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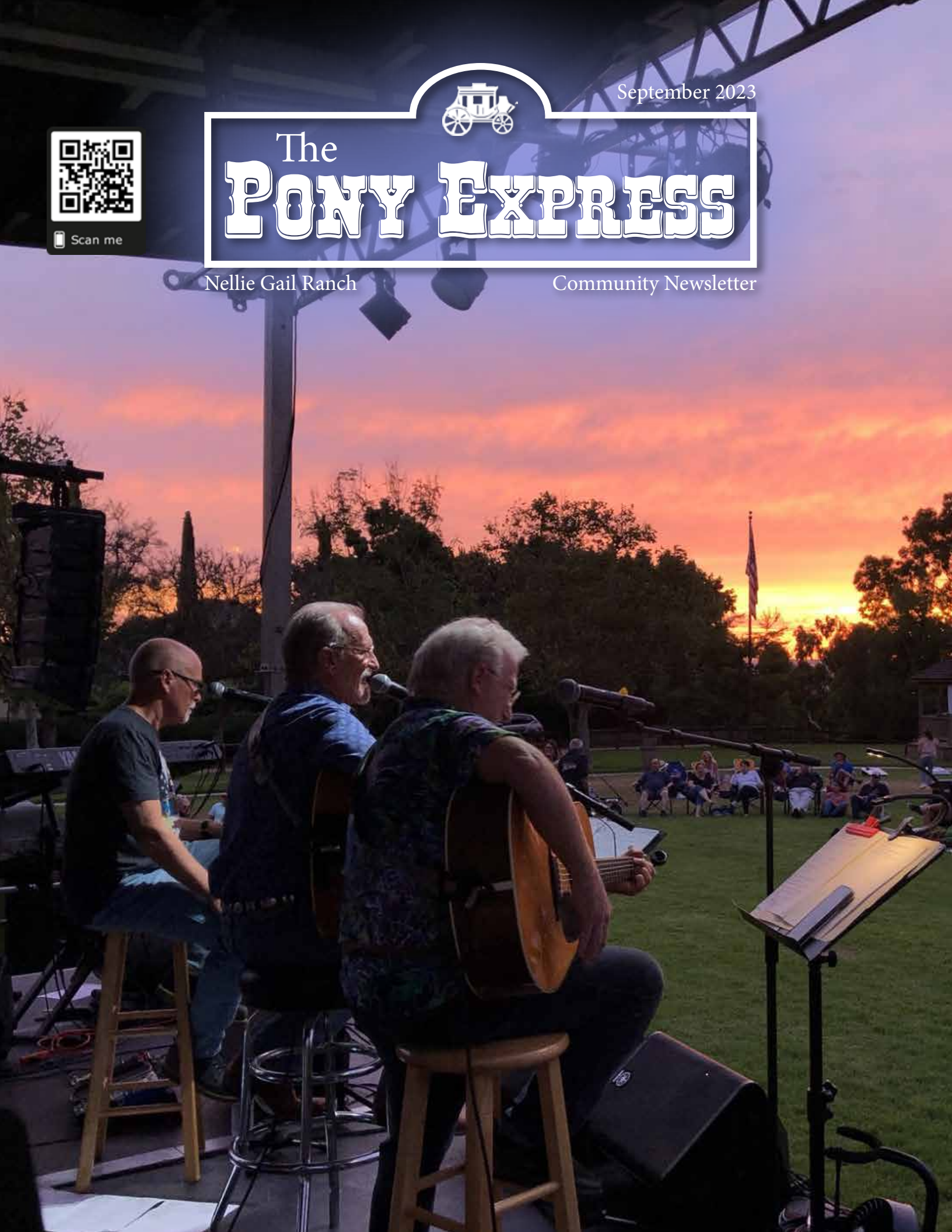


September 2023

The PONY EXPRESS

Nellie Gail Ranch

Community Newsletter



The Godfrey Group

CALL ANNIKA FOR YOUR **FREE, NO OBLIGATION** CONSULTATION TODAY.

LISTED - \$1,998,000



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Barbie!



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45 Via Pamplona, Rancho Santa Margarita

JUST SOLD - \$1,150,000



43 Lomada St, Rancho Mission Viejo

Upcoming Activities:

The Ohana Fest 2023 September 30th - October 1st

The 2023 lineup includes The Killers, Haim, Eddie Vedder, The Chicks, Foo Fighters, Pretenders, The War on Drugs, Goose, Japanese Breakfast, The Backseat Lovers, Rainbow Kitten Surprise and MORE!

Doheny State Beach
www.ohanafest.com

Tanaka Farms Pumpkin Patch

Come out to the biggest Pumpkin Patch in town at Tanaka Farms. Visitors can wander the fields and choose their own pumpkin from acres of pumpkins. Visitors can also enjoy wagon hayrides; a petting zoo with goats, sheep, and an alpaca; a corn maze; and a u-pick vegetable patch.

5380 3/4 University Drive, Irvine, CA

Great Park Balloon Jack-O-Lantern

See the big orange balloon transformed into a giant jack-o-lantern. Every year a large crane lifts balloon pilots up into the air to attach the black vinyl tarp to the side of the balloon. "Jack," as the Great Park Pumpkin is affectionately known as, will remain in the park until November 1st.

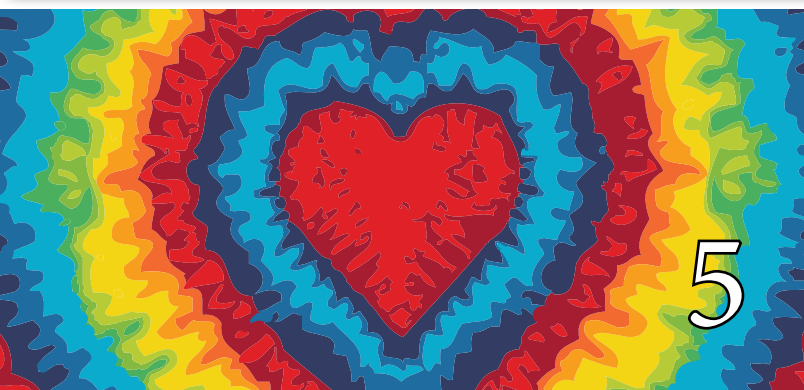
6950 Marine Way, Irvine, CA



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Board of Directors


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The *Pony Express* publishes articles that are relevant to the community or are directly related to property maintenance and community activities in NGROA and are in support of the Association's purpose to preserve property values within the community. The Editor reserves the right to refuse, edit or modify any submitted material and the editor's decision is final. Submissions selected for publication by the Editor may be edited according to the space limitations of each specific issue. Publisher cannot be held responsible for copyright breaches arising from any materials supplied by a third party. NGROA Board of Directors and employees are not responsible for any errors, inaccuracies or claims in articles or advertisements printed herein. Any opinions stated herein are solely those of the individual authors and do not necessarily reflect the opinions of NGROA or its representatives.

NOTE: When community events take place, photographers may be present to take photos that may be used in this publication.

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Important Numbers

(949) 425-1477	Association Office
(949) 831-6660	Nellie Gail Ranch Tennis and Swim Club
(949) 371-1595	Nellie Gail Ranch Equestrian Center
(949) 533-0241	Equestrian Center (Emergency)
(800) 696-0678	Sunset Landscape (Irrigation Leaks)
(877) 728-0446	CR&R (Trash Pickup)
(949) 831-2500	Moulton Niguel Water District
(800) 411-7343	SDG&E
(800) 427-2200	Southern California Gas Company
(949) 470-3045	Animal Control (Mission Viejo Shelter)

County of Orange

911	Emergencies
211	County Service Information
(949) 770-6011	Sheriff's Dispatch - Non Emergency
(949) 707-2600	City of Laguna Hills
(949) 707-2650	Laguna Hills City - Weed Abatement
(800) 611-7343	SDG&E Emergencies/Outages
(714) 573-6000	Fire Authority
(714) 971-2421	Vector Control

Assessment Remittance Address

Please remit all assessments to:
P.O. Box, 30354, Tampa, FL 33630-3354
or drop off at the Association Office.



Mission Statement

To take all reasonable and necessary steps to preserve and improve the unique value of living in Nellie Gail Ranch and to enhance the overall sense of community.

Board of Directors Meetings

The next Open Session Board Meeting and Open Homeowner Forum is scheduled for **September 19, 2023** and will be held at the Association Clubhouse.

Executive Session starts at - 6:00 pm and Open Session - 7:30 pm

The agenda will be posted in the Association Office and on the NGR website on the Friday prior to the meeting, or you may contact the Association Office to obtain agenda information. All homeowners are welcomed and encouraged to attend the meetings.

Architectural Review Committee

Architectural Review Committee meetings are generally held the second Tuesday of each month at 6:00 pm. Completed applications must be submitted to the Association Office at least 10 business days prior to the ARC meeting. Please check the calendar in each issue of the Pony Express for exact submittal deadlines and ARC meeting dates.

Association Committees

The Nellie Gail Ranch Owners Association has several committees comprised of Homeowners that provide support to the Board of Directors on selected Community topics. For more information or to join any of our Committees, please contact the Association Office at (949) 425-1477.

Architectural Review Committee
Emergency Preparedness Committee
Equestrian Committee
Events Committee
Landscape Committee
Security Committee
Trails and Safety Committee
Committee to Evaluate Feasibility of Gating

The Landscape Committee is seeking additional members. E-Mail admin@nelliegailranch.org for an application

MANAGERS MESSAGE

AUGUST, THE MONTH OF THE EXPECTED AND UNEXPECTED

By Brian Mitchell



August was an exciting month full of both the expected and the unexpected.

For the expected we had our last two summer concerts. The closing concert Woodstock Festival was a great finish to the concert season with classic music and good vibes. The sunset was amazing to the West as Tropical Storm Hilary crept up on us from the South. But the weather held for us on this great day of music as Nellie Gail Ranch families gathered again in Gallup Park.



The unexpected tropical storm caused us all some concern as we typically place sandbags in October in preparation for the rainy season. Fortunately Boulder Earthwork was able to source and place 2,000 sandbags on the most vulnerable of our trails and we had minimal runoff despite the 2.25" of steady rainfall. The wind gave us a good early test of our tree maintenance program. While we had a lot of debris on Monday morning we only lost a few smaller trees and were able to re-stake a number of others.

The early rain also gave us a good test of our regraded trail by Dapple Grey Park. This section of trail was a past boggy mess after heavy rains but a grading project we implemented this spring resulted in much improved flow of water. It dried and was rideable within two days. A clubhouse roof leak repair was also confirmed resolved and the buckets and towels were able to remain in closets.

It is gratifying to see investments in maintenance and proactive care pay off when challenging times arrive! But the real fun is witnessing Nellie Gail Ranch homeowners gather together for shared enjoyment of music. The weekend of August 19th and 20th brought both of those sentiments together.



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SAFEGUARDING YOUR HOME

Homeowners are encouraged to remain ever vigilant in safeguarding homes from potential burglary. With the change in seasons from summer to fall you may find your family schedule changes too and you may be home or away in different patterns than the summer. It is a good time to re-assess your personal home security. The following are some tips for seeking ways to "harden the target" to make your home a less likely target.

1. Walk around your home surveying with the eyes of a burglar to scout for easy access. While the direct approach from the front of the home is most apparent, pay particular attention also to access from the trail if you have an easement beside or behind your home.

2. Consider additional cameras and equestrian safe motion activated warning devices.

3. Maintain landscape to reduce hiding places close to access points to your home.

4. Install second story alarm systems including broken glass.

5. Set your alarm anytime you leave your home, even for short times away.

6. Stay active with your current Neighborhood Watch group or consider forming one with your neighbors.

Watch for anything in the community that does not look familiar. Call **9-1-1** for immediate emergencies. Call Sheriff Dispatch at **949-770-6011** for non-emergencies. The Nellie Gail Ranch mobile patrol vehicle is also a resource at **562-794-4306**.



SUMMER CONCERT SERIES 2023

WOODS



Groovy

peace

STOCK

a NELLIE GAIL RANCH MUSIC FESTIVAL



Good Vibes



GOOD VIBES AND FEELING GROOVY, MAN! 🌻 🌻 🌻

On Saturday, August 19th, Gallup Park was filled with some groovy hippies with a love for Woodstock-era music at Nellie Gail Ranch's last concert of the Summer Series 2023! Can you dig it? Mark Woodstock Band headlined the festival and put everyone in the groove with a primo lineup of 12 bands. Special thanks to our Contributing Sponsor, BRAD FELDMAN GROUP, for keeping everyone hydrated with beer, wine, and water throughout the festival, and the food trucks (Tres Compas, MC Kabob Grill, and Frankie's Frozen Treats) were available to keep our bellies full as we sang and danced into the night. Concert-goers enjoyed free lemonade and sweet tea from Raising Cane's, spiral art courtesy of Innovative Printing Solutions, free t-shirts and trial lessons from DP Tennis Academy, a flower crown craft by Evolution Swim, and a nifty photo booth sponsored by Brad Feldman Group. Thanks to all who came out for a far out time!

MINUTES & ARCHITECTURAL REVIEWS

JULY 18, 2023 MINUTES AND AUGUST ARCHITECTURAL REVIEWS AVAILABLE ON-LINE

As part of our ongoing efforts to enhance convenience and save space, the Minutes and Architectural Review results will be accessible online for your convenience. You can easily view them by scanning the QR codes provided below:

The Minutes QR Code



Architectural Review QR Code



By utilizing these QR codes, you can conveniently access the information and view both reports online. We believe that this digital approach will streamline the process and help save space within the Pony Express while also contributing to the preservation of our environment.

Thank you for embracing this digital initiative, and we hope that it contributes to a more efficient and eco-friendly way of accessing important information. Should you have any questions or encounter any issues while using the QR codes, please feel free to reach out to us.

To receive your 2023-2024 budget and other important information by e-mail instead of printed mailed copy please complete this authorization via the QR Code below...



STORM PREPAREDNESS AND STORM SAFETY

Southern California recently felt the impact of a tropical storm that defied the region's usual climate patterns. The storm, which originated from a distant tropical region, brought heavy rainfall, gusty winds, and a sense of awe to an area more accustomed to sunny skies. While not as intense as the tropical storms that affect coastal areas, the event underscored the unpredictable nature of weather patterns and served as a reminder of the need for flexibility and preparedness in the face of nature's surprises.

In anticipation of similar weather events it is important to stay informed: Regularly monitor weather forecasts and alerts to anticipate heavy rainfall or potential storms. This information can help you plan your activities and outings accordingly.

Driving Caution: Rain-soaked roads can become treacherous. Ensure your vehicle's tires and brakes are in good condition, and practice cautious driving by reducing speed and maintaining a safe distance from other vehicles.

Pedestrian Safety: Walk carefully on wet surfaces to avoid slipping. Wear appropriate footwear with good traction and avoid rushing to prevent accidents.

Home Maintenance: Clear clogged gutters and drains to prevent water accumulation around your property.

Inspect roofs, windows, and doors for leaks, and address any issues promptly.

Outdoor Activities: While the rain might beckon outdoor adventures, prioritize safety. Avoid hiking in areas prone to flash floods, and if you must venture out, inform someone about your whereabouts.

Flood Preparedness: Be aware of flood-prone areas in the community. If heavy rainfall is anticipated, elevate valuable items and consider sandbag placement to divert water away from vulnerable spots.

Emergency Contacts: Maintain a list of emergency contacts, including local authorities, utility services, and neighbors who can provide assistance if needed.

Community Updates: Stay connected through community boards or digital platforms where residents share weather-related updates, road conditions, and safety tips.

Pet Safety: Just as humans need protection from rain, pets also require shelter and warmth. Ensure your furry friends have a cozy place to retreat indoors during heavy downpours.

Stay Indoors: Encourage children to play indoors during heavy rains to prevent accidents or exposure to chilly weather.



DIVE INTO SAFETY AND WELLNESS: THE IMPORTANCE OF SWIM SAFETY AND THE BENEFITS OF SWIMMING

Summer's arrival heralds the beckoning call of water bodies, inviting people of all ages to take a dip and relish the joy of swimming. However, amidst the splashes of fun, it's crucial to prioritize swim safety while also recognizing the myriad physical and mental health benefits that swimming offers.

The Vitality of Swim Safety

Water activities can be exhilarating, but they also come with inherent risks. According to the World Health Organization (WHO), drowning is one of the top causes of unintentional injury-related deaths worldwide, with children and young adults being particularly vulnerable. Adhering to swim safety guidelines is imperative to prevent accidents and ensure everyone enjoys aquatic activities without compromising their well-being.

Swim safety encompasses various aspects, from supervised swimming for children to wearing appropriate life jackets, knowing one's swimming limits, and being cautious around open water. Enrolling in swim lessons, learning basic water rescue skills, and fostering water awareness from a young age can significantly contribute to reducing drowning incidents. It's not just about knowing how to swim; it's about knowing how to be safe around water.

The Abundant Benefits of Swimming

Beyond safety considerations, swimming offers a plethora of physical, mental, and emotional advantages that make it one of the most comprehensive and enjoyable forms of exercise:

Full-Body Workout: Swimming engages multiple muscle groups simultaneously, providing an excellent full-body workout. The resistance of water builds strength, endurance, and flexibility, contributing to improved overall fitness.

Low-Impact Exercise: Unlike high-impact activities, swimming is gentle on the joints due to the buoyancy of water. This makes it an ideal exercise for individuals with joint pain or mobility issues.

Cardiovascular Health: Swimming elevates the heart rate, enhancing cardiovascular health by improving circulation, lowering blood pressure, and reducing the risk of heart disease.

Weight Management: Regular swimming sessions can aid in weight management by burning calories and boosting metabolism. It's an effective way to maintain or shed pounds while having fun.

Mind-Body Connection: Swimming encourages mindfulness as individuals focus on their breathing, stroke technique, and movement in the water. This meditative quality can have a positive impact on mental clarity and concentration.

All-Age Activity: Swimming is an inclusive activity that transcends age barriers. From babies taking their first aquatic steps to seniors seeking low-impact exercise, everyone can enjoy the water.

As the sun graces the sky and temperatures rise, the allure of swimming becomes irresistible. Embracing swim safety measures is a non-negotiable step to ensure enjoyable aquatic experiences. Simultaneously, reaping the numerous benefits of swimming transforms the pool or open water into a sanctuary of physical well-being and mental rejuvenation. So, whether you're diving into the deep end for a workout or floating serenely, remember that swimming offers not only joy but also a treasure trove of holistic health advantages.



FALL *Swim Team*

Starts Aug 14th - Nov 2nd

Price includes:

- Swim practice at Nellie Gail Ranch
- Workouts Monday - Thursday
- 45 minute practice
- Includes Evolution Racing Club & USA Swimming registrations.
- Swim cap & Team t-shirt

REGISTER TODAY!



Year-round *Swim Team*

Evolution Racing Club is the official swim club of Evolution Swim Academy. We offers swim groups for swimmers that have a working knowledge of the four major swim strokes.

Price includes:

- Swim practice at Nellie Gail Ranch
- Workouts Monday - Thursday
- 60 minute practice
- Swim cap & Team t-shirt

REGISTER TODAY!





(949)831-6660

25281 Empty Saddle Drive, Laguna Hills, CA 92653

MONTHLY MEMBERSHIP FEES

Tennis - Swim - Pickleball

(Fees effective April 1, 2023)

Nellie Gail Ranch's facilities include 10 lighted tennis courts, 8 lighted pickleball courts (open play only), junior Olympic heated lap pool, zero-depth wading pool with water feature, large in-ground spa, and use of the clubhouse amenities, patio seating, and shower facilities. The club offers (for additional fees) private lessons by certified tennis and pickleball professionals and swim instructors, ball machine rental, racket repairs, restringing services, and camps/clinics.

Members enjoy special member-only events and tournaments as well as daily access to the association clubhouse and The Watering Hole bar and restaurant with free Wi-Fi service.

For more information about the facilities, go to our website at nelliegailranch.org.

CLUB HOURS: MON-FRI SAT-SUN

Tennis Courts	6am - 10pm	6am - 7:30pm
Swimming Pool	6am - 10pm	6am - 7:30pm
Pickleball Courts	9am - 8pm	9am - 7:30pm

Nellie Gail Ranch Membership	HOMEOWNER Monthly Fees	NON-OWNER Monthly Fees
Family Tennis	\$127	\$158
Single Tennis	\$107	\$130
Junior Tennis	\$58	\$65
Family Swim	FREE	\$75
Single Swim	FREE	\$55
Family - Tennis & Swim	n/a	\$190
Single - Tennis & Swim	n/a	\$166
Swim Member Guest Fee*	\$3	\$3
Tennis Member Guest Fee*	\$10	\$10
Family Pickleball**	\$70	\$100
Couples Pickleball**	\$50	\$75
Single Pickleball**	\$35	\$50
Pickleball Member Guest Fee*	\$10	\$10

* Member must be present with Guest.

NOTE: Tennis Club Membership includes use of Pickleball Courts.

** Tennis and Pickleball courts are available to Nellie Gail Ranch homeowners from 11:30am to 3pm with no additional club membership.



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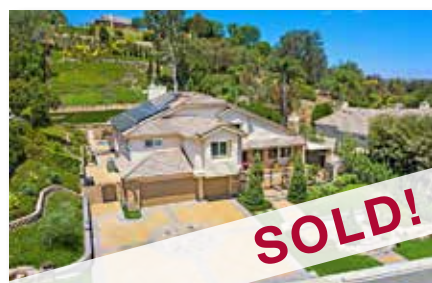
***Proud to be a Nellie Gail Homeowner for 39 years!
No broker residing here has sold more Nellie Gail Homes.***



Rancho Mission Viejo \$1,295,000



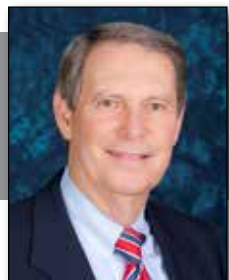
Laguna Hills \$1,314,000



Nellie Gail Ranch \$3,238,000

THERE IS A CHANGE IN THE AIR !!! IS IT TIME TO SELL ???

If you have been considering selling your home, now may be the best time in many years. And it may be the best time for several years to come. The inventory of homes for sale is exceptionally low, and buyer demand remains high. Despite the doubling of interest rates, prices are holding strong for now. Please give me a call to discuss the details of moving up to a new home, or downsizing if the time is right for that lifestyle change.



Marty Samuel
(949) 643-1321



DRE #00452321

**Want to stay updated on all Nellie Gail listing & sales activity?
Email me for a free personalized MLS Portal: marty@martysamuel.com**

Nellie Gail sales based on MLS data since Oct 1989

HITS SHOWPARK COMPETITION AT DEL MAR

Our riders showcased their remarkable talents and unwavering dedication, achieving remarkable triumphs in various categories at HITS Showpark at Del Mar. Natalie Banis and her remarkable partner Mayfield secured the prestigious in the \$20,000 National Hunter Derby, a testament to their harmonious partnership and skill. Destiny Stewart and Clavius achieved a stunning back-to-back victory with in the Children's and Adult Classic, underlining their consistent excellence.

Lane Clarke's dynamic partnership with Venom earned them a commendable 5th position in the thrilling \$100,000 Grand Prix event, a remarkable feat among fierce competition. Canterbrook Prince Charming and Stella Saunders emerged as true stars, clinching multiple 's and attaining the coveted Champion title in the fiercely competitive Small Pony Hunters category.

Bianca and Lauren Katz demonstrated their finesse by securing an impressive 2nd place in the \$10,000 1.20m open classic, and additionally, they displayed their versatility with a commendable 6th place in the Jr/Am classic. The ever-talented Everlasting Ivy and Kimberly Williams showcased their skill by achieving a commendable 4th place in the Low Child/Adult classic.

The equestrian excellence continued with Estella Lindsey and Moonshine, who consistently achieved top placings in the fiercely contested 1.20m division.

Lane Clarke, once again showing his prowess, teamed up with Vigo's Boy to reinforce our team's commitment to excellence. These achievements stand as a testament to the dedication, passion, and talent that defines our presence in the equestrian world.



WORK AROUND THE CENTER

Nellie Gail workers removed the upper arena cover at our equestrian center put in place during the tropical storm. We also spruced up the ambiance of the D barn tack room.



Natalie Banis , Estella Lindsay & Nikki Garcia happy to be removing the cover after the arena rain



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melody@avreklaw.com
949-997-0593



Melody Parman is the managing attorney at one of the largest female-owned personal injury law firms in California, Arizona, and Nevada. Since 2010, Melody has advocated for injury victims. We've asked her to share her accolades with us throughout her career as she is presently noted as one of the top trial lawyers in California under the age of 40.

- 2014 Awards:** National Trial Lawyers Top 40 under 40.
Dewitt, Algorri and Algorri Trial Lawyer of the Year.
- 2015 Awards:** Southern California Rising Stars.
Top Woman Attorneys in Southern California.
National Academy of Personal Injury Attorneys Top 10 under 40.
- 2016 Awards:** Super Lawyers Rising Star.
Top Woman Attorneys in Southern California.
- 2017 Awards:** National Woman Trial Lawyers top 25 Woman Trial Attorneys- California.
Super Lawyers Rising Star.
- 2018 Awards:** Southern California Rising Stars.
National Trial Lawyers Top 100 Trial Attorneys.
Super Lawyers Rising Star.
- 2019 Awards:** National Trial Lawyers Top 100 Trial Attorneys.
Super Lawyers Rising Star.
- 2020 Awards:** America's Most Honored Lawyers.
Super Lawyer Rising Star.
- 2021 Awards:** National Trial Lawyers Top 100 Trial Attorneys.
Super Lawyers Rising Star.
Lawyer Monthly Women in Law.
7 th Annual Legal Elite Awards- Nominated.
- 2022 Awards:** American's Most Honored Lawyers.
AVVO Clients' Choice Award.

Melody Parman is presently noted as one of the **TOP** trial attorneys in California. If you, a loved one, or anyone that you know has been injured, **HIRE THE BEST** and contact your neighbor, **Melody Parman** for a free case evaluation at **949-997-0593!**



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TENNIS CENTER NEWS

JUNIOR TENNIS PROGRAM

Get back into a good routine with our Junior Tennis Program. Tennis is a lifelong sport and in our program we promote healthy long term athlete development.

Our environment is fun yet challenging with good discipline and organization. We have a strong emphasis on reception, movement, technical & tactical skills as well as stroke development.

Our experienced Coaches are expert skill developers and have specialized child development knowledge. Contact us at (949) 395-5296 for a free trial!



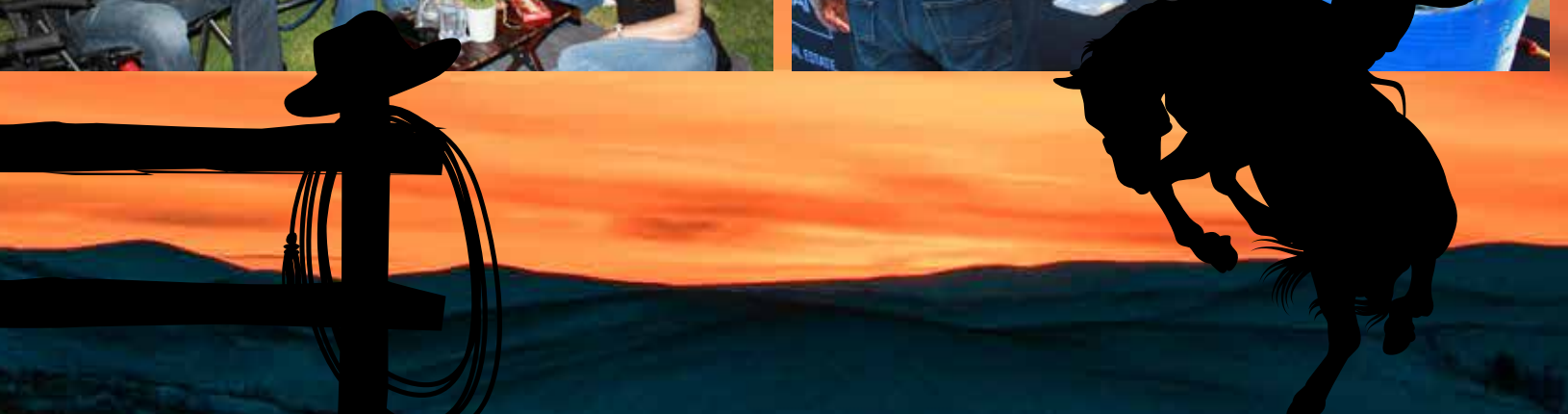
ADULT TENNIS

PACSun is just around the corner and we have 7 teams registered across all levels. If you are interested in playing please contact reception.

We also have live ball and drill clinics running everyday! Get into contact with us today to learn more.



SUMMER CONCERT SERIES 2023



YEE HAW



IT WAS A BOOT KICKIN' GOOD TIME AT GALLUP PARK!

The good ol' boys of **REDNECK RODEO** took the stage for a non-stop party on August 4th! Their energetic performance playing top country hits from the past six decades kept the crowd dancing and singing into the evening. Kabobaholic, Italian Burger & Grill, and Scooter's Sweet Shack food trucks satisfied the hungry concert-goers. Special thanks to our generous Contributing Sponsor, **BRAD FELDMAN GROUP**, for setting up a "saloon" full of beer, wine, juice boxes, as well as inflatable stick horses for the kids (and a few fun adults).

**BRADFELDMAN
GROUP**
AT DOUGLAS ELLIMAN REAL ESTATE



25486 RODEO CIRCLE

CURRENTLY OFFERED | \$3,550,000

Nestled on one of the most coveted cul-de-sacs, this Nellie Gail Ranch estate exudes the style and sophistication that is synonymous with this prestigious community. From the street and upon entering the home, there is an immediate feeling of a custom quality and timeless architecture. Incredibly well updated and maintained, featuring remodeled kitchen and bathrooms throughout. The functionality of the floorplan cannot be understated, with 5 large bedrooms, large bonus room, office/study and 6 bathrooms. Notable updates include a full roof replacement, newer HVAC, new pool surface. Outside features a private gated entrance and artificial grass in front and residing in the back is the pool/spa, large deck, and amazing outdoor room with large brick fireplace, TV, heaters, and all of the features and appliances for entertaining. Spacious lot has access to the equestrian trail. Truly a one-of-kind home that has been meticulously maintained and is move-in ready!



BEN TATE

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DRE 01882269

JERRY LAMOTT

949.244.7145

jerry.lamott@compass.com

DRE 00469045

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34 GOLF VIEW
JUST LISTED | \$1,595,000



19 ROYALSTON
JUST LISTED | \$1,399,000



29 SPOON
IN ESCROW | \$1,099,000



7 PORTSMOUTH
SOLD | \$1,575,000



25751 PRAIRESTONE
SOLD | \$2,925,000



27681 GOLD DUST
SOLD | \$2,850,000



26152 SPUR BRANCH
SOLD | \$2,080,000

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TEAM DARKHORSE

NEWS FROM TEAM DARKHORSE

By Karen Robbins

Early morning of June 13 at Camp Pendleton a small group of Team Darkhorse members unload and set up tables and chairs, and Chairman Vanessa Kon brews a large pot of fresh coffee on her camping stove set inside her Rubicon jeep. We are on the parade deck to bid "fair winds and following seas" to our city's adopted Marines.

Today's group of Darkhorse Marines is the third and final wave to depart.

Two hours before the buses pull in, Marines arrive and mill about the Camp Pendleton parade deck, laughing and chatting, kissing babies and wives, taking photos with girlfriends and stopping by our booth to grab a snack or coffee and say hello. Some of the Marines are familiar — SgtMajor Cornell Cornish comes over and introduces us to his two teenage sons — others are unfamiliar yet friendly and surprised when they see what we are offering them, and why we are there. We are told seeing civilians on base giving support to Marines is unique to Camp Pendleton (and a nice credit to the "OC"!)

One such Marine is 1st Sgt Pete Vargo, who introduces himself and his wife Melissa. He is friendly and engaging, tells us a funny story about bears and country roads, thanks us profusely, and allows us to take their photo. I promise to send it to him, only later to realize I did not have his contact number.

But they are here to deploy, not to linger. And now it is go time.

We watch the Marines move quickly to attention once called to formation. All eyes forward, backs straight, shoulders aligned, one force, superior strength, mission ready. When their Commander calls "Three Five!", in return and louder they echo the Battalion Call, "GET SOME!"

Onto the parade deck behind us have rolled several large buses — which now become beehives of activity — as over 200 Marines load their gear and themselves for departure on the UDP (Unit Deployment Program)

to Okinawa, Japan. (These UDP's to Japan have two purposes, we are told. The first is to "deter and respond" to any crises in the South Seas. These may (and have) included disaster, rescue and hurricane response. The second is to train for forward deployment with our allies across the Phillippines, Guam, Korea and Mt Fuji.)

The Marines are turned to task, the buses' engines loud, their exhaust strong and spreading, and the last families to linger begin to disperse.

As we pack our gear to go, we reflect upon these Marines, Sailors and their families who stand up, sacrifice and, if called, fight for our nation. Who are these young people who first seek to build strength of self and country, ahead of personal fortune?

In our volunteer roles, we have the privilege of getting to know many of them, which is one of the rewards of volunteering with Team Darkhorse. From time to time, we like to tell and share their stories with our community of supporters. In this issue, we introduce to you our new acquaintance, 1st Sgt Pete Vargo!





MEET 1ST SGT PETE VARGO SPOTLIGHT ON A DARKHORSE MARINE

WHAT IS YOUR HOMETOWN?

I was born in Southfield, Michigan. I grew up the first part of my life in Livonia, Michigan before moving to Marinette, Wisconsin. Wisconsin is where I consider to be home.

WHEN DID YOU ENLIST IN THE MARINE CORPS AND WHAT MOTIVATED YOU TO DO SO?

I was a junior in high school when our first period teacher came in and turned on the TV. He said, "pay attention... this will change the rest of your lives." We watched live television as the plane hit the second tower. Up to that point, my plans were to work for the family business (Tool & Die Machine Shop). However, after that, I chose to look into the armed forces. After sitting down with each recruiter, I told myself that I wanted to go all out, or not do it at all. While I have respect for every branch of service, the Marines

distinguished themselves as the toughest and most elite. That drove me further towards wanting to pursue the title of United States Marine.

DO YOU HAVE RELATIVES WHO SERVED IN THE CORPS?

I had a Great Uncle (Tom Curtis), who served in the Marine Corps during WWII. He achieved the rank of Corporal and fought in various campaigns to include Guadalcanal and Iwo Jima. I never knew much of his service until after my enlistment. Our bond only grew further from there.



ARE YOU MARRIED? DO YOU HAVE CHILDREN?

I am married to Melissa (Misi) Axtell-Vargo. She is originally from Menominee, Michigan. We have been married for going on 12 years. We are a blended family with her daughter (Kayleigh) who is 23yrs old and is a teacher in Wisconsin. I have my son (Cole)



TEAM DARKHORSE

who is 18yrs old. He has enlisted into the Marine Corps and is slated to leave for bootcamp in October of this year. He will be pursuing Field Artillery.



HOW DID YOU CHOOSE YOUR MOS? (Military Occupational Specialty)

I am not Infantry by trade. I have held many specialties throughout my career. I started off in the engineer field as a bulk fuel specialist. However, while on deployment, we fell into the role of provisional security specializing as a quick reaction force (QRF) in support of infantry ground forces and supporting wrecker recovery missions. From there, I went onto a special duty assignment as a recruiter. I found this to be a natural feeling position for me and eventually became a Career Recruiter holding various billets such as Station Commander, Assistant Recruiter Instructor, and the Military Entrance Processing Station (MEPS) Liaison. After that, I was selected to my current rank of First Sergeant, which is a separate MOS. My daily responsibilities usually consist of looking after the Marines welfare, their readiness, instilling good order and discipline and I am the direct link to the Company Commander as his senior enlisted advisor.

CAN YOU TELL US HOW MANY TIMES YOU HAVE DEPLOYED?

I have had multiple deployments to Iraq, Afghanistan, and Japan. I am currently on another deployment in Japan where we are enjoying unique training environments all throughout the Southeast Asia region.

WHAT WOULD YOU TELL SOMEONE THINKING OF SERVICE IN THE MARINE CORPS?

I would tell them that being a Marine is a lot more than just a job. It is a lot more than just the benefits. It is a lifestyle. It is about being a part of a unique brotherhood that very few in the nation get to ever be a part of. It should never be viewed as a last option. The Marine Corps is for who want to become the best and the brightest and who seek to challenge themselves mentally, physically, and emotionally.



3D Battalion, 5th Marines, 1st Division Support Committee is the (all volunteer) IRS 501 (c) 3 non profit org formed in 2010, following the Laguna Hills City Council formal vote to adopt this Camp Pendleton Infantry Unit. For more information, to volunteer, or make a donation please contact President, Vanessa Kon at vanessakon@cox.net.



HOW HAS YOUR SERVICE CHANGED YOU, IF AT ALL, HOW HAS IT ALLOWED YOU TO DEVELOP?

On August 18th of this year, I will reach 20 years of service to our Nation. Naturally, over 20 years, we all changed. I can confidently say though, I would not be where I am now if it were not for my service in the Marine Corps. I used to be a shy and timid individual. Now, I am confident and can even handle public speaking on a regular basis. The Marine Corps has taught me to never settle for mediocre. We constantly hold ourselves to the highest standards, personally and professionally. We strive for constant excellence. It is because of the mentality that I still find myself challenging myself in numerous ways to be a

better individual, a stronger father, a more devoted husband, a more skilled professional and a more lethal United States Marine. The Marine Corps has provided me opportunities that I would have never had elsewhere, and it has made me demand more of myself daily. As recent as this year, I proudly finished my bachelor's degree in business administration with a concentration in marketing through Southern New Hampshire University. I the first in the Vargo family to receive a college degree, and I was also able to maintain a 4.0 GPA and was recognized through several honors societies. I strongly believe that I would not have accomplished this if it were not for the virtues that have been instilled in me from the Marine Corps.



EMERGENCY PREPAREDNESS

THE FIRST AID KIT

By Dr. Kenneth S. Cheng

One of the most important components (after water, food and shelter) of your supplies is your first aid kit. It can mean the difference between being comfortable and confident, or being distressed and fearful. The Nellie Gail Emergency Preparedness Committee strongly encourages you to put together a well thought out, quality kit that will be useful to you and your family. Although one can buy commercially made, pre-fabricated kits, some of the items in the kit may not be useful for your needs; evaluate these kits thoroughly to make sure you are comfortable with all of the items in the kit you purchase.

Many first aid kits will list the items included in the kit, but fail to explain their uses. In this month's article, we will go over in detail the use and importance of each item found in a quality kit. You should note that the quantities mentioned are the minimum quantities that make up a good kit. In addition, do not feel constrained about the items mentioned; you should customize your first aid kit for your family's particular needs.

Ace Bandages™. 3" and 4" widths, one each. Ace bandages are good for wrapping strained joints or for holding trauma pads or stacks of gauze in place. If room permits, a 6" Ace Bandage can be used to hold chest, abdominal or back bandages in place.

4" x 4" Sterile Gauze (non-adhesive). 20-25 pieces. Gauze helps absorb any bleeding and can be used to cover open wounds. Two to three folded in half can also make an effective eye patch.

Non-Stick, Telfa Pad™ 2" x 2". 12-20. Telfa pads are placed next to the wound before placing gauze to minimize the bandage sticking to the wound.

Trauma Pad 4" x 8". 1-2. A trauma pad is a very absorbent, sterile gauze that is used on large wounds to the abdomen. They are useful where



there could be significant bleeding. As strange as it may sound, feminine napkins can also be used as trauma pads.

Adhesive Band-aids. 12-20, varying sizes. These are used to cover smaller wounds. Larger Band-aids (2" x 2") will cover smaller scrapes. The new "Liquid Band-aids" can be used but only if you are certain the wound is clean and free of bacteria, dirt, etc. Otherwise, the application of Liquid Band-aids to a dirty wound will likely promote an infection.

Butterfly Bandages. 6-10. These are used to temporarily hold together full thickness cuts and lacerations.

Cloth Medical Tape, 2". 1 roll. This tape is used to tape splints or bandages where strength is needed. The cloth tape can also be torn lengthwise to make smaller widths.

Paper Medical Tape, 1". 1 roll. This tape is primarily for taping gauze or bandages to the skin as it is more comfortable on the skin and preferred if you anticipate it being in contact with the skin for a long period of time.

3" wide gauze roll/Kling. 3-4 rolls. This non-sterile roll can be used to wrap the 4" x 4" gauze onto an extremity. Wrapping with Kling or a gauze roll

is preferable as it allows for some swelling of the extremity.

Triangular bandage. 2-3. The Triangular bandage can be used to make an arm sling, a tourniquet (see caution below), or to tie a leg splint in place.

Finger/Thumb Splint. 2-3. This is used to immobilize a fractured or dislocated finger, or to immobilize a finger that has been sutured (stitches placed.) Although aluminum is best, popsicle sticks or tongue depressors can also be used.

S.A.M. Splints™. 1-2. The SAM splint™ is a relative new product that can be shaped to splint extremities or even be shaped to make a neck brace.

Cardboard Splints. 1-2 of each size. Alternatively, extremity splints can be made from 8" x 12" and 8" by 16" pieces of cardboard. Make sure the corrugations run in the same direction as the long axis of the splint and make sure there are no folds in the cardboard.

Alcohol pads. 12-20. These pre-packaged square pads can be used to clean or sterilize wounds or to sterilize needles or other medical instruments.

Hydrogen Peroxide. 1 pint. Hydrogen Peroxide is useful for cleaning wounds without causing too much discomfort. Hydrogen Peroxide does expire and loses its effectiveness so it should be rotated in with your home supplies as needed.

Cotton tipped applicators (sterile). 6-12. These are similar to Q-tips but sterile and are used to apply topical medications onto wounds, or they can be useful in removing foreign bodies in wounds and to the eyes and eyelids.

Polysporin Antibiotic Ointment. 1 tube. This is a very effective topical antibiotic ointment for cuts and scrapes. Neosporin is similar but can be irritating to sensitive skin.

Instant Hot and Cold packs. 2-3 of each. Instant

hot and cold packs can be very helpful for sprains, strains, insect bites, etc. These packs are "activated" by shaking or breaking the internal bag causing a chemical reaction.

CPR Mask. 1-2. This is a mask or shield used when performing mouth-to-mouth so as to prevent the spread of infections.

Latex or Nitrile Gloves (non-sterile). 1 box of 100. Latex or Nitrile gloves are indispensable (and mandatory) when handling any bloody injuries, body parts, body fluids, waste, etc. Some are sensitive to the powder in the gloves and non-powdered gloves are available.

Sterile Latex Gloves. 1-2 pair. The sterile gloves may be needed for deep, penetrating wounds or for repairing wounds through sutures (stitches.)

Safety Pins. 6-12. The safety pins have many uses including removing splinters, attaching gauze rolls, repairing torn clothing, etc.

Bandage Scissors. 1. The best bandage scissors are known as "paramedic shears" which are easy to handle (no larger than regular scissors) but strong enough to cut denim, zippers, etc. They can even cut a penny in half.

Thermometer. 1. Use for taking accurate temperatures. Have extra batteries if using an electronic thermometer.

Single Edge Razor or Scalpel. 1-2. This will be used by a physician to open wounds, drain abscesses, etc.

Rubber Bands. 6-12. Rubber bands are useful as they can be used hold gauze in place on fingers and smaller extremities, as finger tourniquets (see caution below), hold long hair out of the way, etc.

Tourniquet. 1. When used properly and in the right situation, tourniquets are a very effective

EMERGENCY PREPAREDNESS

way to stop active bleeding. It should be noted that tourniquet use is appropriate when all other methods or attempts to stop active bleeding have been exhausted. Once in place, it should not be removed except by a medical professional (i.e. it is a myth that a tourniquet should be loosened every few minutes.) Commercially made tourniquets are available but one can easily be made from clothing, belts, neck ties, triangular bandage, thick extension cord, etc. Do not use string, wire, shoelaces, or anything else that can cut into the skin. Proper use and placement of a tourniquet will be covered in a future article.

Burn Gels. 1 bottle. Burn gels providing soothing relief, improve healing, and provide protection against infections when applied to burns.

Pain Medications. A small bottle of Tylenol, Motrin and Aspirin are appropriate to have in your kit to help alleviate minor aches and pains. Expiration dates of these and other medications should be watched closely.

Antacids. Antacids such as Tums, Mylanta, Zantac and Prilosec (all over-the-counter) can be helpful for acid problems exacerbated by the stress of a disaster.

Anti-diarrheal Medications. Anti-diarrheal medications, such as Imodium (over-the-counter) can be helpful in preventing dehydration in severe cases of diarrhea. It should be avoided, however, if the diarrhea is mild or transient as diarrhea is your body's way of trying to rid itself of something.

Laxatives. Stress can slow intestinal transit and lead to constipation. Over-the-counter laxatives (Ex-Lax, etc.) can be helpful for this condition.

QuikClot™. 1-2 packages. QuikClot™ is a new product that helps in the clotting of blood. First used by the Israeli military, it is commercially available as a gauze to safely and effectively stop traumatic bleeding.

Prescription Medications. 1 month. You should keep at least one month's of prescription medication, in their original bottle, in your earthquake/disaster kit. Local pharmacy records are not likely to be available and reaching your doctor will be even less likely. Strongly consider more than one month's of medication for critical (heart, blood pressure, etc.) conditions. Although prescription insurance plans will not pay for this extra month's worth of medication, you can often get samples from your physician, or you can have your physician write a one month prescription that you fill without insurance by paying for the medication yourself.

Prescription Antibiotics. Because your health history needs to be taken in to account, consult with your physician as to what type of antibiotics you may need in a disaster/emergency setting. Most commonly, you would need antibiotics to cover for skin or soft tissue wounds and infections. During an actual disaster, and if at all possible, you should consult with neighbors who are physicians on whether or not to start the antibiotics as it is not advisable to start antibiotic treatment without first consulting a physician.

We hope that you will use this article not only to stock your first aid kit, but that you will also use it as a resource on how to properly use the items in your first aid kit. Please feel free to email your first aid or other emergency preparedness questions to emergencypreparedness@nelliegailranch.org.

Dr. Kenneth Cheng is a 22 year resident of Nellie Gail Ranch and a 11 year member of the Emergency Preparedness Committee. In addition to being a family physician, he is also a SWAT tactical physician, American Heart Association First Aid and Basic Life Support Instructor and a tactical medicine instructor having taught over 1000 first responders on these subjects.



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Thursday, August 4th, 5:30-7:30 We invite you to learn about Illumination Foundation and the different opportunities to get involved with this organization. Dear neighbors, please join me for a glass of wine and appetizers to learn about how a local non-profit, Illumination Foundation, is integrating housing and healthcare solutions in Southern California. Our hope is to bring together like-minded community members that are interested in supporting this mission to disrupt the cycle of homelessness. Stop by to learn more, get involved, or just enjoy a glass of wine with neighbors! Please RSVP to Anna at amurphyduehring@ifhomeless.org.

JOIN THE GLEAM TEAM,

A dynamic group of passionate and amazing individuals dedicated to supporting Illumination Foundation. The Glean Team works with Illumination Foundation by volunteering and assisting with year-round events that make an immediate impact upon those we serve. We meet once a month in the evening between now and March. If you are interested in joining us please email Anna Murphy-Duehring (a Nellie Gail resident) at amurphyduehring@ifhomeless.org. We welcome all! For more information on Illumination Foundation please visit the website: ifhomeless.org.

WRITER NEEDED

Part-time • Pay: 15/hr - Job Description: Looking for a writer to transpose, co-author science fiction graphic novel intended for sixth grade and older audience. Looking to write 100-150 pages. Responsibilities: • Attend weekly zoom meeting to discuss progress • Write 2 to 3 pages or more each week • Email progress to author each week and take any notes from author • Keep track of hours worked Job Qualification: • High school Diploma or equivalent • Proficient in English • How to apply: Email bettsm15@gmail.com your name, contact information and when you are available to be contacted Provide a resume. Provide samples of writing (2-3 pages)

SAGE AND TIME WISE PERSONAL CONCIERGE

Do you often wish you had your own Personal Assistant to help with everyday, routine tasks which have become a burden? Need an extra hand for Home/Life organizing & decluttering, shopping/errands, online research/help, pet sitting, or just companionship? Sage and Time Wise Personal Concierge offers these and many more services, providing reliable, compassionate, & quality personalized help to ease your stress and free up your time! Contact me for a complimentary consultation: Donna @ 949-533-9420/ Donna@SageandTimeWise.com.

FRESH HONEY FOR SALE

Twelve oz jars of local honey at \$ 14.00 a jar. Contact Alberta at Hey Honey 949-646-2606. Also does backyard hives rescues and host hives, or can transport them to other pollen rich parts of OC.

LICENSED MARRIAGE AND FAMILY THERAPIST

If you have a child, teenager, or emerging adult who is struggling with hurt, grief, anxiety, or any other burden that appears heavy on their heart, I am here to help. It is my desire to create a space for clients to feel safe and heard within the counseling room. I believe that deep healing and

change occur through a genuine and honest relationship with a caring counselor. You are warmly welcomed here. Grant is a Licensed Marriage and Family Therapist who specializes in working with teens and young adults. He's lived in Nellie Gail for the last six years and also serves as the Young Life Area Director for South Orange County. He'd love the opportunity to work with you and your family. Please call (714) 276-8957 for a free 15-minute consultation or visit www.grant-waggoner.clientsecure.me to schedule an appointment. Office is located in Dana Point. License: California / 125452

HEALTH

Qigong Energy Sessions

Energy medicine is a method of healing, self-transformation and energy optimization. I offer qigong energy sessions at my local residence in Nellie Gail. I have over 7 years of experience with many happy clients. For more information, please visit c2energymedicine.com. Rates, how to schedule a session and what to expect is explained on my website.

DOG TRAINING

Whether you have a puppy, rescue, or senior dog - we can help. Using the confidence method we build up your dog and your relationship. Free online consultations available. Nopawlikehome.com (949) 297-6848

DOGGIE DAY CARE

Retired couple will take care of your 4 legged friend at their home. Large yard with pool and Other dogs to play with. Loree 949 441 6526

PAIN MANAGEMENT HUMAN & EQUINE

Micro-Current Technology increases ATP, reduces inflammation, promotes body's self-healing from back pain to body detox. Beneficial after surgery or injury. Testimonials: Michelle Killebrew RPT, 40 years experience <https://youtu.be/RHAQIQ-DDz4>; Dr. Sinatra, Athletes, Equestrian Trainer <https://youtu.be/QpNdyX2TY4M>. For personal appointment-equine demonstration, Certified Technician at Diane@HealthnCookies.com

MATH / PHYSICS TUTOR

Currently a High School math/science teacher, I have 30 years of experience and it comes right to your door!!! I instruct/tutor in both Honors and Standard classes for all areas of math and physics including: Algebra I/II, Geometry, PreCalculus, AP Calculus AB/BC, and Physics A/B. AP/SAT test prep also available. For more details please call 714-296-2544 or email dkrutcik@gmail.com, ask for Dave.

SPRAY TANNING – MOBILE!

EverTan is based in Orange County CA servicing Laguna Hills and surrounding OC cities. Our services are provided throughout these areas at your home, office, or anywhere else that suits your needs. Our rates are competitive and we deliver with professionalism and care, which will be evident in your flawless tan. Your qualified technician has a specific technique that gives you the most natural and even tan every time. We use top of the line Organic formulas with many product options. Our rapid solution allows you to rinse in as little as two hours! We also offer additional enriching treatments you can integrate in your custom spray tanning session. No need to worry about a mess at your location of preference, our technicians provide a mobile tanning booth and use all of the precautions to protect your space. Our custom tans only take 20-30 minutes, saving you the wasted time and many trips to the tanning salon. Not to mention, our spray tans last up to 2 weeks if properly cared for! Call/text Kaydance: 951-355-8044 Email: myevertan@gmail.com Website: www.myevertan.com

MEDICALLY TRAINED EVENT CAREGIVER

Physical therapist with over 20 years experience in senior care available for hire hourly for private events. Do you have a loved one who wants to attend a wedding, party, or celebration of life but needs assistance? Fully insured, active PT license and CPR. Hourly fee, 3 hour minimum. Able to assist getting ready and accompany from place of residence to event and back. My favorite "client" is my 94 year-old grandmother and Nellie Gail resident. Call, text, or email: Michele Cherow, Doctor of Physical Therapy (949)439-0261. JoyfulCelebrationsLLC@yahoo.com

DOG WALKING

Are you looking for a Nellie Gail resident who is loving, trustworthy, reliable, flexible, and responsible to walk your dog? Well, you found the right person! My name is April, and I would love to help you! Please call me at 949-310-4996 for a meet and greet! Thank you!

FLOWER POWER

"Vine + Dandy is a floral design studio based in Nellie Gail. From same-day delivery arrangements, to weddings + events, let us create fun and unique designs for you! We also offer a 'Bloom Bar' set up - the perfect ice breaker for your next social gathering! Check us out on IG: @vinedandy or online at www.vinedandy.com. You can also contact Michelle directly at 714-756-0412

FOR SALE

CLOTHING FOR SALE

200 pieces of men, women and children clothing for \$200.00 must buy all pieces. Contact Sudy at 949-294-9892

SWEETS DOODLES

Sweets Doodles is a Supreme Goldendoodle breeder in South Orange County. Breeding standard size goldendoodles, they range from 50-75 lbs (size is similar to a golden retriever). Our puppies are born at home with us and loved on by our family right from the beginning. They spend the first few weeks in their whelping box, monitored 24 hours a day. They experience a variety of stimuli, from classical music to exposure to other noise and tactile experiences. At four weeks they transition to the "romper room" style play pen and are handled by our family, start the training processes and explore their outside pen. Sweets Doodles puppies are professionally puppy trained from week 4-8 with a two year health warranty and lifetime support. To learn more about our breeding program go to www.sweetsdoodles.com. Call Mark at 949 228-4606 for more information. PUPPIES AVAILABLE THIS SPRING AND FALL!

A PUPPY FOR THE HOLIDAYS.

Faith will be having Miniature F1B Bernedoodles and they will be ready for their new homes in November. You can reserve your pick of the litter today at BernedoodlesByFaith.com. Puppies will be completely hypoallergenic and not shed. They will weigh ~35 lbs. when they have grown and will have the perfect balance of mellow and athletic. You may meet the puppies starting Sept 20, right here in Nellie Gail. See reviews on Google. Please call if you have any questions 925-389-6363.

HEALTH

PRECOR EFX546 ELLIPTICAL

In great condition, recently fully serviced to maintain top

condition. Heavy-duty machine. Has 8 programs and 20 resistance levels. Takes up minimal floor space. Specs: cross ramp 13-40 degrees (adjustable) dimensions: 80"x 30x 62 inches \$425. obo 949-716-5150

CROSS TRAIN FOR TOTAL BODY WELLNESS

Cross train in your home at your convenience. Get in shape, inspired, encouraged and enjoy it!! Combo ballet barre (no experience needed), Pilates and stretch. Tone, lengthen and improve flexibility. Call or text Debra at 949-350-5411, email mcm623@cox.net or follow @debra.dance on Instagram.

NUTRITIONIST & PERSONAL TRAINER

Master your mind and body in the comfort of your own home. Functional weight training geared towards helping individuals achieve weight loss/muscle gain. Contact for more information! Iden Shahir at (949)633-5410 www.livefitwithiden.com Instagram: @livefitwithiden

SWIMMING LESSONS

Its never to early or late to learn how to swim or just to improve your skills. CPR and first aid certified, 2+ years of coaching experience and 12+ years of swim team and competitive water polo experience. Text or call Donnie at 949-771-4044.

KURE IT WOMEN'S GUILD

Funding Cancer Research and Saving Lives! When thinking of supporting a non-profit organization, most struggle with how to get started and who to support. The **KURE IT WOMEN'S GUILD** is a group (or "Hive") of like-minded, philanthropic ladies tackling one of life's most pressing issues . . . finding a cure for cancer. We support Kure It, an Orange County-based non-profit, which grants "seed money" to Comprehensive Cancer Centers for cutting-edge research. Kure It relies on the Women's Guild for fundraising, outreach, awareness, and setting the perfect environment to collaborate. We host several activities throughout the year, such as a succulent arrangement design class, charcuterie workshops, wine tasting, coffee pour-over lessons with a professional coffee roaster, and intimate meet and greet events. Cancer has touched the lives of many; the Kure It Women's Guild is creating fun opportunities to build new relationships, enjoy time together, and fund cancer research. For more information, please contact Women's Guild president, Kerri Hatfield at kckhatfield@gmail.com

GET FITT WITH BRITT

Come train with me at my private home gym right here in NGR. Certified personal trainer, corrective exercise specialist, nutrition coach and NGR resident. I will help you set and keep your health goals, while making it fun! All fitness levels, teens and adults, welcome. 1:1 personal training, small group training sessions, and strength cross training for youth athletes, all provided in private gym. Call, text or email to set up a free initial consultation: 949-257-2123 or hello@fittwithbritt.com website: www.fittwithbritt.com

PRIVATE YOGA LESSONS

Looking to expand your knowledge in yoga and would love to learn some yogic breathing techniques? I can help! With a 200hr Yoga Teacher Training certificate & 10+ years of experience I can help guide you through your yoga journey. After all, it's a lifestyle! \$80 per person for an hour long session. Contact me for more information! Brittney Trujillo at 714.234.7627

PRIVATE SPEECH-LANGUAGE THERAPY

Speech-language therapy without the hassle and waitlist.

At Speakeasy Speech Therapy, we specialize in improving receptive-expressive language, speech production (articulation), fluency, and cognitive skills in the comfort of your own home or at our clinic located off of Crown Valley Parkway. Contact us at (949) 287-8385 or rachel@speakeasy-speech.com.

RENTALS

CARIBBEAN ISLAND VACATION RENTALS

On the beautiful Island of Roatan we have two incredible properties. Roatan is very safe, English speaking, easy to get to (approximately 6 hours of flight time and you can fly directly into Roatan). Flights range from \$475 to \$850 round trip. The water is turquoise crystal clear and warm all year round. The scuba diving and snorkeling is first class. The two properties are 15 and 30 minutes from the airport. One property is a 3 bedroom, 3 bath, two story, 2500 square foot Villa right on the sand located on the BEST beach on the Island, West Bay Beach. It sleeps 8 comfortably. The second property is a beautiful 3 bedroom, 3 bath Casa (sleeps 6) with a Casita (large studio apartment that sleeps 2), pool and 400 foot dock on 1.5 acres of green lush landscape. It is not right on the water but you can see the water and it is only a 3 minute walk to our 400 foot two story dock that you can swim, snorkel, scuba, fish or just sit and watch the sunsets. You can rent one or both, Casa or Casita, depending on your group size. Please check out our website at www.roatanislandvacationrentals.com for more information, pictures, and pricing or call Debbie at 714-801-4257. Discount given to our Nellie Gail neighbors.

MISCELLANEOUS

HOST FAMILY - FOREIGN EXCHANGE STUDENT

Open your heart and home to a French, Italian or Spanish exchange student this summer for just 3 weeks. Dear neighbors of Nellie Gail Ranch. We are looking for short-term Host Families from June 25th to July 16th and from July 17th till August the 7th. We have students from 13 to 17 years old, they are carefully screened and selected based on their motivation, maturity, and passion to learn about American culture, they come with their own pocket money for personal expenses and medical and liability insurance. By hosting a student, you will fulfill a young kid dream of coming to the USA and show the best of our culture with them. Stipend is available! Will this be the summer you host an exchange student? Contact me at alex@oui-connect.com 415-395-6160.

HOUSE / PET SITTING

Looking for a local resident in Nellie Gail, who does House/Pet sitting. We need someone who is loving, reliable, flexible and has availability. We have an active life style and unexpected travel dates. We would appreciate someone who is able to stay home with our furbabies from time to time, and can also be flexible enough for a quick visit. Please give us a call at 808 714-6153. Thank you in advance.

DISCLAIMER: The classified advertisements contained within the Nellie Gail Ranch Pony Express magazine are not endorsed or recommended by the Nellie Gail Ranch Owners Association. NGROA, the Board of Directors, and employees may not be held liable or responsible for business practices, actions, or products of persons who place advertisements in the Classified section.

Welcome to
Nellie Gail Ranch

*New Residents as of
09/01/2023*

*Sepehr Zangeneh
& Maryam Rakhshani*

Richard & Lesley Van Auken

*Kang Suh
& Kyoyo Kobayashi*

Haiyang Wu

Gary & Lori Howard

Nellie Gail Garden Group

By Tina Corso

What is Living soil? So many of you ask me how do I fix our clay soil here in Nellie Gail? And I will tell you what we can do but it will take some time and work. First off, Clay soil is not bad, it has minerals in it but the problem is its density. Add water to pure clay and you will see it becomes hard like clay.

"Clay particles are the smallest, are flat and are easily compacted. There is little to no space between them for air or water to flow. Slow to drain, dry out, or warm up, clay soil holds water well once it is wet—often to the point of being waterlogged." <https://www.almanac.com/gardening-clay-soils#:~:text=Clay%20particles%20are%20the%20smallest,the%20point%20of%20being%20waterlogged.>

So pure clay soil causes root rot. When we over water our clay it literally chokes our plants. Notice what dies in a mudslide and you will see.

So what do we do to fix this and yes you can add sand to the mix; larger particles help create oxygen space. I use all purpose sand. Compost will also add decomposed organic material to the soil and help create an environment that feeds your trees.

What we need to begin with is added minerals such as Azomite or rock dust. <https://www.redbudsoilcompany.com/blogs/the-redbud-blog/what-is-azomite-rock-dust-how-do-i-use-it>

We also need NPK nitrogen, potassium and phosphorus. Nitrogen is a key component of photosynthesis. Phosphorus is all about root development and the production of flowers and fruits. Potassium is like the all-around MVP of nutrients. It helps regulate water balance, strengthens the plant's immune system, boosts resistance to diseases and pests, and improves the quality of fruits and vegetables. <https://www.gardenbetty.com/npk-fertilizer/>

What else do we need to grow plants in a clay environment? Mulch on top of your soil will also break down and decompose nutrients and really help retain water to the canopy or base of your plant. And that mulch can be old leaves (leaf mold is excellent to use) and it can be grass cuttings from mowing your yard. Mulch can be twigs and ground up plants from pruning your trees. Compost can also be a huge benefit to your garden. A compost pile is nothing more than rotting mulch, vegetables and fruit with added coffee grinds for nitrogen, eggshells for calcium and plant cuttings for NPK.

So what is living soil? Living soil is alive. If you dig into your soil you won't find anything alive. You might find a grub or two but the soil is pretty dead. Your roots may take up chemical nutrients but it won't have any benefits from living soil.





And why is that because when you feed your trees chemicals it will give your trees the NPK and you will see them turn green. But these chemicals do nothing for the oxygen your tree's roots need nor will it create a living environment that continues to feed your trees and most importantly prevents disease.

Now I know that is a lot to take in. What do you mean prevents disease? And here is the real reason living soil is the greatest thing you can do for your plants. Not only does it provide a feedback loop system in nutrients and oxygen. The living beneficial insects prevent disease.

Living soil is all about diversity. Diversity of fungi, bacteria, protozoa, nematodes, arthropods, and earthworms breaking down organic matter that produces nutrients for plants to use. <https://drummersgardencenter.com/living-soil-what-is-it/#:~:text=Living%20soil%20is%20all%20about,soil%20healthy...a%20living%20soil!>

There are so many great articles on this and so now when you hear about living soil you will know what we are talking about. <https://www.sare.org/publications/farming-with-soil-life/our-living-soil/#soil-functions>

And the information just keeps on coming <https://news.cornell.edu/stories/2011/12/research-worm-compost-can-suppress-plant-disease>

So if you ask me how I know this works all I have to do is look at my trees, this year no aphids, no white

flies. And they can be a problem any time but we have tools to fight back. Worm composting the key to it all. Vermicomposting as it is called. Using Red Wiggler worms to compost they not only fight disease with their beneficial insects that reside in the soil along with the worms, they provide oxygen from their tunneling in the ground. They die and give nutrients and water from their bodies and they provide organic material for your trees and plants.

Vermicompost is the product of earthworm digestion and aerobic decomposition using the activities of micro- and macroorganisms at room temperature. Vermicomposting, or worm composting, produces a rich organic soil amendment containing a diversity of plant nutrients and beneficial microorganisms. <https://rodaleinstitute.org/science/articles/vermicomposting-for-beginners/#:~:text=Vermicompost%20is%20the%20product%20of,plant%20nutrients%20and%20beneficial%20microorganisms.>

So if you want to learn more about worm composting try it and reap the benefits of healthy trees and plants!!

Living soil is really getting back to what nature intended.

TLC8386@gmail.com is our email address if you have a question or would like to join our garden club.

THE PUZZLE PADDOCK

HELP THE GIRL GET TO SCHOOL



RANCH RECIPE



AUTUMN TABBouleH SALAD

INGREDIENTS:

1. ¼CUP FINE BULGUR WHEAT
2. 1SMALL GARLIC CLOVE, MINCED (OPTIONAL)
3. JUICE OF 2 LARGE LEMONS, TO TASTE
4. 3CUPS CHOPPED FRESH FLAT-LEAF PARSLEY
(FROM 3 LARGE BUNCHES)
5. ¼CUP CHOPPED FRESH MINT
6. ½POUND RIPE TOMATOES, VERY FINELY CHOPPED
7. 1BUNCH SCALLIONS, FINELY CHOPPED
8. SALT, PREFERABLY KOSHER SALT, TO TASTE
9. ¼CUP EXTRA VIRGIN OLIVE OIL
10. 1ROMAINE LETTUCE HEART, LEAVES SEPARATED,
WASHED AND DRIED

PREPARATION:

1. PLACE BULGUR IN A BOWL, COVER WITH WATER (½ INCH ABOVE), SOAK FOR 20 MINUTES, DRAIN THROUGH CHEEESE CLOTH-LINED STRAINER, PRESS TO REMOVE EXCESS WATER. TRANSFER TO LARGE BOWL, MIX WITH GARLIC, LEMON JUICE, PARSLEY, MINT, TOMATOES, SCALLIONS, SALT. REST AT ROOM TEMPERATURE OR IN FRIDGE FOR 2-3 HOURS FOR BULGUR TO ABSORB AND SWELL.
2. ADD OLIVE OIL, TOSS, ADJUST SEASONING, SERVE WITH LETTUCE LEAVES.

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 	5	6	7	8	9
10	11 	12 ARC Meeting at 6:00pm @ The Association Clubhouse	13	14	15	16
17	18	19 Board Meeting 7:30pm @ Clubhouse	20	21 Wine & Design 1:00pm @ The Association ClubHouse	22	23 
24	25 ARC Submittal Deadline for October 10th Meeting	26	27	28	29	30

HIGHER STANDARDS | BETTER RESULTS

WE DON'T JUST LIST HOMES. WE SELL HOMES.



26102 SPUR BRANCH LANE

5-BR | 4.5-BA | APPROX. 4,493 SF
SOLD FOR \$2,730,000



26061 WATERWHEEL PLACE

4-BR | 3-BA | APPROX. 3,008 SF
SOLD FOR \$2,300,000



25191 BUCKSKIN DRIVE

5-BR | 3-BA | APPROX. 4,094 SF
SOLD FOR \$2,400,000



27641 DEPUTY CIRCLE

6-BR | 6-BA | APPROX. 6,742 SF
SOLD FOR \$4,000,000



27182 WESTRIDGE LANE

5-BR | 4.5-BA | APPROX. 3,912 SF
SOLD FOR \$2,775,000



25732 HIGHPLAINS TERRACE

6-BR | 7-BA | APPROX. 6,841 SF
SOLD FOR \$2,925,000

Thinking of selling your home? Contact us directly to schedule a consultation.



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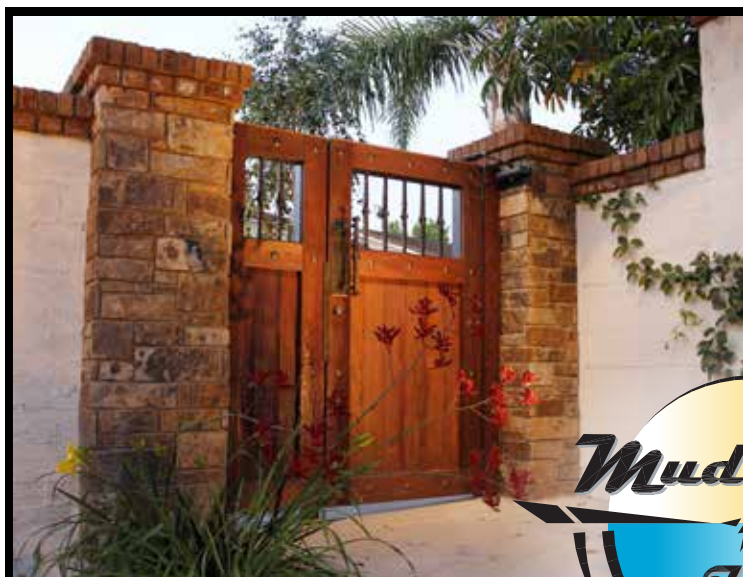


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