002

Water Exercise

It's been a fun year so far with the Water Exercise class and we have had so many interesting people join our group. Attendance has been wonderful, and we all feel the benefits both

physically and mentally. It's a great way to start the day. But just because it will be getting cooler now, it is not time to stop coming. We are in the pool Monday through Friday at 9 a.m., rain or shine. Some wear swim jackets, or rash guards, and the pool is usually 86 degrees and feels good. So don't be deterred by cool weather; we always have the spa to warm up in. Sign up in the office and join us, you will be glad you did. See you in the pool.

Nan Rednall,
nrednall@gmail.com,
(949) 584-4321

Woodworkers

Woodworkers had two successful days at the annual Holiday Boutique in the Vista Room on October 4-5 sponsored by the Casta del Sol Ceramics Club. Visitors to the Boutique were interested in and purchased several new designs of our mailbox holiday decorations which included a Star of David, Santa Clause head, and a carved pumpkin. Our standard mailbox reversible décor design of a Christmas tree on one side and a manger scene on the other side was purchased by residents. Also featured on our display table was a grooved game board used for playing cards, Dominoes, Mexican Train, as well as Rummikub and other tile games.

Our meeting times are Monday afternoons at 2 p.m. and noon on Thursdays in the Rec Ctr 1 Arts and Crafts Room located across from the Vista Room. Drop by if you have a wood project or repair request or you are interested in our activities.

Steve Valley,
(714) 595-5766

Hearing Care is Health Care™
We hear with our brains. Your Brain makes sense of the sounds by matching them to sounds stored in your memory

Taking Care of your hearing is an important part of taking care of your overall health



We hear with our brain

oticon
PEOPLE FIRST

We accept most insurance plans & Medicare supplements



Hearing Aid, Inc.
Hear Better, Live Better

24881 Alicia Pkwy Ste L • Laguna Hills CA 92653

Sales • Service
• Repair
of all Major Brand Hearing Aids

NO COST:

- ✓ Hearing Evaluation
- ✓ House Calls
- ✓ Hearing Consultation
- ✓ Video Otoscopy
- ✓ Product Demonstration

Serving Seniors Since 1989

949-855-1331

***Mention* this ad
To receive One FREE
Pack of batteries
or filters**

www.cchaid.com

Walk-Ins Welcome

Women's Haircuts *
\$40 reg \$45
Color & Haircut
\$95 reg \$115
* New clients only

Diane's Suite Hair Salon

Happy Holidays!

To all my special clients, thank you for your support over the last few years! Don't forget to see me during 2024 at my Salon Suite at Oaktree Village on Los Alisos Blvd in Mission Viejo. *I specialize in color, highlights, perms & haircuts.*

Wed - Sat, 9am - 5 pm
23162 Los Alisos Blvd Bldg 220
Suite 102, Mission Viejo

YOU WILL LOVE MY WORK!
Call or Text Today:
949-350-3954

*Call or text me for appointments. Mention this ad for even more CdS specials! I welcome new clients! Valid until 12/30/2024.***



PLATINUM LIVING REALTY



Bob Alexander REAL ESTATE GROUP



Bob Cowan

Realtor® | DRE 01970237

949.441.9918

bobcowan50@gmail.com

Alex Krywenko

Designated Broker | DRE #01368008

949.412.6052

akrywenko@yahoo.com

When You Work With Bob & Alex You Get



4-hours of Handyman Services



Pre-Listing Home Inspection



Professional Staging Consultation

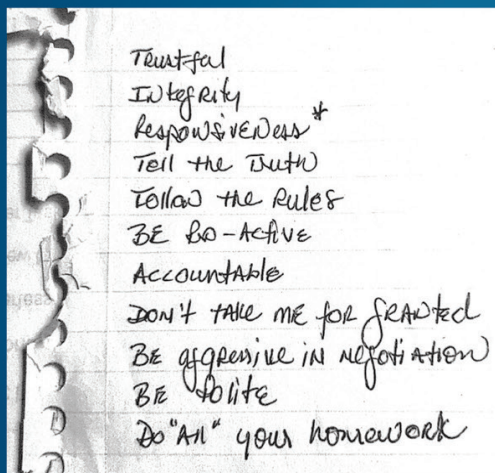


45 Years of Combined Real Estate Experience

WHAT PEOPLE ARE SAYING...

“Alex Krywenko recently sold my mom’s home, and the entire process was a breeze. His clear instructions on preparing the home for sale, which we followed diligently, led to us getting the full asking price and closing Escrow in just 30 days. I would strongly recommend Alex Krywenko for all your real estate needs.”

- Mark P.



We listen to our clients!

Years ago Alex was given this list from a prospective seller about what he expects from the agents he’d hire. To this day, Alex has kept his commitment to this list with any client that he works with.

Working with us helps men, women, and children from many walks of life, all of whom are wounded in different ways. Here’s how: for every home we sell, we consciously decide to donate a portion of our income to the Orange County Rescue Mission. This faith-based, life-transformation program provides on-campus housing, basic needs, and comprehensive services for individuals and families experiencing homelessness.



Free subscription to our award-winning “Home by Design” Magazine Scan QR code or email bobcowan50@gmail.com

SPORTS

Away Golf

After 13+ years I am stepping down from my co-chair position and we need a Casta del Sol resident to step up to replace me to continue club activities. Casta requires that key club officers be Casta residents, while club by-laws allow individual event participation by both residents and guests.

Currently, there are three co-chairs, with one serving as treasurer. Duties of the position include recruiting member volunteers, whether a CdS resident or non-resident member; to organize, plan and execute individual golfing events; and to assist these volunteers in their efforts.

Our other co-chairs will continue serving at this point and will assist in the transition. They are Jim Peterson, and Hal Steele (treasurer). Please call Jim or I for answers to any questions you may have.

*Joyce Parlin,
(949) 588-0337*

Bocce Ball

We play on Monday, Wednesday, and Friday, and on October 16, we returned to our afternoon hours from 2 to 3 p.m. Come on down and give it a try. Lots of laughs and lots of fun.

We would like to welcome the following new members to the club: Madison Hermosille, Beth and Chris Minor, and Shirley Rollins. Welcome aboard.

We were invited by the Shuffleboard Club to have a combined Pizza Party which was held on November 1. Hopefully, we will have some lucky bingo winners from our club.

The combined Christmas Party with the Shuffleboard Club will be held on December 6 at 6 p.m. in the Vista Room. Sign-ups will begin on November 8, and will close on December 2. Details will be forthcoming by email.

*Carol Zinsmeister,
(949) 305-9890*

Bowling

The 2024/2025 Casta del Sol league started on September 12, we have a record 14 teams this year. We bowl on Thursdays at 1 p.m. at Saddleback Lanes on Marguerite Parkway in Mission Viejo. We are usually finished by 4 p.m. Everyone is welcome to join. It is good exercise, lots of laughs, and a great way to visit with friends and meet new people.

If you want to be put on the list of bowlers, or if you don't want to make a commitment to bowl every week, we are always looking for substitute

bowlers. Please call Donna Miller at (949) 395-8958 with your name. If you want to check out how much fun we are having, just stop by any Thursday and see us bowl.

*Mike Balzer,
(949) 842-9151*

Fishing

No change on Lake Mission Viejo status. Laguna Woods Rod and Gun Club continues to welcome Casta members. There will be two ocean fishing day trips from Dana Wharf on November 4 and 18. These will most likely be the ¾ day deep-drop drift rockfish trips.

A reminder to mark your calendars for November 22 when we will have our annual Turkey Day celebration for members and guests. There will be lunch and games. Lunch includes a turkey sandwich, several salads, chips, dessert, coffee, and sodas. There is a small fee of \$10 per person to cover the cost of lunch. Anyone interested, please contact Nick Morenc to make a reservation.

*Nick Morenc,
(949) 588-6223*

Men's Golf

Congratulations to all the Club Championship winners and a special thanks to our members for their cooperation and support for making this premier event a success. We had a wonderful awards dinner followed by ceremonies in awarding the jackets to the champions.

We play each Wednesday at Oso Creek Golf Course, an 18 hole, 3670-yard executive golf course. Tee times are 7-10 a.m. We play a varied schedule of tournament games. Prizes are awarded for all skill levels.

If you are interested in becoming a member, please contact our membership chairman Al Arnott at (714) 425-4320. Wishing you best wishes and great golf.

*Merl Barrett,
(949) 770-5024*

Paddle Tennis

The Paddle Tennis Club had an annual meeting on October 10 to celebrate this year and elect 2025 officers. Our last tournament of 2024 was a Halloween Tournament on October 26.

The last event of 2024 is a Holiday Party on December 7 combined with the Pickleball Club. The past few years of this combined party have been an exciting way to start off the holiday party season. So, if you are a member of either of these clubs, stay tuned for

the announcements of sign-ups.

Open Court times are 9 to 10:15 a.m. Monday through Friday and from 6:30 to 8 p.m. on Tuesday, Thursday, and Sunday. Everyone is welcome. Our friendly players will help newcomers during these times. All other times are open to play on the Paddle Tennis courts. The sign-up is on the white board outside the courts.

*Debra Friedman,
debrafriedman0@gmail.com,
(949) 230-7195*

Pickleball

If you are interested in learning more about pickleball, and even try a little play, the club is conducting a clinic on November 20 at 3 p.m. Come down to the courts at Rec Ctr 2 to get some instruction with our members. There are loaner paddles available if you are new to the game.

The club also invites you to participate in our open play times on Mondays and Wednesdays from 4 to 6 p.m., and Sundays, Tuesdays, Thursdays, and Fridays from 8 to 10 a.m. Club members will be happy to get you started and let you know how you can become a member, too.

*Eric Vanderslice,
(562) 712-1225*

Shuffleboard

The September 7 Open House Morning Coffee Break for Shuffleboard and Bocce Ball was a resounding success. At least 30 new players showed up and plan to continue. An additional 20 or more current members helped coach, mingled, and joined in the fun.

The Tuesday morning league and the Wednesday evening Pot of Gold will continue until November 20, then be on hiatus. The Winter League will begin December 3, so please sign up.

Winners of the Sunday Potluck Social Shuffle were: 1st: Richard Scott/MaryEllen Marcus, 2nd: Debra

Friedman/Linda Clark, 3rd: (a tie) Jesse Hunt/Marlene Solem and Barbara Harris/Randy Smith. The next date is January 26. Winners for the Sunday Super Shuffle were 1st: Susan Herrning/Brigid Johnson, 2nd: Cathy McCoy/Jeff McCoy, 3rd: Eleanor Reafsnider/Howard Reafsnider. The next date is November 10.

Friday morning at 10 a.m. is a chance for newcomers to get instruction and everyone to practice. For further information, please contact Jim Kinney at dothemath99@yahoo.com.

*Debra Friedman,
debrafriedman0@gmail.com,
(949) 230-7195*

Tennis

The end of season tennis tournament was a smashing success with very spirited competition and an enthusiastic crowd. After a full round robin schedule, the final results were determined by a tiebreaker between John Gomez and Tony Lawrence with John the winner and Tony the runner-up, with hearty congratulations to both.

As the hot summer tennis season winds down, the morning and evening events continue to provide more temperate playing conditions. The ongoing group events include Monday and Saturday mornings at 8 a.m. The first Saturday group sessions incorporate Clarity Tennis Tips, including coffee and breakfast munchies. The third Saturday program includes drills and court fun led by local pro Jimmy Gleason. Newcomers are always welcome, and loaner racquets are available on the courts.

The annual holiday extravaganza is approaching on December 14 and this lively event will feature music from the famous Vintage Vinyl band, along with delectable Italian dishes and tasty desserts.

*Roger Gyger,
(630) 430-9045*

It's Time To Change Your Medicare Plan!



License #0M62537

SHANA GHEISARI

Licensed Insurance Agent

E-mail: SGHEISARI@PRESLEYGA.COM

Mobile: (949) 529-7710

Office: (949) 806-4813

Are you turning 65?

I'm here to help

Please call with any Medicare questions.

CASTA COMMUNITY

On the Road Again Heritage Museum of Orange County

New to SoCal, too busy to explore, or perhaps time to revisit? Debra offers suggestions.



Debra Friedman

I recently revisited the Heritage Museum of Orange County and was immersed in history. The main feature on the property is the Hiram Clay Kellogg House that was built in 1898 and moved to its current location in 1980. Some of the furniture and artifacts are original to the house while others are borrowed from locations that are from the same decade. There are docents available for guidance. Visitors can also receive the *Self-Guided Walking Tour* booklet. Hiram Kellogg was an engineer who built the interior as an homage to a ship with an elliptical staircase and a landing resembling a ship's bridge. In addition to the ar-

chitectural design, I was impressed by historic items such as the coffee grinder, telephone, ice box, victrola, and pump organ. Historic photos are displayed throughout this cozy abode.

Also on the grounds is the Victorian style Maag House that is closed to the public. The Blacksmith Shop is a working barn with blacksmiths creating useful tools and implements. School children can enjoy learning about this enduring trade.

This 12-acre campus also includes other historic buildings, gardens, and open spaces. During a recent visit, a violinist and cellist played serene classical music. And what tourist attraction would be complete without a gift shop?

The mission of the Heritage Museum is to preserve, promote, and restore the heritage of Orange County. The museum's setting provides visitors with a glimpse into the county's past, including its agricultural and rural history. It is a popular destination for families and school groups

Small Talk The World Fair

A freelance writer's humorous spin on the ups and downs of life.



Dorothy Frances

In September of 1965, when we were newlyweds, my husband and I went to the New York World's Fair, which was easily accessible from our home in New Jersey.

I'll never forget looking up at the enormous trademark globe surrounded by the flags of many nations. Although we saw countless remarkable things, I was most impressed by Michaelangelo's beautiful *Pieta*, which had been carefully shipped in from Italy.

The General Motors Pavilion was also memorable because it presented a vision of how life in the future might look. I kept a flyer from it, and it's interesting to see that nearly sixty years later, their view of the future

was far more advanced than the world is today.

When my mother passed away, I found among her things a souvenir gravy ladle from the 1939 New York World's Fair. My mom never mentioned going to the Fair, so I always wondered which family member had been there. My answer came when looking through some items passed down from my great Aunt Alma. I stumbled upon a small, souvenir pocketknife from the 1939 Fair.

With my curiosity sparked, I looked up the General Motors 1939 exhibit and found that 1960 was the year displayed as the future. As though in a strange time warp, I realized that their future is already 64 years in our past.

My World's Fair memorabilia is displayed in my library and reminds me how lucky I was in 1965 to experience such an extraordinary event.



Reflections of a Casta Neighbor

A resident explores the adventures of Casta.



Nevin Valentine

While watching television recently, Darrell and I discovered one more wonderful aspect of living in Casta. We just might be living in our own blue zone. Dan Buettner describes a blue zone in the Netflix series, *Live to 100, The Secrets of the Blue Zones*, as a region or village in which longevity is tied to the habits, principles, and lifestyles of the inhabitants. They tend to exercise naturally by gardening, walking, and dancing. They have a purpose. They are active members of a community. They lean towards a plant-based diet. They care about each other. They have daily ways to unwind and enjoy life.

We can walk the hills of Casta and get the same benefits as blue zone residents. Our tennis, pickleball, and paddle tennis courts provide fun group exercise options. Lap swimming and water fitness classes are a Casta staple. The Health and Fitness Club now

offers group exercise classes.

We have a wide variety of ways to be active participants and have purpose in our community. Whether we serve on a committee, belong to a club, or get involved in competitive sports, it all contributes to a more vibrant and fulfilling life. There are generous plots for growing our own vegetables, making it easy to choose a plant-based diet, a key to the blue zone elders' healthy lifestyle.

Caring about each other and offering support when needed is another blue zone secret. Maria Gomez-Greenberg, a member of the Casta Quilting Club, had knee replacement surgery and the club members took turns bringing her dinner while she healed. This act of kindness benefited Maria of course, but it also lifted the spirits of all those who pitched in.

As Buettner says, "People living in the blue zones did not pursue health and longevity as a chore. Their health and longevity stemmed from their surroundings." Our parties by the pool and our walks through the Heritage Garden are certainly made possible by our beautiful setting and facilities here at Casta del Sol, but it's you, the people, who make Casta their home that create this blue zone Shangri-La. (First published in the December 2023 *Courier*)

What's Cooking at Casta

Want help in the kitchen? Linda shares her favorite recipes.



Linda Brockmiller

Cranberry Pecan Pumpkin Bread

3 cups all-purpose flour
1 tsp. salt
1 tsp. baking powder
1 tsp. baking soda
4 tsp. pumpkin pie spice
2 cups canned pumpkin (not pumpkin pie filling)
2/3 cup brown sugar
2/3 cup granulated sugar
1 cup canola oil
3 eggs (room temperature)
1 Tbsp. vanilla
3 cup dried cranberries
1 cup chopped pecans (toasted)

Preheat oven to 350 degrees. Grease two 8 x 4-inch loaf pans. Set aside. In a large bowl, whisk together flour, salt, baking powder, baking

soda, and pumpkin pie spice. In a medium bowl, whisk together pumpkin, brown sugar, granulated sugar, oil, eggs, and vanilla. Stir wet ingredients into dry ingredients, mixing just until combined. Fold in cranberries and pecans, reserving a small amount of pecans for topping if desired. Pour the batter into each prepared loaf pan and bake for 50 to 55 minutes or until an inserted toothpick comes out clean.

Association Pet Rules

Pet owners must ensure their pets do not disturb the peace and comfort of their neighbors. This includes having pets relieve themselves in close proximity to resident's windows. They are also responsible for removing all pet droppings and keeping their dogs on a leash. No pets are allowed to run free or be left unattended in any common area. Pets are prohibited at Rec Ctrs 1 and 2, all buildings, courts, and vegetable garden. It is important that pets should always be watched to protect them from possible coyote attacks.

PEOPLE, PLACES & EVENTS

Cindy Van Patten, Keeping Casta Beautiful

By Liz Rickett, photo by Fred Lake

Many people are attracted to the beautiful landscape of Casta del Sol: acres of majestic trees, expanses of green, gentle slopes, and flowers. Maintaining all this requires people, plants, and mountains of paperwork to be filled and filed. This is the responsibility of Cindy Van Patten, landscape administrative assistant working with Bill Thornton, landscape services coordinator.

An Army brat, Cindy was born in Northern California. In seventh grade, her family moved to Nebraska where she completed her education. Here she met her husband at a mortgage company where they both worked. He moved into the field of IT. Cindy continued in the mortgage industry, doing administrative work and office management.

Cindy wanted to come back to California. Her sister moved back in 1998. In 2000, she and her husband followed, moving to Mission Viejo. Still working with mortgage companies, she found the industry volatile, and decided to look for another career. While searching LinkedIn, she found the job of landscape administrative as-



sistant at Casta listed. She applied, interviewed, and found her new career.

Her background did not include landscape management but the skills she developed while working in the mortgage industry transferred to this position. Cindy fields phone calls from residents, directing them to the proper person who can be helpful. She does lots of paperwork, working closely with the Greenbelt Committee to facilitate projects. She also works with O'Connell Landscaping, coordinating work orders, documenting work need-

ed and work done, and assisting with applications for foundation replanting. She has worked with the maintenance department and the Architectural Committee making escrow inspections and has attended HOA Board and Greenbelt Committee meetings.

In her spare time, Cindy enjoys reading, especially cozy mysteries and *The Thursday Murder Club*

series. Attending a wine and paint event with her daughter unleashed the artist in her. She admits she is not a creative artist but loves using YouTube to help her create new paintings using acrylics.

Working at Casta has led Cindy to look at plants with a different eye. She has learned the names of many plants and is anxious to learn more.

REMODELING PROJECTS & HOME REPAIRS

Our Company prides itself with Specialized Home Improvement Services that serve Seniors, respecting your home and designing to suit your style and budget! Family-owned and operated for years.

Our Services include:

ALL Household Upgrades and Repairs!

Painting & Drywall; Kitchens & Baths; Flooring & Tile!

New Cabinets or Refacing; Quartz Countertops to fit your budget;

Plumbing, Electrical, Vinyl Fencing & Wood Repair.

CSLB #1054167 B-2 & D-12 w/ many years of Casta References!

Call or text for free estimates!

(949) 510-5530

Optum

See why people with Medicare choose an Optum doctor

optum.com/whymedicareCA



The company does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities. We provide free services to help you communicate with us. This includes letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call 1-800-403-4160, TTY 711. ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-800-403-4160, TTY 711. 請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請致電：1-800-403-4160, TTY 711。

© 2024 Optum, Inc. All rights reserved. 23588-05 10/24

PEOPLE, PLACES & EVENTS *Cont'd*

Powerstone Management New Employee: Katie Tompkins

By Liz Rickett, photo by Fred Lake

Katie Tompkins is the maintenance services coordinator and assistant to John Vogel, maintenance services supervisor at Casta del Sol. As such, she has many tasks: answering emails and phone calls, reviewing architectural applications for accuracy, scheduling major projects, dispatching maintenance crews, educating residents as to the different responsibilities of landscape and maintenance crews, and fielding complaints and directing these to the proper person.



Due to the fact that she is in charge of escrow inspections and Architectural Courtesy Notices re-inspections, Katie spends a great deal of her time out of the office traveling around the community.

Katie has an extensive background in customer service, working in this industry since she was 15. Working for Ralphs and Starbucks, as well as other companies, gave her the skills necessary for dealing with people.

Katie found out about the job at Casta through the former assistant to the maintenance supervisor, Donna

Dunn. Donna is a family friend who left the job to marry and move to Montana. Donna told Katie she would be leaving. Katie interviewed and was hired.

She says she enjoys the challenges the job brings as she works with people to help them solve problems and issues. This segues into her love of solving puzzles and answering the question, "But why?"

A Lake Forest resident since birth,

Katie was blessed to have an aunt with a ranch outside Austin, Texas. Thus, she was able to enjoy the best of both worlds: growing up in Orange County with a large, loving extended family and riding horses, ATVs, dirt

bikes, and gardening while in Texas. An outdoors girl, Katie enjoys hiking and camping. After living in Texas for several years, she is looking forward to revisiting some of her favorite trails and campgrounds.

November: Give Thanks to Sarah Hale

By Evelyn Rothert

You guessed it. November derives from the Latin root *novem*, meaning nine, because in the Roman calendar there were only 10 months in the year, and November was the ninth month.

Novemberish, means *dreary*. The month's original name in Old English was *Blōtmōnað*, literally "blood-month." November was the month of heavy animal sacrifice, when the early Saxons would stock up on food for the winter. Ewwwww!

In the Colonial Era, this was the month to set one's beaver traps before the swamps froze and beavers retired to their lodges, to ensure a supply of warm winter furs. Hence, the full moon on November 15, is traditionally called Beaver Moon.

Thank you to Sarah Josepha Hale, an editor of the *Godey's Lady's Book*. In September 1863, with the country

torn by the Civil War, she put her Thanksgiving message into an editorial and wrote to President Abraham Lincoln, urging him to make Thanksgiving Day a fixed national festival. Lincoln liked Hale's idea and on October 3, 1863, he issued a proclamation declaring the last Thursday of November to be National Thanksgiving Day. He ordered all government offices in Washington to close on that day.

Have a lovely month giving thanks, enjoying time with family and friends, and eating turkey and pumpkin pie.



Freedom Village

Honors All Of Those Who Served!

Because You Deserve It!



John
Resident Since 2016

Van
Resident Since 2017

Bob
Resident Since 2012

*Embrace Freedom • Savor 5 Star Dining
Live Life Your Way*



**Call to schedule a tour
(949) 340-8108**

Freedom Village salutes our 77 residents who are veterans and all the heroes who have served. We are grateful for your sacrifice and bravery.

23442 El Toro Road Lake Forest, CA 92630 | www.freedomvillage.org

VOTED THE BEST
Senior Living Community
in Orange County



PEOPLE, PLACES & EVENTS *Cont'd*

Where the Bears Are

Article and photo by Jeff McCoy

Bear with me. This is a true story about bears. Oh, my! If you have walked along the Oso Creek Trail between Casta del Sol (Gate 1) to Jeronimo (Gate 2) recently, then you've seen the newly installed wooden carved bears. They're huge. A mama bear stands on her hind legs while her cub eyes a beehive hanging from a tree. The bears were carved from large redwood logs from Northern California by Orange County chainsaw artist John Mahoney. He is part of the Street Tree Revival that create art as part of the organization's mission to save tree from landfills.



Out for a walk, Cathy McCoy admire the bear sculptures.

Why bears? Oso is the Spanish word for bear, and Oso Creek refers to the bears that once inhabited the area. Before Europeans came to Orange

County, grizzlies tended to live at relatively low elevations in the Santa Ana Mountains. With increased settlements, bear numbers dropped to



grizzly bear, roamed the hills in and around Saddleback Mountain and Holy Jim Canyon. Jim Smith, for whom the canyon is named, ran a sizable apiary among his other enterprises. Bears love honey, and Old Moccasin John couldn't resist the lure. After he destroyed 30 hives, a baited steel trap was set to catch the furry culprit. When a posse later checked the trap, they found it missing. But there's no happy ending. Old Moccasin John was shot and killed by a local pioneer on February 26, 1908. His pelt and skull were later gifted to the Smithsonian.

The City of Mission Viejo's Master Plan includes the continued development of the Oso Creek Trail. To celebrate Arbor Day the last two years, community members

helped plant two sections of the hillside along the trail. The city has also added several patio rest areas near the bear sculptures for hikers and bikers.

the point where they were assigned individual names. (Do you remember the mountain lion P-22?) The last bear to be seen near Rancho Mission Viejo (the Spanish land grant area for which Mission Viejo is named) was in 1908. Old Moccasin John, a silver-tailed

Next time you're out for a walk, set your bearings for the Oso Creek Trail and a rewarding outdoor experience.



Bagels & Brew
YOUR NEIGHBORHOOD CAFE

"Where Great Food & Friends Come Together"

est. 1997



FREE
4oz Plain
Cream Cheese
with purchase of 6 bagels
Not valid with other offers.
Expires 12/15/2024

\$4.99
**Bagel with Cream
Cheese & Coffee**
Regular size coffee
Not valid with other offers.
Expires 12/15/2024

\$3 off
**Lunch
Sandwich or Salad**
Not valid with other offers.
Expires 12/15/2024

BREAKFAST, BRUNCH, LUNCH

<p>MISSION VIEJO Albertson's Center Alicia @ Olympiad 949-837-6977</p>	<p>LAKE FOREST Ralph's Center Lake Forest @ Trabuco 949-951-8985</p>
--	--

PEOPLE, PLACES & EVENTS *Cont'd*

Getting to Know Our Neighbors: Jeannine and Jeff Eile

By Liz Rickett, photo by Fred Lake

With five children, 18 grandchildren, and one great grandchild, Jeannine and Jeff Eile have a big family. The family and all the traditions that went with it were always the focal point of their home in Huntington Beach. As kids and grandkids got older and some moved out of the area, they decided it was time to downsize. Within four days, they bought a house in Casta del Sol and sold their Huntington Beach home.

Jeff had a 34-year career teaching sixth grade. Upon retirement, Jeff and Jeannine started playing the ukulele. This led to them forming their own performing ukulele band. Jeff also began to teach the ukulele, which he still does today via Zoom. Jeff originally taught ukulele in person to inner city children in Los Angeles and adults in Irvine and Laguna Beach.

Jeannine works virtually as a corporate registered nurse, working for an international company. She vets employees for the company who work all over the world in high-risk locations. Jeannine has also written two children's books with the characters



based on family members and a special Tuxedo cat.

Jeff and Jeannine both love history and traveling, visiting Europe several times and most states in the United States. Memorable adventures include biking down a volcano and kayaking with whales and sea otters. Of course, a walking history or ghost tour added to the fun. They also love various styles of music, frequently attending music festivals and concerts that involved domestic travel.

The Eiles have lived here over a year. One day as they were walking at Rec Ctr 2, they heard music. They had

discovered the Strummers and now they both play with this group. Jeannine is also a member of the Variety Club. She was featured in the production of *GrAnnie*. In addition, she is a member of the Social Committee and

participates in water exercise.

Both Jeff and Jeannine are enjoying this new chapter of their lives in Casta. Their advice to new residents – “get out and try it all.”

Getting to Know Our Neighbors: Karen and Dan Viotto

By Liz Rickett, photo by Fred Lake

It was 2020, the height of the pandemic. Karen and Dan Viotto had lived in many places during their marriage: Austin, Chicago, and San Jose, among others. Now back in California, they wanted to buy a house in Orange County. Houses were hard to find, subject to bidding wars and snapped up in days. When they were first married, they lived in Mission Viejo. Dan went online, checked out Mission Viejo houses for sale and found a house in Casta del Sol. Not only did the house check all their boxes, it had a view, a view that reminded them of their favorite travel destination: Italy.

Like many couples, Karen and Dan met in a bar. He was with friends as was she, but one of her friends was a date. The next night they were together again, but they were the ones dating. They have been together ever since.

Dan sells software for physical security of large spaces such as casinos and airports, which means he travels often. Karen taught science in middle school and biology in community college. Today she works for Blue Bell Foundation for Cats in Laguna Canyon where she is a cat nurse. It is a cat retirement sanctuary, housing senior cats whose owners can no longer take care of their pets. The foundation has a website that provides information.

Karen and Dan like to dance, they



love all kinds of music, and they enjoy traveling. They are happy to share their love of music and dancing with neighbors who have become friends. Their dog, Fabio, has helped them meet many friends, canine and human, as they traverse the community.

They enjoy all the fun stuff at Casta – the sports and parties. Dan plays paddle tennis, pickleball, and billiards. He is the tournament director for Paddle Tennis and has been a DJ for Casta parties. His personality shines through as he commands the microphone. And he is adept at creating appropriate playlists for each occasion.

They find the peace, beauty, safety, and the lifestyle of Casta appealing as well as all the friendly people who live here.

A Good Read: *The Caretaker*

Book review by Liz Rickett

Blackburn Grant is a young man who is caretaker of a cemetery in North Carolina in 1951. A childhood case of polio disfigured his face and crippled him. His only friend, Jacob Hampton, is the only son of the town's wealthiest and most prominent family.

When Jacob is drafted to serve in the Korean War, he asks Blackburn to watch over his young wife.

This novel by Ron Rash deals with loyalty, love, betrayal, compassion, and secrets. It is available in the Casta del Sol Library.

Is it possible to pre-plan

A Memorial at Sea?

Yes, we have pre-planned countless cremations with a scattering of ashes, Memorial at Sea option.

Simple. Personal. Memorable.

For more info about Pre-planning a Memorial at Sea
Call today for a FREE Guide (949) 382-7782



23101 Lake Center Drive, Suite 150
Lake Forest, CA 92630 | FD 2241
(949) 382-7782
PacificCremationServices.com



PEOPLE, PLACES & EVENTS *Cont'd*

A Desert Oasis Reborn

By Parizad Sethna, photos by Jeff McCoy

Have you noticed the captivating transformation of the Desert Garden as you stroll through the tranquil paths of the Heritage Garden? Our volunteers have poured countless hours into revitalizing this space, removing aging cacti and replacing the soil with fresh sand. To the delight of all, the result is a stunning showcase of desert flora, which also allows our volunteers to enjoy their work without turning into human pincushions!

Taking center stage and dominating the landscape is the majestic *Pachycereus Pringlei*, also known as the Mexican Giant Cardon or elephant cactus. This towering sentinel, native to northwestern Mexico, is one of the world's largest cacti, which can live up to 300 years reaching heights of over 60 feet. Our green giant is estimated to be approximately 50 years old and about 20 feet tall. Slow growing, it stores an impressive amount of water in its thick, fleshy trunk, which expands and contracts like a living accordion in response to moisture levels. "We are so fortunate to have this unique and remarkable desert plant in our garden, allowing us to admire its beauty up close," says Michael McVey, one of the volunteers that energized this space.

Among other cacti in the garden, discover the Barrel Cactus, Hedgehog Cactus, and Pincushion Cactus, each easily identifiable by its distinct shape. The Prickly Pear, with its flat pads and vibrant blooms, adds a splash of color to the landscape. Its edible fruits, known as tunas, have been enjoyed by indigenous peoples for centuries. The diverse array of cacti, succulents, and other desert plants creates a unique ecosystem teeming with life. The vibrant blooms attract pollinators like bees and butterflies, while the spiny structures provide shelter for birds.

Embark on a botanical adventure and explore this rejuvenated corner of our Heritage Garden. See how many cacti you can identify amidst the various desert flora. And if you happen to encounter Michael, be sure to express your gratitude for his tireless efforts. His labor of love has created a haven for nature enthusiasts, allowing us all to appreciate the incredible beauty and resilience of the desert ecosystem.



Oasis reborn



Desert dreamscape



RSM Plumbing

First Class Plumbing for Over 30 Years... One Call Does It All





24 Hour Service



Complete Plumbing: Service • Repair • Sales & Replacement

- Interior/Exterior • Drain Clearing • Tankless Water Heater
- Water Heaters • Main Sewer Lines • Video Pipe Inspection
- Electronic Leak Detection • Water Filtration System



Licensed • Bonded
Insured

FREE Estimates CALL US TODAY!

949-589-9399

www.rsmplumber.com



State License
#990124

PEOPLE, PLACES & EVENTS *Cont'd*

Brain Power Lunch

By Nevin Valentine

Casta del Sol residents received exceptionally good news at the Brain Power Lunch, hosted by our Health and Fitness Club. Health coach and podcaster Lauren Freedman, daughter of club President Helen Freedman, and Sam Dawson, author of *Broad Appeal*, were the presenters. They began by highlighting Casta del Sol's many similarities to the blue zones which are areas throughout the world that have a significant percentage of seniors living healthy lives well into their nineties.

Living in a vibrant community and having a purpose in that community are top factors for longevity. Walking is the best exercise for any age to keep joints oiled with natural movement.

Okinawa, Japan, one of the blue zones, employs the 80/20 percent rule: eat until you feel 80% full. It takes time for us to feel 100% full, so it's best to stop at 80%. The 20% is for eating things that bring you joy. Plant-based meals are another key to longevity. It's best to eat organic fruits and vegetables, while limiting your meat intake to five times a month. Look carefully at labels and buy foods as close to the source as you can. Reduce

intake of processed food and sugar.

Freedman explained neuroplasticity and how our brains can rejuvenate and change throughout our lives. With a positive outlook, changing how we view our life's narrative, and resisting the brain's survival tilt towards negativity, will calm down our nervous system and create new pathways in our brain.

Dawson proclaimed that being over 60 is the new frontier. She interviewed 70 women about aging and here are some of her findings: Do not let toxic people into your life, don't have worry about the little things, let go of the phrase "I should," and be with people who make you laugh.

Our experts ended their talk with two key points. Start where you are and focus on joy. We can do this together by enjoying healthy and productive lives in our wonderful community.

Note: To read more about how Casta has many components of a blue zone, please see page 20, *Reflections of a Casta Neighbor*, reprinted from 2023.

*Live Healthy
• Be Well •*



Thoughtful
PLANNING

It's really for your family.
We consistently see that families who take this walk together have greater peace of mind.

877.872.2736

O'Connor MORTUARY | 125 YEARS
Experience Compassion

Laguna Hills FD1293 OConnorMortuary.com

Courier Committee Members and Staff

<i>Courier</i> Chair	Debra Friedman	debrafriedman0@gmail.com
<i>Courier</i> Vice Chair	Jeff McCoy	jmactrl@gmail.com
Editor-in-Chief	Charlotte Lassos	charlottelassos@gmail.com
Secretary	Karen Scott	karenascott7@gmail.com
Section Editors:		
Association News	April Wilsey	aprilincal@gmail.com
Bulletin Board	Jeff McCoy	jmactrl@gmail.com
Casta Community Clubs	Nevin Valentine	nevinvalentine@gmail.com
Committees	Kip Isbell	kipisbell@live.com
People, Places & Events	Debra Friedman	debrafriedman0@gmail.com
Sports	Fran Morgan	fmorgan17@cox.net
	Kip Isbell	kipisbell@live.com
Columnists:		
On the Road Again	Debra Friedman	debrafriedman0@gmail.com
Reflections of a Casta Neighbor	Nevin Valentine	nevinvalentine@gmail.com
Small Talk	Dorothy Frances	dfranceswrites@yahoo.com
What's Cooking	Linda Brockmiller	lindabrock1946@gmail.com
Feature Writers:		
	Debra Friedman	debrafriedman0@gmail.com
	Sara Henninger	saracly@gmail.com
	Jeff McCoy	jmactrl@gmail.com
	Fran Morgan	fmorgan17@cox.net
	Liz Rickett	LizRickett@me.com
	Parizad Sethna	parizad9@outlook.com
Staff Photographers:		
	Fred Lake	lakebebc@gmail.com
	Jeff McCoy	jmactrl@gmail.com
	Kip Isbell	kipisbell@live.com
Proofreaders:		
	Judy Barrett	lvbarretts20@gmail.com
	Kip Isbell	kipisbell@live.com
	Dottie Lewis	dottielewis19@gmail.com
	Suzanne Moore	Jsmoore830@gmail.com
	Claire Readey	csreadey@gmail.com
	Evelyn Rothert	erotherth@sbcglobal.net
	Roxanne Spafford	tahoespaff@sbcglobal.net
	Nevin Valentine	nevinvalentine@gmail.com
Delivery Preparations:	David Ankeny	candyman803@gmail.com

Courier Volunteers

Calling All Stuffers!

We will meet on Wednesday, November 27 at 10:30 a.m. in the Vista Room to prepare the *Courier* for delivery. Please contact David Ankeny at candyman803@gmail.com if you are interested in helping.

Pat Ahadyar	Jerry Jankowski	Parizad Sethna
Janet Andrechak	Eliana Jordan	Seth Sethna
David Ankeny	Kay Kirchner	Myrna Smith
Rich Blumental	Fred Lake	Randy Smith
Ree Brickman	Glenda Lindall	Marlene Solem
Judy Barrett	Ann Loranger	Don Stoddard
Mike Carr	Deb McCoy	Pam Townsend
Arline Chenarides	Tracy Oates	Evelyn Tsuno
Jayne Freed	Judy Paskey	Gene Tsuno
Debra Friedman	Marsha Rasmussen	Eric Vanderslice
Jeanne Gibson	Retha Roberts	Sarah Waldman
Barbara Harris	Kathy Schinas	Linda Watters
Barb Hochgesang	Richard Scott	Lani Wolff
Judy Horner	Margaret Sebold	
Nancy Jankowski	Lies Serrano	

AIR CONDITIONING / HEATING**ARON & SON**

Heating, Air Conditioning & Duct work
25 yrs exp. Repair, Service, Installation
CdS Resident. No charge for house calls
Lic#816346. Call Aron: (949) 981-4987

Santa Margarita Plumbing, Heating & Air

Celebrating 35 yrs in business!
20 yrs work in CdS & offering Casta Discounts
Save \$\$ on your energy bills!
949-858-3818 or visit RSMplumbing.com
Call us at: (949) 858-3818

ANNOUNCEMENT

NOV 2nd Moulton Museum announces
Jane Barnes (*great granddaughter of Nellie Gale*)
"Seasons of Life" watercolor art exhibit.
Many paintings on display are based
on her farm in Julian Manzanita Ranch.
25256 Cabot Rd - Laguna Hills

APPLIANCE REPAIR**PHD APPLIANCE SERVICE**

Call ALEX (949) 275-7042
Lic# A-44389 • Local - Insured
People love us on Yelp!
www.ApplianceOwl.com

BEAUTY**CDS RESIDENT MASTER HAIR STYLIST**

Professional hair care services in the
comfort of your own home for
ladies and gents
FREE Consultation
Casta Resident Discounts
Call Judy: (949) 874-3648

CABINETS**KITCHEN & BATH CABINETS**

NEW CUSTOM, PREFAB, REFACE OR PAINT
Also cabinet pull-outs, modifications &
countertops. Call Your Casta Specialist;
CSLB Lic B-2 #1054167
Family-owned & operated for over 30 years
CALL RICH @ (949) 510-5530

CABINET PAINTING

KITCHEN CABINET & HOUSE PAINTING
Licensed and bonded. Owner operated
Albert: (949) 661-4416

COMPUTER SERVICE**WISE I.T. COMPUTER SERVICES**

Over 20 years Experience: thewiseit.com
PC and Mac Onsite / Remote Support
Call For A Quote (949) 682-WISE (9473)
Ask about our Monthly Remote Service

CONSTRUCTION**GENE NOONAN CONSTRUCTION**

Design and construction of: driveways,
walkways, patios, wood fences, general
repair - 45 yrs experience - No job too small
Owner-operator - Free estimates
Lic #602033 Call: (949) 370-5886

BILL NEWSOM

General Building Contractor Lic# 354362
Remodeling Specialist
Casta del Sol Resident
(949) 315-9042
newsomhome@aol.com

CANYON CREST CONSTRUCTION

Landscape & Hardscape Design & Installation
• Quality you can see
• Service you can trust
• Style you can afford
Bonded & Insured - 30 years experience
CDS Resident
Lic #616085 - Call Al: (949) 466-4678

DENTISTS**BLESSED SMILE MISSION VIEJO**

Complimentary Exam, Consultation &
Pano-xray (Value \$337)
(949) 916-1610 • (949) 716-4892
23032 Alicia Pkwy Suite D • Mission Viejo

OPTIMAL SLEEP**DR TOM ALEXANDER DDS**

We thank our friends and neighbors at
Casta del Sol for their warm support and
friendship. We offer all of our fellow
Casta del Sol residents FREE Consultations
and 2nd opinions. See us for:
• TRI Care Certified Provider for Active,
Retired Military Reserves & Eligible Families
• Sleep Apnea and Snoring Solutions.
Phone / Text: (949) 857-2004
E-mail: info@OptimalSleepOC.com
www.TomAlexanderDDS.com

ELDER ASSISTANCE / CAREGIVER**GLORIA'S IN-HOME CARE SERVICES**

Elder care in the comfort of your own home
Assistance with Meal Preparation,
shopping, Doctor appts & all personal needs
Expert in Dementia • 24 Hr or by the hour
Call Gloria at (949) 371-7425

ELECTRICAL**ANCHOR ELECTRIC**

37 Yrs. Experience / Master Electrician
No Job Too Small
Lic #744311 • Call Rob: (949) 916-7117

AB ELECTRICAL SERVICES

We can help you with any electrical
maintenance & repairs. Installation of
outlets, ceiling fans, smoke & carbon
monoxide detectors, exhaust fans,
panel upgrades, electrical troubleshooting &
more. See our ad on page 15
For FREE ESTIMATE call: (949) 472-5101
or visit: AB-ElectricalServices.com

GARAGE DOOR REPAIR*** FREE SERVICE CALL! ***

Tune-up \$29.95 - Honest, Reliable Service
Mission Viejo resident, 47 yrs BBB member
ALL-STAR GARAGE DOOR SERVICE
Call Jim: (949) 215-7179

HANDYMAN**"THE BALD BROTHERS"
HANDYMAN SERVICES
TERMITE / DRY ROT REPAIR**

Interior Painting, Gutter Cleaning
Home Maintenance, General Repairs
Licensed CA Contractor #758104
CdS Resident / Live Here, Work Here
Please call Bob at (949) 463-0269

NEED A HANDYMAN?

Call Ed Schweikert @ (949) 257-6046
or email eschweikert1@gmail.com
Painting, Fixtures, Electrical, Assembly,
Drywall Repair

**CdS HOME IMPROVEMENT
SPECIALIST**

We do Repairs & Home Renovations
including: • Plumbing Repairs & Water Heater
Replacement • Kitchens & Baths and Countertop
Fabrication • Ring Doorbells & Security
Cameras or Televisions • Drywall, Painting,
Electrical, Windows & Doors • Vinyl Fencing,
Wood Repair, Demo & Hauling
Family-owned & operated for over 30 years
CSLB Lic. B-2 #1054167
CALL RICH (949) 510-5530

HANDYMAN - CONT'D**- ARA HANDY -**

**All Your Handyman Need
& Appliance Repair**
hbarthandy@yahoo.com
Ara: (818) 255-6497 • (714) 512-5939

NAILS & SPA**AILURE NAILS & SPA**

Fall Special 10% Discount with Ad
Hours: Mon - Sat 9:30-6:30 pm,
Sun 10:00-5:00 pm
25571 Marguerite Ste C, Mission Viejo
(949) 768-8888

PACKING & UNPACKING SERVICES**NOEL PACKING SERVICES**

Need extra hands to finish packing or
unpacking with your move? I can assist you
with your Christmas decorations.
CALL LISA NOEL: (714) 337-9624
Corp. Pro. over 5 years experience in
"Senior Relocation Services"
Offering patient, caring & judgement,
free right-sizing, packing & unpacking.
FREE In-person Consultation

PAINTING CONTRACTORS**KOSCO PAINTING**

Interior & Exterior, acoustic ceiling removal,
drywall, textures, wallpaper removal &
installed, baseboards, patio covers
Lic #629293
Connie: (949) 583-9235

AL LOWRY PAINTING

Serving OC for 40 years - 5 Star Rated
CdS Resident Lic #457105
Call Al: (949) 230-6975

PEST & TERMITE CONTROL**HART'S EXTERMINATION CO**

Offering a free termite/pest inspection
We treat over 26 species of bugs from ants
to rodents and handle all of your Termite
needs including treatment and repairs
CdS References - Call: (949) 388-1010

CONSUMER TERMITE CONTROL

Termite Specialist
• Free Estimates* • Senior Discounts
• Bonded & Insured
State Lic #PR1691
* Nominal Fee for Escrows
Please Call: (949) 837-1737

PET SITTING**PET SITTING BY ILONA**

Call or Text for Services Provided
(949) 697-4036

PLUMBING CONTRACTORS**SEVERSON PLUMBING**

Worked in Casta for 25 years
• Same Day Response • Work Guaranteed •
• Reasonable Rates • Reliability •
Master Plumber "KURT" Lic # 1032545
Please Call: (949) 429-3422

Santa Margarita Plumbing, Heating & Air

Celebrating 35 yrs in business!
20 yrs work in CdS & offering Casta Discounts
Satisfaction Guaranteed!
(949) 858-3818 or visit RSMplumbing.com

RSM PLUMBING

Complete Plumbing: Service, Repair, Sales,
Interior/Exterior, Drain Cleaning, Thankless
and Regular Water Heaters, Main Sewer
Lines, Video Pipe Inspection, Leak Detec-
tion, Water Filtration. Lic #969542
Call for Free Estimates: (949) 589-9399

REAL ESTATE**WANTED: BUYERS & SELLERS**

Call Tom Drosch for the Up-To-The Minute
Real Estate Scoop • 24 Hr Voice Mail:
(949) 310-3672
COLDWELL BANKER
www.tomdesch.com

POLLY STANDRIDGE - Realtor

(949) 939-4780
pstan9898@gmail.com
I'm Your NEIGHBOR
HAPPY TO ASSIST YOU
HOME TO SELL or TO BUY
Realty One Group #01780629

YARUSS GROUP REAL ESTATE

Senior Real Estate Specialists
Specializing in Casta del Sol
Expect Excellence - Call
JAYE Yaruss - (949) 842- 2961
BOKER Yaruss - (949) 929-7187
DRE #01434016 • DRE #01362392

SKIN CARE**GOLDEN COAST DERMATOLOGY**

Dr. Jessica Kim, DO, FAOCD
Board Certified Dermatologist, Board Certified
Internist, Varicose Vein Expert,
Mohs Surgeon, Comprehensive skin care,
Skin cancer, screening, Acne treatment,
Cosmetics, Botox & Fillers, Vein Care
Most insurances / Medicare accepted
.www.GoldenCoastDermatology.com
Call: (949) 200-7008

WILLS & TRUSTS**WILLS & TRUST**

LIVING TRUST - \$750 Complete!!
Call Greg: (949) 851-4969

WINDOW CLEANING**GERONIMO WINDOW WASHING**

I am a resident of Casta del Sol. Friendly &
reliable. Best rates for Casta guaranteed!
Please Call Frank: (949) 305-8955

- JOE HART -**WINDOW CLEANING • GUTTER CLEANING**

Call Joe (CdS Res):
(949) 939-1792

WINDOW REPLACEMENT**CAL REP****CALIFORNIA REPLACEMENT WINDOWS**

Energy Efficient Replace Windows
Professionally Installed
Serving So. Californis Since 1990
Senior & Military Discounts
Pearl & Jason Hopkins Owners
Please Call (949) 776-5622
License #1120422

All Classified ads must be submitted,
finalized and paid-in-full before the 21st of the month prior to
publication.



FARMER Publications

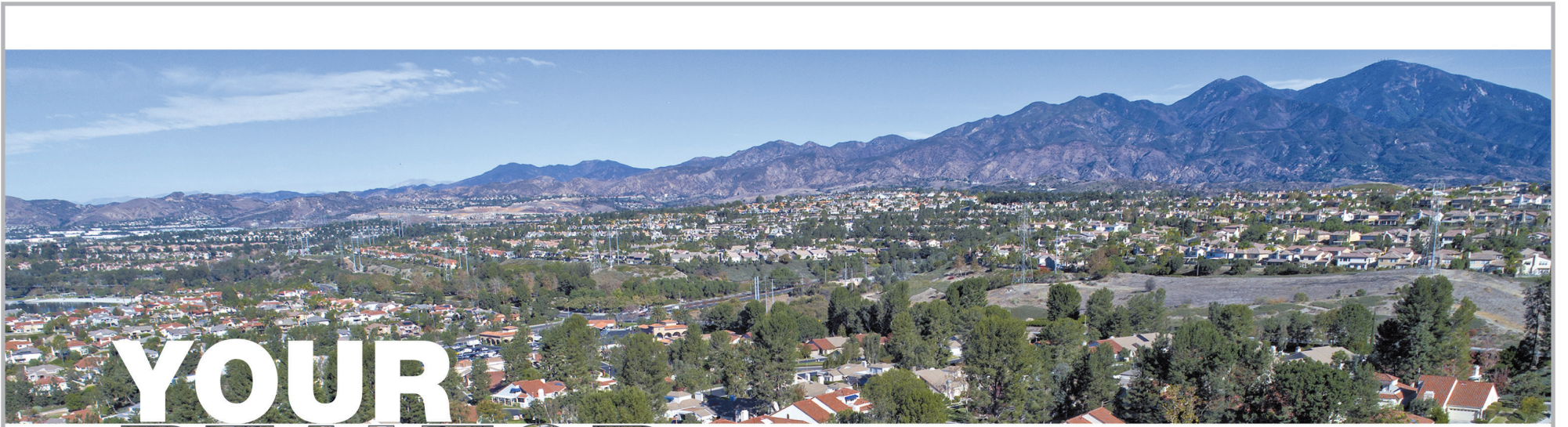
Your Senior Community Connection

(949) 643-3332

info@farmerpublications.com
FarmerPublications.com

P.O. Box 7058 • Laguna Niguel, CA 92607

Casta del Sol and Farmer Publications
accepts no responsibility for the content
or accuracy of information in the paid
advertisements and does not endorse
any product or service advertised.



YOUR REALTOR

TOM DROESCH



CalRE Broker #01444931
tom@drosch.com
949-310-3672 call • text
27742 Vista del Lago Ste J1
Mission Viejo, CA 92692

COLDWELL BANKER REALTY

CASTA DEL SOL SPECIALIST

Proudly serving the community for over 20 years

BUYING SELLING LEASING

Your trusted source for top results

949-310-3672

Thank you for your business Casta Del Sol!

SENIOR and MILITARY DISCOUNTS
\$20 Off Per Window
\$50 Off Per Door

MILGARD

Contact Us:
949-776-5622

Hours:
Monday-Friday 9am - 5pm
Saturday 10am - 2pm

PEARL & JASON HOPKINS OWNERS

CALLREP SINCE 1990
CALIFORNIA REPLACEMENT WINDOWS
A DIVISION OF LEGENDARY GROUP INCORPORATED
License #1120422

SINCE 1990 OVER 500,000 WINDOWS INSTALLED

Visit our Showroom at 1129 N Kraemer Blvd.
Anaheim, Ca 92806

www.calrepwindowsanddoors.com

Serving Casta del Sol Since 1986

PREMIER DEALER

Save money on energy bills by upgrading your Heating and Cooling System today!

Specializing In:

- Quiet Comfort System
- Indoor Air Quality
- Zoning Systems
- Rebate Program

ALISO AIR, INC.
AIR CONDITIONING & HEATING

(949) 589-2021 Lic.#526420

29736 AVE DE LAS BANDERAS • RSM • www.alisoair.com