

March 1975

Sea Shore News

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From The Helm

During the past year we have received many complaints regarding the security system at Niguel Shores. Criticism has ranged from accusations of Nazi Prison Camp tactics to refusals to pay association dues because we have no security at all. Probably neither extreme is valid.

During the past month your Board has met with our security force, and has reached an understanding, which has improved our gate control and re-established a night time patrol. We have a new supervisor, Lt. Ted Melanson, for the Niguel Shores Security Force, and he has taken over his job with enthusiasm and a genuine interest in our safety and security.

However, security cannot be successful without the positive cooperation of all the residents. There are several areas in which your help will improve our security system.

1. Call the gate when you are expecting a guest or repairman.
2. Supervise the visitors invited in by your children.
3. Report any suspicious persons to the Recreation Center during the daylight hours, and to the sheriff at night.
4. Obtain permanent passes for your new vehicles.
5. Turn in, or scrape of and destroy, passes on vehicles you sell or trade.
6. Compliment the Gate Guards from time to time - their's is a thankless and lonely job.
7. COME TO THE SECURITY MEETING ON SUNDAY, MARCH 2, 1975, AT THE RECREATION CENTER.

Surely you can all think of many more ways to improve our security system. Come to the open meeting, find out what we plan for the future, add your ideas to the plans.

Security involves us all

Frank Mead
Pres. Board of Directors

Dogs On Leashes

Not everyone is aware of the city ordinance law, that states dogs must be accompanied by a leash at all times. By the way, this leash must have direct relation between owner and dog. This means the end of the leash must be securely fastened to your pet, leaving the opposite end to be grasped firmly in your hand.

Another problem has been noted within the Niguel Shores area as a result of dog walking. Residents have been complaining as to the "calling cards" left on their lawns due to a bad doggy and an even more inconsiderate owner. Please, please, take care of your pets leftovers. He can't do it himself.

The Open Door Crises

As we're all aware, garages are generally used for storage purposes, whether this be your car, property, (valuable or otherwise) or large items. The C.C.&R's state, that the door to your garage be closed unless in use. This rule was made for your protection. To a burglar, an open garage door is a red carpet, and can easily be taken advantage of.

Another reason this rule should be followed is a very important one : your neighbors! Aesthetics are a priority in our community.

From The Guard House

Residents entering through the Mariner gate are requested to use the traffic lane on the right marked for residents. This request is made to avoid possible accidents between cars converging to go through the gate after passing the guard house.

Guests or their non-residents using the other lane stop at the guard house, and residents using the other lane expect them to stop. However, if residents use the guest lane and do not stop, this presents an unexpected situation for drivers on the right, which could cause an accident.

At night residents are urged to dim their headlights when approaching the Shores and Mariner gates to reduce the glare. The guards will appreciate this courtesy, and it will help them to do their job more efficiently.

A Note To Singles

If you are single, and would like to learn of other singles that live within our community, we would like to hear from you. Are you interested in forming a singles group? Call either Don Walker at 496-8087 or Florabell Jackson at 493-7035. Let us hear from you.

HELP SAVE A LIFE

Where a person's breathing has stopped, and no pulse rate can be detected, emergency first aid treatment is absolutely necessary within a matter of minutes if the patient is to survive. Paramedic units and others have been providing this service and are doing an outstanding job! Unfortunately there aren't enough of these dedicated people available in our area.

With this in mind, how would you like to learn how to restore the heart beat, and breathing, of a drowning victim or cardiac patient? Through the cooperation of the American heart Association we will have available to us, at no charge, the opportunity to learn how to administer cardiac pulmonary resuscitation, or CPR. It is a procedure taught to police officers, paramedics, firemen, life guards and others involved in rescue operations.

First, the instructors will present films and slides to give us some basic knowledge of the cardiopulmonary system. Then they will make available two life-like dummies (fully instrumentated) for the purpose of teaching each member, of the class, how to properly administer CPR. Each of us will practice it until we do it correctly. Certificates of qualification will be issued.

The dates for the first class, are March 6th and 13th, from 7 to 10 P.M., at the Community Center. The class will be limited to 30. Call Steve Sonies now and make a commitment..... You owe it to your family to do so.

Hat Draw Tennis Tournament

A Men's doubles & Women's doubles hat draw tournament will be held Saturday & Sunday, March 22 & 23rd. Sign-ups will be taken at the office until Tuesday March 18th. Cost for the tournament \$2.00. The party afterwards will be BYOB with glasses and ice provided..... Everyone should bring a tray of hors d'oeuvres.

Sea World Trip

The Community Center will sponsor a trip to Sea World, in San Diego, on Wednesday, March 26th. Sea World has over 100 exciting non-stop shows, exhibits and attractions. Cost for the trip including admission and bus ride will be adults \$4.50, and children (6-12) \$3.50. Deadline for signing up is Tuesday March 18th. The bus will leave the center parking lot at 9 am and return between at 4:30. Don't get left out on this exciting trip sign-up at the Community Center today.

Volleyball Funday

Sunday March 16th, the volleyball court will be filled with Niguel Shores residents practicing up for Summer V.B. season. Why don't you come down at 1 pm and join us.

New Tennis Sign-up System

Due to the many known abuses of the tennis scheduling privileges that have been taking place on weekends, a new system for tennis court reservations has been recommended, by the Recreation Committee, and approved by the Board of Directors. The procedure for reserving court time will be left unchanged because it is equitable. Those making reservation will now be required to register their partner and / or opponents. A member will be allowed one hour of reserved play per weekend day or holiday unless there is no demand on the courts. This will then create additional court time which will in effect allow more individuals to play the game of tennis. This individual vs. family sign-up will go into effect the weekend of March 8 & 9th.

Niguel Shores Men's Club

We hope that the Powell & Ziegners are safely home from their Hawaiian Holiday and that the Brosseau's enjoyed their Brazilian trip

Our next Breakfast will be at Sambo's. Sambo's is off Crown Valley Parkway, one block past San Diego Freeway, and to the left in the new shopping area. Let's all meet at the club house at 8:30, and pool our ride. This is also the day to elect new officers for the coming year. We would like to see you all there. Please reserve this date on your calendar.

Dale Baltimore
Pres.

Potluck

March Potluck - Sunday, March 16th at 5:00 p.m. Call Jean Chandler at 493-8048 for reservations. It will be helpful if you call by 12 Noon, Saturday, the 15th.

If any of you would like to play cards following the potluck dinner (or have ideas for other entertainment), please call and let me know.

At the February Potluck, we were happy to welcome the Moon's and Goodhart's, who are new residents of Niguel Shores.

Lost your pets?

Have you lost your pet cat? Around Christmas, two beautiful long-haired cats appeared in our yard. Because they were hungry, and cold, we fed them and let them sleep in our garage. Now, they think that they live here, but we would like to return them to their own homes. Please call the Paslaquas, at 446-0978.

Both are young full grown cats, the white one very tame, a little timid, has been de-clawed on the front paws, and wears two flea collars. The black cat also has long black fur with touches of brownish red in the sunlight. He is very tame, intelligent and friendly, and wears a flea collar. He has big green eyes.

If you own one or both of these cats, or know where they belong, please contact us.

Niguel Shores Women's Club

February activities in the Club have covered everything "From soup to nuts" - starting with an exciting expedition organized by the Marine Studies Institute (aided and abetted by Dorothy Dudley who rounded up a tremendous response in Niguel Shores to the Institute's appeal for new supporting memberships). On an Amphibian, a life-jacketed group of 70 went in search of whales, startling three sleepy seals on a bouy and a group of Sunday morning beachcombers when we charged through the surf to land on our own beach. Whales were 'nt plentiful that day, but the ride was great fun.

Our monthly casserole/salad lunches on the first Thursday of each month, are becoming a popular institution - all women in the community are welcome - nothing to pay! After one of these feeds, it was well, perhaps, to give some thought to the nutritional value of the modern diet, and Mrs. Grace's talk on Health Foods was certainly thought-provoking.

Now an S.O.S. to all Members. At the Family Stew Feed, February 28, the Women's Club has undertaken to set up a dessert bar. At 25¢ a serving, this will give us an opportunity which we haven't had for some time to replenish the coffers of the Club - funds which will ultimately be used for the benefit of the Recreation Center. We hope we may count on your support in contributing one dessert - plain or fancy - cakes - pies - cookies - jello - fruit - to this effort. All desserts should be delivered to the Recreation Center By 3 p.m. February 28. See you at the Family Stew Feed - don't miss it!

Please note that there will be NO MEETING March 27th; instead we plan to join the Community trip to Sea World on Wednesday March 26th. See details below. Write these dates in your calender NOW, and plan to come and join at least one of our activities in March.

CUT AND SAVE

March 6	12:30	Casserole/Salad bar lunch
13	1:00	Mrs. Anna Jobson - San Clemente Antique dealer. Mrs. Jobson's special interest is in glassware, and she is prepared to try to identify any pieces members may care to bring along.
20	"	Cards - games - do your own thing.
Weds. 26	"	TRIP TO SEA WORLD - open to the whole community. Sign up and pay at the office <u>at least a week in advance</u> , please; \$4.50 per person, includes bus fare and admission to Sea World. Depart 9 a.m. return 5 p.m. approx.

ANY QUESTIONS CALL DOROTHY DUDLEY 493-6415

EASTER WEEK AT THE REC. CENTER

The Easter week calendar at the Community Center is loaded with many fun-filled activities, from swimming, games, a trip to Sea World, Teen sports Day and a gigantic Easter Egg Hunt. A lifeguard will be on duty Monday thru Friday from 1 to 5.

Monday	<u>9 am</u> Teen Tennis & Volleyball (Sign-ups for mixed doubles teens at office) <u>12 noon</u> Hot Dog Feed 50¢ <u>1 - 5 pm</u> Lifeguard on duty.
Tuesday	<u>9 - 5</u> Multi Purpose Room open for games <u>1 - 5 pm</u> Lifeguard on duty <u>2 pm</u> Giant Easter Egg Bust
Wednesday	<u>9 am</u> Sea World Trip.. Leave from Rec Center parking lot.. Sign-ups by 19th <u>1 - 5 pm</u> Lifeguard on duty
Thursday	<u>9 - 5</u> Multi Purpose Room open for games <u>1 - 5 pm</u> Lifeguard on duty <u>2 pm</u> Easter Egg Hunt
Friday	<u>1 - 5 pm</u> Lifeguard on duty

Women's Club Luncheon

At the Women's Club Luncheon in February, Chef Steve Sonies revealed the secret ingredients that will go in to the Western Stew that he and Chef Frank Mead will prepare for the family stew night this Friday. It was such a mouth-watering recipe that the ladies decided to run a little competition with these male chefs. Beginning with the next luncheon, each dish which the ladies bring will be accompanied by its recipe.

To get the ball rolling, Dorothy Dudley has submitted the following recipe but has refused to accompany the recipe with the dish.

Elephant Stew

1 elephant
salt & pepper to taste
2 rabbits (Optional)

Cut elephant in small, bite-size pieces. This should take about 2 months. Add enough brown gravy to cover. Cook over kerosene fire for about four weeks at 465 degrees. This recipe serves 3,800 people. If more are expected, two rabbits may be added, but do this only if necessary as most people do not like to find HARE in their stew.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 10:30- Slim 'N Trim 3:00 - Volleyball	4 9:00- Tennis Lessons 9:00- Men's Club Election School Dist.	5 9am Tennis Lessons 10:30 Slim 'N Trim 3pm Volleyball 7-9pm Bridge	6 9:30 Ladies Day Tennis 1pm Ladies Club 7-10pm CPR Course	7 New Weekend Tennis reservation starts this next weekend	8
9	10 10:30 Slim 'N Trim 3pm Volleyball 8P.M. CC&R Committee	11 9am Golf Assoc. 7:30 Communi- cation Comm.	12 10:30 Slim 'N Trim 3pm Volleyball 7-9pm Bridge	13 9:30 Ladies Day Tennis 1pm Ladies Club 7-10pm CPR Course	14	15
16 5pm Pot Luck Dinner 1pm Volleyball	17 10:30 Slim 'N Trim 3pm Volleyball 7:30 Recreation Comm.	18 9am Men's Club	19 10:30 Slim 'N Trim 3pm Volleyball 7-9pm Bridge	20 9:30 Ladies Day Tennis 1pm Ladies Club 7:30pm Security Comm.	21	22 Hat Draw Tennis Tour.
23 Hat Draw Tennis Tournament	24 For the week of Easter vacation refer to the Calendar in paper.....	25	26	27	28	29

NIGUEL SHORES COMMUNITY ASSOCIATION

RULES

Respecting the Use of the Property, Facilities, & Equipment

Of

Niguel Shores Community Center

USE PRIVILEGES

The Niguel Shores Community Center property, facilities and equipment are restricted in use to members of the Niguel Shores Community Association, their families, and guests.

The rules incident to the use and enjoyment of the facilities of the Niguel Shores Community Center shall be structured to provide maximum recreational benefits to the greatest number of persons. To preserve and protect these mutual rights, rules have been established by the Niguel Shores Community Association Board of Directors. Any individual or groups abusing the rights of use granted under these rules, and the By-Laws of the Association, may have those rights suspended at the discretion of the center staff. Such suspensions shall be for specified periods of time as determined by the Board of Directors.

General Rules

1. Guests at the recreation center must be accompanied by members at all times while in the center area. Members will be held responsible for the conduct of their guests and their observance of adopted rules. Member's children (18 years or under) are restricted to two guests per day.
2. Access to the recreation center is restricted to authorized times and entrances only. Any member who enters during unauthorized hours is subject to trespassing laws and the suspension of the use rights. Violations of this rule by guests of members shall be cause for suspension of member privileges.
3. No pets or animals are permitted within the Recreation Center.
4. No glass containers or glass objects are permitted on center property without prior authorization by the Recreation Manager.
5. Smoking is prohibited in designated NO SMOKING areas.
6. Rough or boisterous conduct, profanity, gambling or immoderate use of alcohol is prohibited and will be grounds for expulsion and suspension of privileges.
7. Staff has the authority to enforce all prescribed rules. It is the responsibility of each member to report infractions to the Recreation Manager.
8. All storage areas, pool filtration rooms, and private meeting rooms are off limits.

9. Anyone misusing or vandalizing center facilities will be referred to the local authorities for prosecution and will be subject to suspension of privileges.
10. Groups desiring to serve alcoholic beverages must obtain prior consent of the Recreation Manager. Applications must be submitted at least two weeks prior to the date of the event and must indicate the following information:
 - A. Certification of County issued license if liquor is to be sold.
 - B. Signed liability and property release for room use; proof of insurance, as required by the Recreation Manager or Board of Directors.
 - C. Required deposit on room usage (see schedule).
11. Shoes or appropriate footwear are required at all times except when activities dictate otherwise, at the discretion of the Recreation Manager.
12. Recreation facility users may be required to furnish proof that they reside within Niguel Shores.
13. Only one lot membership per lot shall be permitted (i.e., If an owner rents or leases his property in Niguel Shores, either the tenant or the owner may be a center member, but not both. The membership designation, if other than the listed owner, must be listed with the Recreation Manager.)
14. Only activities programmed and scheduled by the Recreation Manager and his staff may preclude member usage of pool, playground, lockers, jacuzzi, or trellis area at any time.
15. Loitering on or about the Recreation Center area (including parking lot) is prohibited.
16. Any member observing infractions of the above rules; vandalism of the facilities; or other malicious acts is requested to report such occurrences immediately to the Recreation Manager, the Resident Manager, or Professional Community Management. Cooperation is essential to the orderly maintenance of the center facility.

SCHEDULING

1. Niguel Shores Community Center facilities may only be reserved by the waive of release form signed by a responsible representative of the group and approved by the Recreation Manager.
2. Recreation facility reservation requests must be submitted in writing to the Niguel Shores Community Center Office between 9:00 a.m. and 6:00 p.m. Monday thru Friday (except holidays).
3. Facility must be reserved 31 days prior to scheduled event on a first come first serve basis. Written reservation request must be filed with the Recreation Manager at least 31 days prior to the proposed date of the event.

13. If court cancellation is made at least one hour prior to scheduled time, the court may be rescheduled. If a "don't show" is recorded to the players time (5 minutes late without call), he will forfeit two weeks court scheduling privileges. If unable to make scheduled time, player should call prior to time reserved, so that the court may be rescheduled.

SWIMMING POOL RULES

1. Pool Hours

7:30 am - 9:00 pm Weekends

7:30 am - 9:00 pm Weekdays

2. No member or guest is permitted in the pool area or center ground prior to 7:30 am or after 9:00 pm. Member violators will be subject to suspension of use privileges. Non-member violators will be subject to arrest as trespassers. Children must be 12 years old or in the 7th grade in order to go swimming without adult accompaniment.
3. All persons must obey rules and requests made by the center personnel.
4. Showers are requested by all pool users before entering the pool area.
5. All persons with hair that touches shoulders when wet MUST wear a rubber band or bathing cap.
6. Chewing gum or eating on the pool premises is not allowed. No glass containers of any kind permitted in the pool area.
7. Floating apparatus, glass items, sticks, stones, or any object which is not part of the regular programmed equipment items are not allowed in the pool area. Playing ball on deck is prohibited.
8. Swim suits must be worn by persons using the pool. No cut-offs or street clothing.
9. Persons with colds, coughs, red or infected eyes, skin eruptions, open wounds, sores or bandages are not permitted in the pool area.
10. Non-swimmers or weak swimmers must remain in the shallow water no deeper than their armpits. The lifeguard may request any user to take a safety test and may restrict any user's use of the pool.
11. Dangerous practices prohibited: pool users may not run on decks; climb on, sit, jump from fences or other structures; or dive in shallow water. Horseplay or wrestling on decks, ladders, springboards in the pool, or in dressing rooms is prohibited.
12. Spitting, spouting of water or blowing nose in the pool is prohibited.
13. Emergency or exit signal of lifeguard or center staff must be observed. Swimmers must leave the pool area immediately upon the signal or request of the center personnel, pool personnel, counselors, or group leaders.
14. Management reserves the right to expel persons under the influence of alcohol or narcotics from the pool or pool area.

4. A. Resident groups: (More than 50% of the persons attending are Niguel Homeowner Association Members) a clean-up fee of \$40.00 and a damage deposit of \$25.00 must accompany the reservation request.
- B. Non-Resident groups: (Less than 50% of the persons attending the event are Niguel Homeowner Association Members) a clean-up fee of \$100.00 and a damage deposit of \$100.00 must accompany the reservation request.*

*Fees and deposits will be refunded if reservation request is denied. Damage deposits are refundable after scheduled event if no damage or extraordinary maintenance occurs as a result of the activity.

5. The serving or consumption of food or beverages is limited to multi-use rooms, picnic area, and trellis area adjacent to Main Office. Any group proposing to serve food or beverages must have prior approval by the Recreation ofc. Glass will be permitted in the Multi-Use Room and trellis areas only and only on prior approval of the Recreation Manager.

USE OF TENNIS COURTS

1. Tennis shoes and appropriate attire are permitted.
2. Children under 6 are not allowed on the courts unless playing tennis, and accompanied by adults. Children over 6 must be players or seated spectators. No activities other than tennis is to occur on any tennis court at any time.
3. No food is allowed on courts.
4. Court sign-ups will be in the recreation office on a first come first serve basis. No more than one reservation per family per day. Courts may not be reserved more than 24 hours ahead of playing time desired.
5. Courts are to be used for tennis only.
6. Tennis etiquette is to be observed at all times.
7. All scheduled courts must be relinquished when time is up.
8. Center sponsored play will have priority over courts 3 and 4 on weekends only.
9. Players are encouraged to play doubles when possible and during "prime" times.
10. If a court is not occupied within 5 minutes of scheduled time, it will be relinquished for the use of racking players or stand-by players on a first come first serve basis.
11. Members must observe posted court rules.
12. All tennis clinics, all private charged lessons, or any such group tennis instruction must be approved by Center Manager two weeks prior to being conducted and must be open to all residents. No tennis lessons will be permitted during prime weekend playing times.

15. One person at a time will be permitted on the diving board.
16. Children under 12 years of age are not allowed in the pool or pool area unless accompanied by an adult when a lifeguard is not on duty.

Jacuzzi Rules

1. Shower before using.
2. Use restroom facilities.
3. No food or beverage allowed in jacuzzi area.
4. No smoking in jacuzzi area.
5. It is recommended not to exceed 15 minutes of usage per visit.

Sauna Rules

1. All persons must be 18 years or older to use the sauna.
2. The following categories of personal medical backgrounds are not to use sauna:
 - A. Heart patients, stroke victims or history of cardiovascular ailments
 - B. Epilepsy
 - C. Diabetics or hypoglycemic persons
 - D. Recent head injury
 - E. Under the influence or control of alcohol or drugs
 - F. When feverish or suffering from contagious illness
3. HOW TO USE
 - A. Sauna baths are to be taken in three stages with each sauna bath lasting no more than 10 minutes.
 - B. After each 10 minute sauna bath, a "cool" shower should be taken. Before taking a second and third sauna bath, you should rest at least 10 minutes.
 - C. For your comfort and convenience, a towel may be placed over the hot red-wood benches. Bathing suits may be worn if preferred.
 - D. Overheating precautions are shortness of breath, rapid heavy pulse, dryness of mouth, and dizziness. Sauna cycles should be discontinued when these signs occur.
 - E. Enjoy your sauna and good health!
4. IF USING SAUNA ALONE, PLEASE ALERT RECREATION STAFF.

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LOCKER AND DRESSING AREA

1. Lockers are available on a daily basis only, and then only while using the facility.
2. Residents wishing to lock up valuables may do so by bringing their own lock.
3. Locks left on a locker over 24 hours will be removed by club management.

CIVIC ORGANIZATIONS

The following committees and clubs are active in Niguel Shores. If you are interested in joining any of these organizations please contact the Recreation Center Office at 493-0122.

1. Zoning Committee
2. Security Committee
3. Recreation Committee
4. Landscape Committee
5. Maintenance Committee
6. Legal Committee
7. Finance Committee
8. Communication
9. Architectural Committee
10. C C & R
11. Youth
12. Men's Club
13. Women's Club