



The Breeze

July 2026



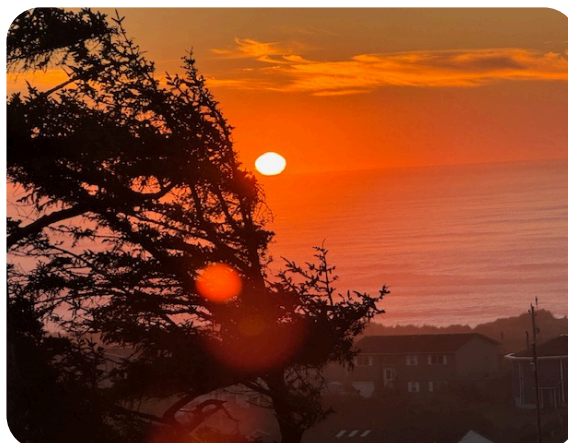
Editor's Message: What's the Story?

Someone asked me how I decide what goes into the Breeze. The answer was easy....and a bit challenging. The easy part is that there are regular contributors who provide intriguing and practical information. Stacie Louie tells us interesting facts about the birds we see here in Bayshore. Lynda Apel describes fascinating aspects of nature on the Central Coast. Carrie Davis provides helpful and hands-on tips to keep our gardens blooming and growing. I can always count on those authors and their contributions, and many Breeze readers tell me they appreciate these contributions and the new information they learn.

There also are other semi-regular parts to the Breeze. I summarize what Bayshore committees have reported in the most recent Board meetings. I put fun Oregon facts and ocean related quotes here and there throughout the issue. But the articles and stories that are specific to an issue appear because a member mentioned an idea and it seemed likely to be of broader interest, so I decided to explore it. Those always are enjoyable for me and for many members who are reading new information.

So, if you have a topic you would like to share with your neighbors, please send me an [email](#) and I will incorporate that suggestion into a future story.

Kenn Apel



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President's Corner: Communication Builds Community

In her [Sacred Civic Pause](#) postings, my wife Lynda writes inspirational messages every day. In one recent post, she wrote:

"Belonging without Sameness: Strong communities do not require everyone to think alike, live alike, or believe alike. Communities grow when people practice dignity, listening, accountability, and mutual care, even amid disagreement. The ability to remain human with one another through difference may be one of the foundations of a resilient society."

What does this have to do with Bayshore?

I believe Bayshore can be a resilient community, and that resilience begins with communication. Open, honest, and direct conversations allow us to understand each other better, especially when we disagree.

Many members communicate directly with the Board by sharing their ideas, concerns, and criticisms during meetings or in conversations with directors. I appreciate those exchanges because they demonstrate respect and create opportunities for listening and understanding. They help strengthen our community.

Others choose to express their concerns to fellow members instead of to the Board, often through social media. While those conversations are certainly a form of communication, an important element is missing: the people whose decisions or actions are being discussed are not part of the conversation. Without direct dialogue, there is little opportunity for clarification, mutual understanding, or resolving differences. In my view, those conversations are less likely to strengthen our community.

Successful communication can be challenging. We all bring different experiences and communication styles to our conversations. When we don't understand one another, we should say so and work together to communicate more clearly. It's also worth recognizing that "I don't understand" can sometimes mean "I don't agree," and understanding that distinction can lead to more productive discussions. Sometimes disagreement arises from an inadequate explanation of an issue. Sometimes disagreement can lead to more effective resolution to a problem.

Communication is an ongoing process. I will continue working to communicate openly and clearly, and I invite others to let me know when I haven't expressed myself well or in a way that is understandable. If more of us commit to respectful, direct communication, I believe we will continue to strengthen the Bayshore community.

Kenn Apel, Board President

Highlights from June Committee Reports

All committee reports are emailed to members with the BOD's agenda and meeting minutes. Below are a few highlights of those reports:

Facilities Manager Report: Facilities Manager Kirk McClain reported on bids for re-siding the clubhouse garage and replacing the roof and garage door. See the BOD Minutes for further information.

Planning Committee: The committee's actions included approving construction-related items and processing six new complaints. Simone Tunc was added to the committee.

Social Committee: The Music on the Patio will be held from 6pm-8pm on July 18th. The Meet and Greet has been rescheduled for August 8th and will be a potluck. Please RSVP to the office.

Safety Committee: The Safety committee will be at the Bayshore Earthquake and Tsunami supplies cache on Sunday, July 5th, 10am-noon, so members can add a personal tote, or switch out supplies in their totes. They also will collect household hazmat items on July 25th 10am-noon near the Seal Rock fire station in Bayshore.

The Bayshore Aquasizers

Every summer, when the pool is open, a special group of individuals start off the daily pool schedule. They are the Aquasizers, and they are consistent in their focus on exercising in the pool. I have seen this group listed on the pool schedule since I've lived here in Bayshore. Let's learn a bit more about this unique group.

The Aquasizers have been active in Bayshore's pool for 40+ years. During that time, the leaders of the group who call out the exercises have come from all over the area. The group began with a common focus: the need for exercises that are easier on the body as its group members age. Indeed, exercising in the pool provides a very good workout. The exercises provide a low-impact full-body experience that simultaneously builds cardiovascular endurance, increases muscular strength, and improves joint mobility.

I asked Rita, the current leader of the Aquasizers, what she and others enjoy about the group. The response was straightforward: the camaraderie and exercises that are easy on the body yet still beneficial. During the daily workouts, everyone exercises to their own ability. As Rita said: "What you put into it is what you get out of it."



The Aquasizers' camaraderie is evident in more than their interactions with each other and their consistency in meeting as a group every morning for their exercises. As you can see in the picture accompanying this story, they even have their own hoodies. Rita stated that anyone is welcome to join the group, which meets Monday through Friday from 9am to 10am, rain or shine (except in thunderstorms). So, consider showing up. It will be a great workout and a way to meet like-minded individuals.



Beachcomber Days Bed Race

While attending the Beachcomber Days Bed Race event on June 21st, I ran into other members who asked why Bayshore doesn't have an entry. This is a great question. As with everything else in Bayshore, it takes volunteers and someone to put things together. I was tasked with getting the word out.

We currently have 7 members who are creating a Community Events Group to participate in upcoming activities outside of Bayshore. We are looking for more people who want to get involved. We really need members who are creative and have experience with design and construction, but most of all who want to have fun.

If you are interested in joining us, you can email me (rogersmith573@gmail.com) or the office (office@bayshorebeach.com).

Roger Smith

The Nature of Bayshore

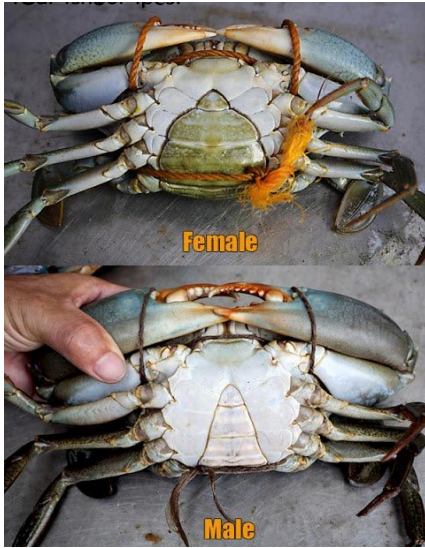
by Lynda Apel

Our Crabby Neighbors: The Secret Life of Dungeness Crabs

At night during crabbing season, it is a common sight here in Bayshore to see a string of fishing boat lights stretching along the horizon. Crab pot fishing for Dungeness crabs is a favorite coastal tradition—both for those who catch them and those who enjoy them at the dinner table.

But while many people know how to catch and cook Dungeness crab, fewer know much about their lives before they end up in a crab pot—or on a dinner plate.

A Life Beneath the Waves



To understand Dungeness crabs, it helps to start at the beginning.

The life of a Dungeness crab begins with mating, typically in spring and summer. At this time, males have reached sexual maturity (around two years of age), while females prepare to molt—shedding their old exoskeleton so they can grow.

To attract a mate, males wave their claws, display their colors, and compete with rivals for dominance. Interestingly, males also help protect females during this vulnerable molting period, when they are soft and defenseless.

After mating, which may not always be consensual, the female stores sperm until fall, when she fertilizes her eggs. She then carries the developing embryos through winter, often burying herself in sand or mud for protection. A single female can carry up to 2.5 million eggs.

From there, the story shifts dramatically.

In early spring, larvae are released into the ocean and carried by currents for three to four months. At this stage, they resemble tiny shrimp more than crabs. Gradually, they transform, settling on the seafloor and molting repeatedly as they grow out of their shells. It takes about ten molts to reach adulthood.

Once they mature, the pattern changes—but the story continues.

Growing Up Crabby

Adult Dungeness crabs typically molt once a year. Molting is how they grow and regenerate lost limbs.

To molt, a crab backs out of its old shell and absorbs water to expand its new one. Immediately afterward, it is extremely soft and vulnerable, often burying itself in sand for protection until the shell begins to harden.

For several days, the crab is nearly defenseless. Over the next weeks and months, the shell gradually strengthens and fully hardens, completing the transformation.



The Nature of Bayshore (cont.)

A Few Crabby Facts

Beyond their life cycle, Dungeness crabs have several traits that make them fascinating coastal neighbors:

- The name “Dungeness” comes from Dungeness Spit on the Strait of Juan de Fuca, named by George Vancouver in 1792. The original, Klallam (Coast Salish) name was ʔáʔčx̣.
- They live 8–13 years and can grow over 9 inches wide.
- They have four pairs of walking legs and two claws and move sideways.
- They can regenerate lost limbs.
- About 25% of their body weight is edible meat which is more than any other crabs.
- They live in sandy, muddy, and eelgrass habitats.
- They are scavengers and eat clams, crustaceans, and small fish; they also cannibalize other Dungeness crabs.
- Only males can be legally harvested and must be 6¼ inches across the shell, a size typically reached in about four years. This requirement helps protect the population.
- Natural predators include lingcod, halibut, octopus, wolf eels, otters, birds, and other crabs.

Why So “Crabby”?

Crabs have also found their way into our language in some colorful ways:

- “Crab mentality” — pulling others down instead of lifting them up
- “Catching a crab” — a rowing mistake that disrupts rhythm and control
- “Feeling crabby” — being irritable or easily annoyed

It’s easy to understand this last expression. If you lived in a world where nearly everything is bigger than you, might eat you, and/or might scoop you up to be boiled, you might be a little defensive too



Compliments of Lynda Apel

A Final Shell of Humor

Not wanting to be a “crabby neighbor” among so many crab-loving friends here in Bayshore, I’ll close with a bit of lighthearted humor on this very crabby subject.

Why did the crab blush at the party?

Because it saw the ocean’s bottom and got shell-shocked!

Resources:

swap.oregon.gov

visittheoregoncoast.com

oregondungeness.org

fathomseafood.com



Compliments of Lynda Apel

That’s My Oregon!



Portland has the world's smallest city park, Mill Ends Park, which is just 24 inches in diameter.



Bayshore Gardens: Tips for the Garden

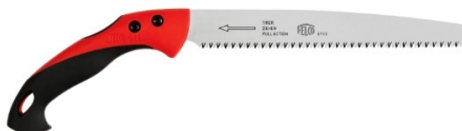
By Carrie Davis*

Five Pruning Techniques from Professional Practice

professionals and experienced gardeners rely on five practical techniques to protect plants, improve control, and keep tools performing at their best.

Good pruning is built on small habits

Leave enough wood above the bud or spur. Avoid cutting too close to the bud or spur. Leaving enough wood helps protect sap flow and supports healthy regrowth.



Use the three-cut method for larger branches. For heavier branches, start with an undercut, follow with a top cut, then finish cleanly near the collar (base of branch). This helps reduce bark tearing and protects the branch structure.

Keep hedges slightly wider at the base. Allowing more light to reach lower growth helps maintain a fuller, denser hedge throughout the season.

Your tools

Clean blades between affected plants. When working with diseased or affected plants, clean the blade before moving to the next plant. Re-oil afterwards to help protect the tool and maintain smooth cutting action.

Sharpen the beveled edge correctly. Follow the original factory bevel when sharpening and avoid sharpening the flat side of the blade. A sharp blade delivers cleaner cuts with less effort.

*Carrie Davis is a Bayshore member, an Oregon State Master Gardener, and President of the Seal Rock Garden Club.



Mobi-Mat Team Clears the Way

The Mobi-Mats are at 66C to help anyone who may need a more solid surface to reach the beach. However, Mother Nature decided to make it more challenging by dumping a lot of sand on the mats. Thanks to the Mobi-Mat team, the mats were cleared off and ready to be traversed. Thanks Team!



A Bird's Eye View

by Staci Louie

*"As the Kingfisher dives, so too must we embrace the depths of our potential."
Proverb (author unknown)*

Belted Kingfisher

Did you see that flash of color diving into the water with a loud rattling call? That was a Kingfisher. While there are several variations of the birds, here in Oregon we have the Belted Kingfisher. Males and females are about the same size, but have slightly different coloration; the females have a rust colored band across their chest, but the males do not.

Kingfishers' diet consists mostly of fish or crawfish, so look for them on high perches near water. They will often hover over the water until they see a tasty morsel, then dive in at high speed to catch their prey.

They have one of the most interesting nesting behaviors of any bird. Instead of nesting in a tree or on the ground, they burrow a tunnel up to 6-feet long into a sandy bank and lay their eggs in a chamber at the end. While safer than nesting on the open ground, their tunnel system still leaves the eggs vulnerable to predation by minks, rats, and cats.



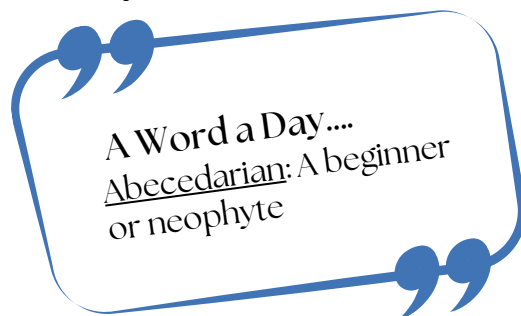
Compliments of Staci Louie

The Kingfisher is a symbol for many cultures, including Indigenous Tribes on the northwest coast, who believe the bird represents good luck, abundance, and patience. The bird has even inspired the aerodynamic design of the Japanese Bullet Train. The lead engineer, Eiji Nakatsu, was an avid birdwatcher and he often observed the Kingfisher dive into the water without a splash. He designed the nose of the bullet train to mimic the shape of the bird's beak, creating a faster, quieter, and more energy efficient train.

You can easily see these birds in the Eckman Lake area, and they can occasionally be seen hunting in the canal near the Waldport Bayfront Hotel (here in Bayshore).



You know you live near the beach when a seagull is looking through your skylight!



Compliments of Lynda Apel

Tai Chi

Every Wednesday, Bayshore offers a beginning tai chi class from 10:30-11:30am and an intermediate class from 11:30am-12:30pm. Both are taught by Lynda Apel on the second floor of the clubhouse. Tai chi is a practice that involves a series of slow, gentle, and flowing movements and physical postures. It originated in ancient times as a martial art in China. As it evolved over the years, though, it has become more focused on health promotion and rehabilitation. Tai chi often is referred to as "meditation in motion" because it focuses on a meditative state of mind and controlled breathing. It currently is practiced for stress relief, balance, and overall wellness.

Core Elements



Tai chi has several core elements, including form, mind-body connection, and life energy. Form refers to the practice of performing a sequence of planned postures or movements; these movements flow smoothly from one form to another without pausing. A mind-body connection occurs because it requires deep, rhythmic breathing and mental focus, which help quiet the mind and promote centering of thoughts. Tai chi is based on traditional Chinese medicine principles that are designed to balance the body's vital energy, or qi.

Health Benefits

Tai chi is low-impact and easily adaptable for almost any age or fitness level. Many scientific investigations point toward the health advantages of the practice. For example, the National Institutes of Health (NIH) reports that tai chi helps with fall prevention and balance. Indeed, it is one of the most effective exercises for improving stability and fall prevention in older adults and people with Parkinson's disease. The NIH reports that tai chi may reduce the number of people who experience falls by 20 percent.

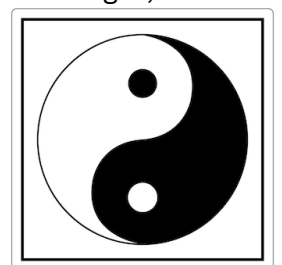
Stress level, mood, and physical strength also are affected by practicing tai chi. The mindful, focused breathing can notably reduce anxiety and depression. It helps build body core, leg, and joint strength without causing any strain. Additionally, a review study reported by the NIH found that tai chi had a small but positive effect on the quality of life in older adults who lived in community settings. Finally, a few research studies point to the idea that the regular practice of tai chi can help reduce pain in people with lower back pain, fibromyalgia, and knee osteoarthritis.

Common Styles

Tai chi has over 100 possible movements; these movements are often categorized into five major styles. Three of those are the most popular. Yang style emphasizes slow, graceful, and large, sweeping movements, making it excellent for beginners. The classes offered Bayshore use the Yang style. Chen style, which is the original form for tai chi, is characterized by a mix of slow, gentle movements and sudden, explosive bursts of energy. Finally, Sun style is characterized by higher stances and agile, . stepping movements. It is very gentle on the knees and widely recommended for people with arthritis

Resources:

- NIH: National Center for Complementary and Integrative Health <https://www.nccih.nih.gov/health/tai-chi-what-you-need-to-know>
- Tai Chi for Health Institute <https://taichiforhealthinstitute.org/>



Bayshore Road District

What the Bayshore Road District is and its role in our community can be quite confusing. Perhaps the most important piece of information to know is that the District is not part of the Bayshore Beach Club. It shares a name with us, but it is completely separate from our HOA. The Road District is charged with maintaining and improving the streets that connect our little community. Below is some information on what Districts are. Full Disclosure: Much of the information below comes straight from the District's [website](#).

The Road District

Most of us do not know much about local governments, and we know less about special districts. Special districts are a form of local government created by a local community to meet a specific need. Inadequate revenue bases and competing demands for existing taxes make it difficult for cities and counties to provide all of the services that their constituents want. When residents or landowners want new services or higher levels of existing services, they can form a district to pay for them. Each special district focuses on a specific set of services, like fire protection, water, parks and recreation, among many others. In the case of our community, the road district is focused on the streets that cut throughout Bayshore.

The district board is the governing body of the special district. The road district's chairman is charged with overseeing the day-to-day operations of the district and reports directly to the board of directors. All of Bayshore's road district board members are volunteers and Bayshore residents.



The Bayshore Road District meets the third Tuesday of each month. Anyone can attend their meeting, either in person or via Zoom. To learn more about the Bayshore Road District, you can visit their [web site](#) to learn about where they meet, obtain a Zoom link for the meetings, and read minutes from past meetings.



Social Committee News

Annual Meet & Greet Scheduled for Friday, August 8th, 4:00-7:00pm

This year's Meet & Greet will be a community potluck! We hope you'll join us for an enjoyable evening of good food and great conversation.

To help ensure a nice variety of dishes, please bring an item based on the first letter of your last name:

- A-I: Main dish
- J-R: Salad or side dish
- S-Z: Dessert

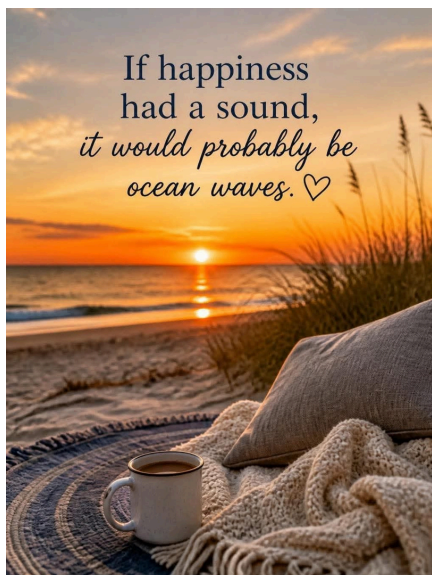
The Social Committee will provide:

- Tables and chairs
- Two BBQ grills heated and ready if you'd like to cook your own food
- Water and soda
- Plates, utensils, napkins, and serving supplies

You're also welcome to bring your own favorite beverage.

Please RSVP by July 15: Contact the office by phone (541-563-3040 or email: office@bayshorebeach.com)





Connecting with Your Board Representative

- Division 1: Kenn Apel (2029) – President
- Division 2: Vacant
- Division 3: Roger Smith (2029) – Corporate Secretary
- Division 4: Joshua Hanselman (2029)
- Division 4: Megan Hanselman (2029) – Vice President
- Division 5: Carolyn Gardner (2027) – Treasurer
- Division 5: Gary Brown (2028)
- Division 6: Vacant
- Division 7: Vacant

For further information on the BOD and ways to contact them, go to this [page](#) or contact them by email (office@bayshorebeach.com) or via the office (541-563-3040)

Bayshore Staff:

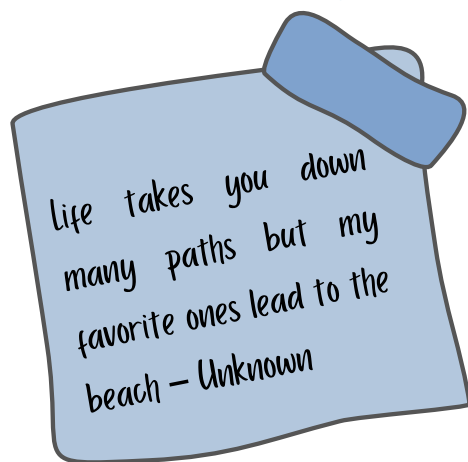
Office Coordinator: Kathy Drossel
 Book Keeper: Kathi O'Leary
 Facility Manager: Kirk McClain
 Bayshore office: 541-563-3040



Compliments of Kaitlyn Weber

A Few Points To Remember

- *The Breeze* is a publication of the Communications Committee, which is appointed by the Bayshore Beach Club Board of Directors.
- *The Breeze* is emailed to Bayshore property owners, with hard copies available at the Bayshore office.
- *The Breeze* welcomes letters to the editor, but submission of a letter is not a guarantee that it will be printed. *The Breeze* will not print letters that are personal attacks on an individual or group or knowingly include false information. Letters may be edited for length and are limited to 250 words. Anonymous letters are not accepted. Letters can be emailed to: bayshorebreezeditor@gmail.com



To contact the editor, Kenn Apel, send an email to: bayshorebreezeditor@gmail.com



Many thanks to Mary Leighton, Breeze Copy Editor