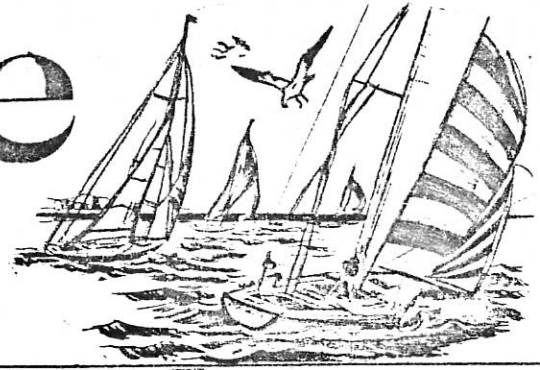


# seashore news



Published monthly by the Niguel Shores Community Association

**FROM THE HELM**

MAY 1983

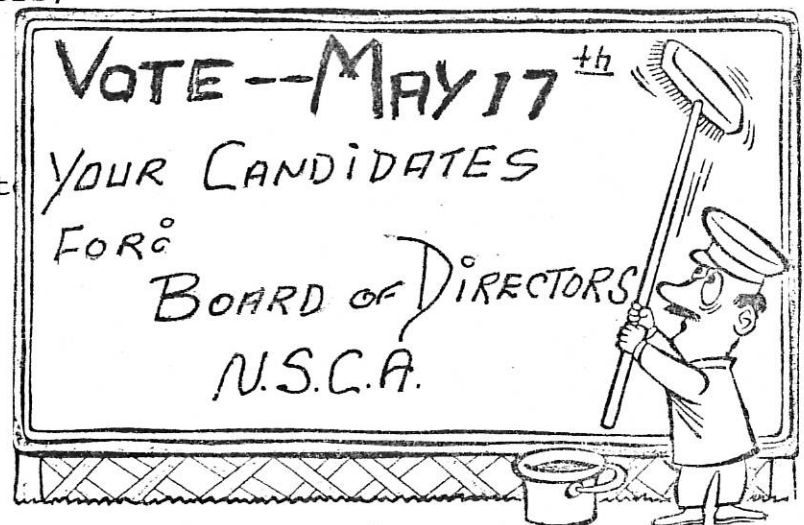
The most important meeting of Members, the Annual Meeting, is scheduled for May 17th, 1983, at 8:00pm, in the Community Center Multi-purpose Room.

Our By Laws for such a meeting state that; "the presence there-at of Members or proxies entitled to exercise not less than fifty per cent (50%) of the voting power of the membership shall constitute a quorum for the transaction of business."

"If the required quorum is not present or represented at the meeting, the Members entitled to vote there-at may adjourn the meeting, without notice, to a time not less than forty-eight (48) hours nor more than thirty (30) days from the time the preceding meeting was called, and the required quorum at any such subsequent meeting shall be one half ( $\frac{1}{2}$ ) of the required quorum at the preceding meeting."

The prime happening will be the election of two Directors to your Board. Immediately after the Meeting, the New Board consisting of the two newly elected Directors and present Directors, with one year remaining on their terms of office, namely, Dr. Burr McKeehan, Howard Magwood, and Dave Parrett will hold an Organizational Meeting to elect the Officers who will operate our Community for the next year.

Members who feel that this Neighborhood Community is a great place to live should take some positive action to keep it that way. Learn about the Candidates and register your vote and ask your friends to vote.



The Board has held several special meetings for intensive reviews of staff positions. In line with recommendations from our Finance Committee and individual members, it was decided to reduce our staff by elimination of the Assistant Manager position, and therefore, since Mrs. Francie Werner's position has been eliminated, she will be leaving.

Her overall performance in supervising her staff, and serving members and the Board has been very satisfactory. She will receive an excellent recommendation and we Thank Her and Wish Her Well.

Mr. Smiley will absorb some of Francie's duties as will our excellent staff consisting of Ruth Rosen, Sue Alexander, and Keith Lavery who, we are pleased to note has returned to N.S.C.A. as our bookkeeper.

The insert "Robinhood Subsidies; a Dubious New Fad", a Fortune Magazine article, examines the Selva West affordable housing deal. John Bulleit brought it in and Forrest Owen was expert in getting permission from the Publisher to use it. Thanks to both of you.

The Board has authorized the installation of a fence between Tennis Courts 3 and 4 at a cost not to exceed \$1640.

Intensive work by Mr. Smiley, our lawyer, Dick Fiore, Converse Consultants and others on the Breakers Isle slope repair project including discussions with Orange County people is proceeding. More on this next month.

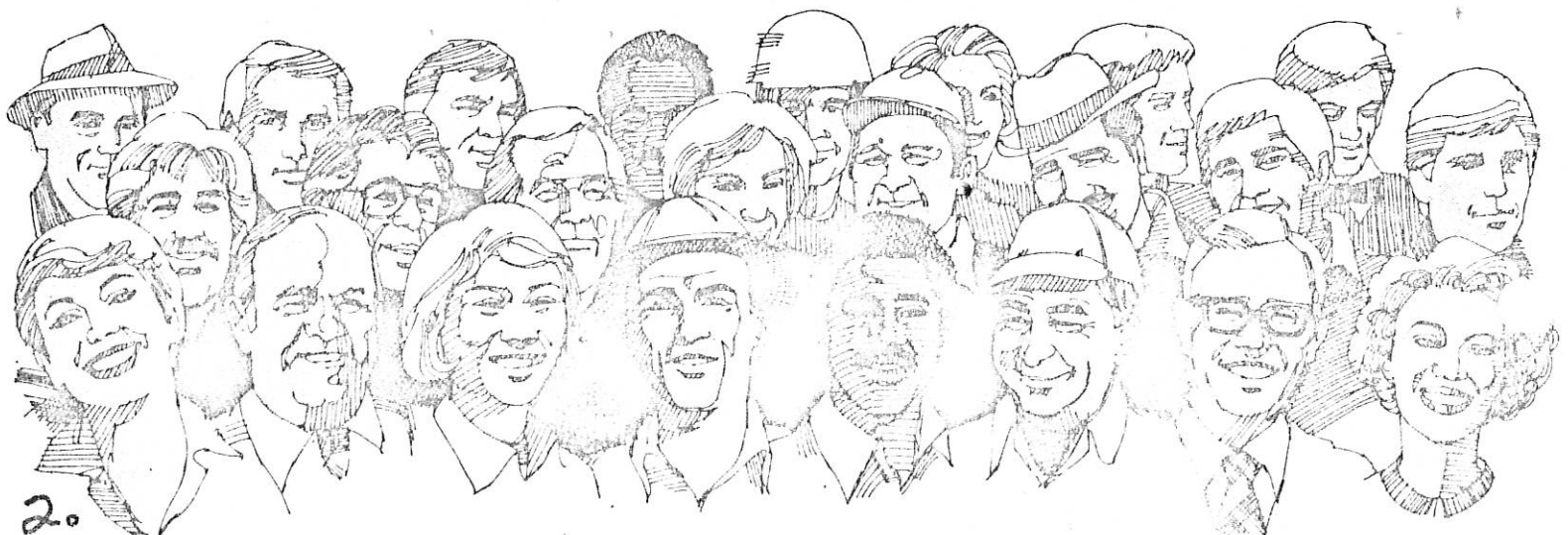
We learn that in the matter of the appeal of Sea Terrace II vs N.S.C.A., the ruling is in favor of N.S.C.A. Complete information is not yet available as of press time.

This is my final column after serving 21 months as a Director, the last nine as President. In this period, many controversial resolutions and projects have been discussed at Board meetings. At times the discussions have been vociferous, the votes not always unanimous and tempers have flared. In no case, however, did any Board Member vote for any reason other than the good of the Community as he or she saw it.

We all hope that we have contributed to the task of keeping our Community the best of all Neighborhood Communities. Good Luck to All!

*Joe Schaefer*

President, N.S.C.A.



In deciding on the contents of the "MANAGER'S REPORT" article for the 3 months Seashore News, I considered and include:

# Manager's Report

Breakers Isle: The Board has authorized Management to obtain the necessary and appropriate Engineering Report(s) from our consultants, Converse Engineering, and to obtain cost estimates from contractors. The County of Orange is being advised of the findings and their assistance, cooperation and participation in the prompt correction of this problem, are being sought.



## Manta and Garibaldi Gates - "Guest Entry":

As previously reported, the relocation of the Guest Call-in boards is nearing completion. It is expected that this modification will result in a favorable improvement for both Residents and their Guests. Upon completion, the entry activity will be monitored by Management and Security. Any operation problems will be noted and promptly dealt with.

Beach Parking Lot: Management recently reviewed the beach parking area and has embarked on an in-house clean-up/fix-up plan which includes, fencing and signs, to reduce nonmembers use (trespassers), and increase resident use and enjoyment of that area. If you have not already noticed some improvement, we trust you will on your next visit.

A note of appreciation - our Maintenance Supervisor, Dick Elliott has "scavenged" the materials to construct the new "benches", the installation of which should be complete by the time this newsletter is released. I would point out, Dick Elliott did this bench project at no cost to the Association, except maintenance personal time. I think, it is a nice addition to the area --I hope you will agree.

Staff Reduction: While a reduction in staff may equate to a reduction of cost/overhead and the budget savings, it may or may not always prove to be cost effective, only time will tell.

Of course staff members always hate to see a fellow staff member go. The latter is especially true in the case of Francie Werner, my "Right Arm", for the past couple of years here at Niguel Shores. Much has been accomplished by and with Francies help. The considerable improvement in recent years, in the overall management operation at Niguel Shores can be traced to the hard work and efforts she has put forth. She is a loyal, trusted employee and friend. I take this opportunity to say "THANK YOU", to her for both myself, the staff and Niguel Shores. Many favorable comments already received from residents/members, are most appreciated. I and the staff shall work diligently to fill the void and work hard to maintain and continue to improve the management operations at Niguel Shores for the benefit of all.

"THANKS FRANCIE" AND GOOD LUCK!

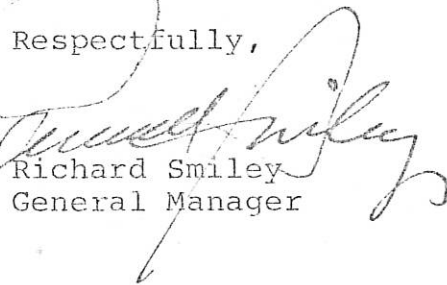
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Management Goals and Accomplishments: When I accepted the position of General Manager at Niguel Shores, I considered it an opportunity to apply learned skills and information to the needs of the Niguel Shores Community. I set both short term and long term goals which I worked to accomplish. Many or most of those goals have been realized. The present staff is professional, loyal and hard working -- the interplay between committees, contractors and staff is excellent. The work product of Dick Wendt, our landscaper and ABCO Security, continues to receive much favorable comment from members and guests alike, and is visible to all. The financial condition of the Association is very good -- a good audit for the second year in a row, a favorable budget savings in 1982, etc., are all accomplishments we can be proud of.

It is now time for me to review and reset goals for the future. The review of our reserves is being commenced and some other projects are underway and should be completed shortly. You can help me. As I reassess these goals and needs of Niguel Shores, I enlist your comments and suggestions. If you wish to comment or provide input, I would appreciate a note. I will share these with your Board of Directors whose task it is to set policy and oversee the total operation of Niguel Shores.

My appreciation to the outgoing Board-----my very best wishes to the new 1983-84 Board of Directors to be elected May 17, 1983. I look forward to working with them for the common good.

Respectfully,



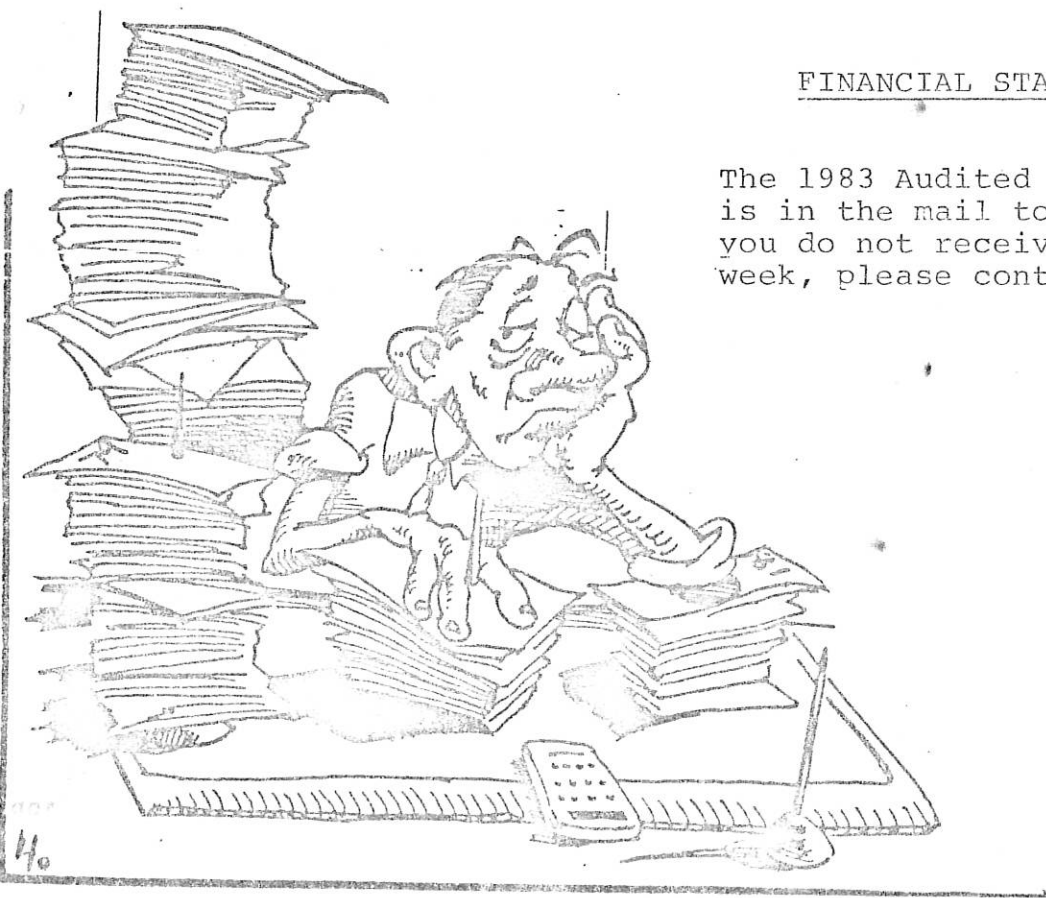
Richard Smiley  
General Manager

.....  
*Our  
Books*  
.....



FINANCIAL STATEMENT

The 1983 Audited Financial Statement is in the mail to all Members. If you do not receive one within the week, please contact the office.



# "Read all about it"



## MEET THE CANDIDATES-----

The Nominating Committee wishes to present the Candidates for the May 17th, 1983 Board of Directors Annual Election.

- John P. Dougherty
- Ken Knight, Incumbent
- Lana Ojendyk
- Harrie Whitney

The resumes of these four candidates follow.

We wish to remind you; if you wish to run for the Board, please contact the Nominating Committee or leave your name and phone number at the office.

Burr McKeehan  
Chairman, Nominating Committee

\*\*\*\*\*

### JOHN P. DOUGHERTY

John P. Dougherty is a Chemical Engineer employed for the last 25 years by Hunt Wesson Foods. He is Director of Corporate Facility Planning, responsible for the administration of the capital budget, the analysis of new products, and plant expansions.

As a business professional responsible for major capital programs, he understands the importance of planning and budget control.

Niguel Shores is operating a business with a large budget and must be sure that every dollar is spent wisely so that each member gets the most for his dues. Mr. Dougherty's priorities will be the security of the community and its efficient economical operation so that, if possible, the association dues can be reduced through a cost effective community administration. He believes this can be accomplished through sound business practices, i.e., establishing specifications, and seeking competitive bids for all major community expenditures, and requiring strict accountability of management to the Board of Directors.

He has lived in the Shores with his wife, Joanne, and sons, Dan(18) and Chris(15), for the past 10 years. His children have grown up here and have benefitted from the community, and he feels that everything must be done to improve it.

KEN KNIGHT

During the past seven years I have served as a member of three committees, (Finance, CC&R's, Landscape/Maintenance) and as Chairman of the last two. I have served ½ year as a member of the Board of Directors, (appointed in place of a member who resigned).

I was for seventeen years an Assistant Superintendent with the Los Angeles City Schools, managing Personnel Operations for 70,000 employees, (hiring, firing, salary administration, training, promotion, rule-making, and budget control).

I believe that extensive participation of community members in the various Association committees is essential to proper management. My feeling is that Board decisions should involve input from the General Manager and the appropriate committee, (either a standing committee or an "ad hoc" committee composed of community members with special qualifications in the problem area).

I believe that in the future we should have more topics voted on by the Board during the public meetings and that the Board should take the initiative in informing the community of the facts relating to impending problems and important issues.

\*\*\*\*\*

LANA OJENDYK

Running for Board of Directors seems to be a natural culmination of my previous activities here in Niguel Shores, which includes working with our various committees and being active in Mom's Club.

My background in having an Interior Design business has given me experience in finance, organization of time, and knowing the importance of communication.

When my husband and I first moved here, my concern was the proper care of our neighborhood to protect property values. Since I've become the mother of a daughter, these concerns have evolved to include security and keeping our area a desirable place for families to grow and have community activities.

I feel I would bring a fresh outlook and different perspective to the Board. I have always been willing to spend time researching facts and I have a history of volunteering my time for the community.

It is a responsibility and a privilege for me to be more actively involved as a board member to continue the progress to improve the quality of Niguel Shores life for my family, neighbors and fellow Niguel Shores residents.

HARRIE L. WHITNEY

I have been Vice President, President, and Chairman of the Niguel Shores Community Association Board, Treasurer of the Sea Terrace I Board, Chairman of the Security Committee, and member of other Niguel Shores committees and organizations. Additionally, I have been a Kiwanis Club president and am a retired Pasadena secondary school principal. As such I have gained considerable experience in community affairs and have been directly involved in Association operations.

In the years ahead, the Board will face a number of significant problems, such as; Increased traffic, CC&R enforcement, Breakers Isle slope erosion, relations with our neighbors, and water and legal matters.

So it is appropriate that we consider the qualities of an effective board member.

It seems to me that a strong board member should;

Have Experience with our community affairs

Be Willing To

Enforce the CC&R's fairly.  
Do the homework necessary to render informed decisions.  
Recognize contributions of committees, staff and individuals.

Have The Ability To

Work well with others.  
Represent impartially all segments of the community.  
Lend stability to the Board.

If the Board does its job, and is properly supported by the membership, the quality of our community will be maintained and enhanced.

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“IT'S  
THAT TIME  
AGAIN”



A N N U A L   M E E T I N G   A N D   E L E C T I O N

TUESDAY, MAY 17, 1983

REGISTRATION: 7:00 P.M.

The Nominating Committee is still seeking candidates for the Board of Directors. Any member of the Association is eligible to become a candidate. Those interested are requested to contact Dr. Burr McKeehan, Chairman of the Nominating Committee, as soon as possible. Candidates may also be nominated from the floor at the meeting.

All members are urged to attend the Annual Meeting and exercise their votes. Fifty percent of the membership, or 480 memberships, must be present, either in person or by proxy, to constitute a quorum, without which the meeting may not be held. If you cannot attend the meeting in person, please send in your proxy.

REMEMBER: Your attendance, either in person or by proxy, is IMPORTANT!!

If you will be issuing a proxy to the Association President or Secretary, or to another individual, please be sure the proxy form is properly completed.

If you designate the President or Secretary as your proxy to vote for a specific nominee or nominees, you MUST check the first box, (To vote in the election of Directors), and indicate for whom your two votes are to be cast. If you do not check the box and indicate votes for a specific individual or individuals, the proxy will be used for quorum purposes only.

If you designate someone other than the President or Secretary as your proxy, you must indicate that person's name in the space provided. You may instruct your proxy to vote for a specific individual or individuals by checking the first box and by indicating the number of votes and for whom below.

If you wish your proxy to vote at his or her discretion, check the second box. If you do not check either box, the proxy will be used for quorum purposes only.

**SPEAK OUT!**





# Committee Briefs

## LANDSCAPE COMMITTEE REPORT

Paraphrasing the opening lines of a poem familiar to all schoolboys and girls,

"We think that we will never see more problems than the ones concerning trees." Perhaps it would be helpful to the members of the community if we clarify the general policies we are following in our desire to maintain and improve the landscaping of Niguel Shores.



TREE REMOVAL - This is not undertaken lightly. We value the beauty that trees contribute to the enhancement of our surroundings. When removal is necessary, it is due to one or more of the following reasons:

1. Overcrowding. Original plantings in many instances were placed in inappropriate locations without consideration for the ultimate size of the tree when mature.
2. Some trees are unsuitable for our area because they are prone to excessive disease and insect infestation. Example: Alders and Ornamental Pears.
3. Surface roots of trees improperly located at time of original planting are causing damage to sidewalks, fences, curbing and driveways.
4. Safety concerns affecting structures, surrounding trees and individuals.

### TREE TRIMMING

1. View blockage is the concern of a sub-committee of the Architectural Control Committee. Necessary action is taken after consultation with the Landscape Committee.
2. To provide for an efficient and cost-saving operation, tree trimming in general is done according to a regular schedule developed by the Landscape Contractor.

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3. Future trimming will attempt to consider the natural shape of each type of tree.
4. Consideration will be given to the privacy factor. However, if trimming is necessary for the appearance and healthy growth of any permanent planting, this will take precedence.

A REMINDER TO HOMEOWNERS:

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All complaints, requests and suggestions should be made to the General Manager by letter or by filling out a form provided by the office. This is in accord with a policy dated December 20, 1978, to be attached to the CC&R's. Do not contact the Landscape Contractor or the Committee Chairman.

Your requests are logged, referred by the General Manager to the proper committee or individual, and the final action taken is reported and noted on the log. In most instances, due to the excessive correspondence this would entail, homeowners will not be notified of the action taken on their requests. However, this information is available at the Main Office.

To assist the Landscape Committee in carrying out its obligation to this community, residents are requested to refrain from interfering with the work schedule of the Landscape Crew, Supervisors or the Landscape Contractor. This practice delays the completion of assigned projects and results in an additional cost of maintenance to the Association. Please follow the proper procedure or consult with your Landscape Representative. Each area has its designated representative, who serves on the Landscape Committee. They are the following:

Dick Beaubian - Berkus Homes  
Josephine Hart - Broadmoor Homes  
Norm Pomeroy - Garden Homes  
Phyllis Sanchez - Lower Shores (Tracts 6988m 7156)  
Stan Thompson - Upper Shores (Tracts 6883m 7203)  
Buck Ewing - Sea Terrace I  
Betty Pease - Sea Terrace II  
Harry Landis - Villas

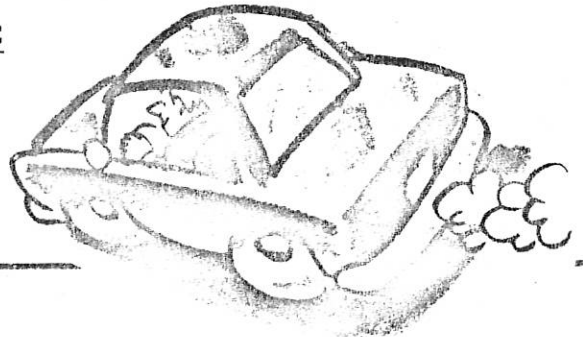
In addition to the above members, the committee is assisted by Harry Otsubo as Landscape Consultant and Ken Knight, who provides liason with the Board of Directors.

Betty Pease, Chairman  
Landscape Committee

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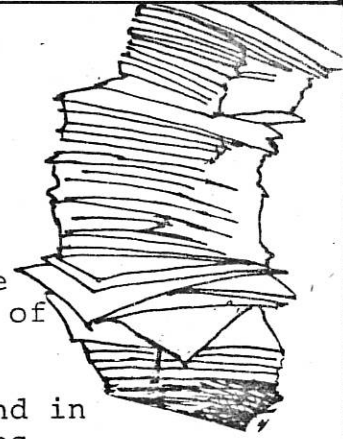
M A R I N E R   G A T E

As a courtesy to your security guard and your neighbors: Please dim your lights when entering the Mariner Gate in the evening.



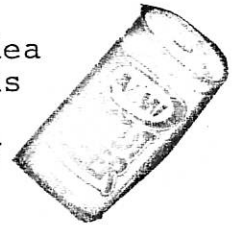
## PAPER AND ALUMINUM RECYCLING PROGRAM

The Niguel Shores paper recycling program was started on February 6, 1978 and has been in continuous operation since that date. In the 61 months (through February 1981) we have recovered, through recycling, 1,786,120 pounds, or 893 tons of paper.



Aluminum recycling began a year later on January 13, 1979 and in 48 months, we have recycled 5997 pounds, mostly beverage cans. Using 19 beverage cans to the pound, this means that 113,943 cans have been recycled, for an average, over 48 months, of 3374 cans per month, or slightly more than 2 cans per Niguel Shores residence per month. Not too bad, but we can do a lot better. Each beverage can that goes into the trash is a loss of about 1½¢ to our recycling program.

The paper and aluminum recycling program was started with the idea of salvaging material resources of our country and as such it has served us well, and the funds derived from the sale of these materials has been used to good advantage for the benefit of our entire community.



THE NIGUEL SHORES MEN'S CLUB STARTED AND ADMINISTERS THE PROGRAM AS A SERVICE TO OUR COMMUNITY. IT HAS NEVER USED ANY OF THE FUNDS FOR ITS OWN BENEFIT. ALL FUNDS HAVE BEEN USED SOLELY FOR PROJECTS WHICH IMPROVE OUR COMMUNITY.

To date, \$17,442.58 has been realized from sales and bank interest, and expenditures over the 61 months amounts to \$11,705.15.

As of April 19, there is a balance of \$5,737.43 on hand in two banks, to be used as occasion arises, where funds are not available in the General Community budget and an expenditure can be justified to the Men's Club as highly desirable or needed.

Many thanks to those loyal supporters who regularly deliver their paper and aluminum to our accumulation center next to the community club house.



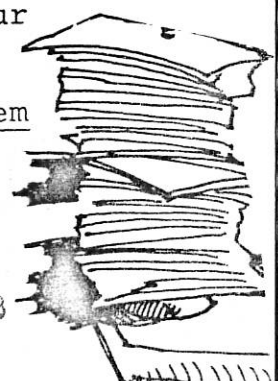
To the new residents of the community:

All kinds of paper are needed. Primarily, newspapers make up the bulk, but also magazines, books, journals, files, catalogs and junk mail are welcome. Just encase your paper in large grocery bags, or tie them in bundles. If you prefer, stock them in cardboard cartons, and deliver them at your convenience to the paper shed. We will do the rest.

There is also a container next to the paper shed to deposit your crushed (hopefully) aluminum beverage cans.

Please do not trash your paper and aluminum---Let us "CASH" them for our Community!

Russ Paslaqua  
Niguel Shores Men's Club



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# A quick message for

# owners

## SEA TERRACE II

All residents and other homeowners are reminded that their cars should be registered at the Shores office, and that the cars should have decals issued by the office.

Guests of residents continue to have problems at our entry gates. People who attempt to drive in when the light is red and the gate arm is down end up with tire damage. Again we ask residents to caution their visitors not to attempt to drive through the entry unless the green light is on and the gate arm is up.

A new gate phone system for visitors is being installed in a new location. We expect that it will be more convenient, less prone to breakdowns, and less expensive.

Ed. Adams  
President, Sea Terrace II

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## **MEN'S CLUB-----**

TO THOSE MEN OF NIGUEL SHORES WHO DO NOT COME TO MEN'S CLUB BREAKFAST:

You are missing a good bet!

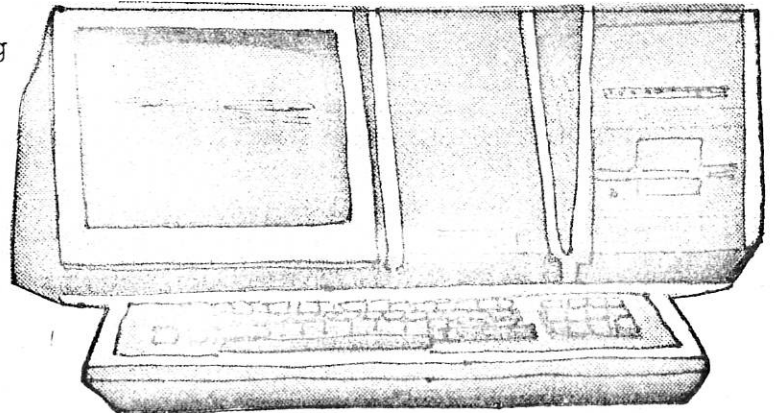
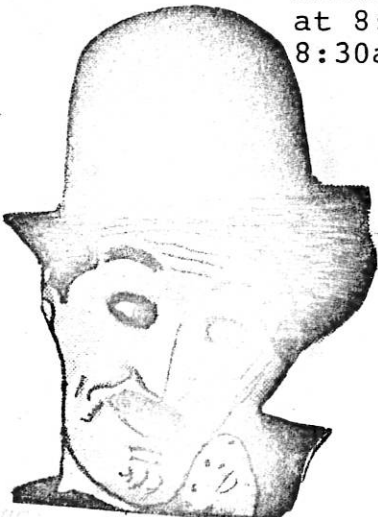
On the first and third Tuesdays of each month, you have the opportunity for:

- A - A hearty breakfast
- B - A good speaker, or film presentation
- C - Outstanding fellowship

-----And all for \$1.25!-----

We have scheduled speakers from the fields of medicine and health, arts and sciences, industry and finance, education and sports. On May 3, a highly qualified speaker from IBM will discuss personal computers and other technology.

BETTER COME! Socializing  
at 8:15am - Breakfast at  
8:30am, out by 10:00am



John Bulleit  
President, Men's Club

## OMEN'S CLUB HIGHLIGHTS

In March, the board of new officers was installed after a delightful tea was served.

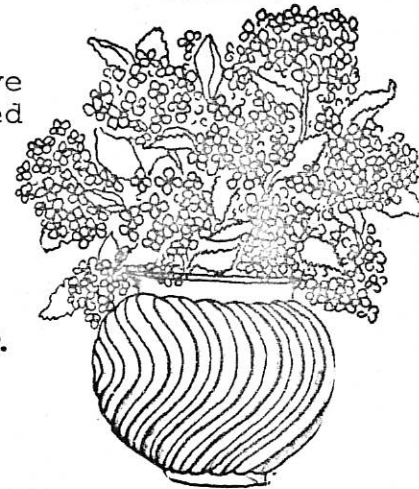
Lois Songer introduced the new officers and presented each of them with a lovely spray of flowers...The new officers for 1983-1984 are:

President---Lois Salemi  
Vice-President---Sallie Armstrong  
                          Sally Moore  
Secretary---Margaret Brugger  
Treasurer---Ruth Crawford  
Historian---Margueritte Horne

Valerie Fellows was presented with a gift of appreciation for the excellent job she did as president for the past year.

The next regular meeting will be on Thursday, May 5, at the Community Center. The So. Calif. representative of the American Association of Retired People will be our speaker. She should have very interesting and valuable information for many of us.

If you are new to our community and would be interested in membership, please call Maralee Davis at 496-1049. All women in the community are most welcome.



OUTSIDE ACTIVITY! Golden Thimble VII - Needlework Exhibit.

Save the date, May 19, for our trip to Good Samaritan Hospital for this very special exhibit of fine needlework, including a rare collection of Chinese silk embroideries, a scale replica of an historical Victorian mansion, and thread paintings by the renown Jan Jellins. Cost of the tour, which includes bus, admission, and lunch, is \$19.00. We will be leaving the Community Center at 9:00am. Make your reservations early (with checks, please) and indicate your choice of sandwich for lunch (ham, turkey, or roast beef). Husbands and guests are welcome. For more information, call Louise Wasson at 496-9602 or Farrand Elsner at 493-9445. Deadline for reservation is Thursday, May 12.

### ARTS AND CRAFTS

The crafts class meets under the direction of Maralee Davis on the second Thursday - May 12. Bring a sack lunch and join the group! Call Maralee for more information at 496-1049.

ATTENTION MOMS:

The Niguel Shores Babysitting Co-op is open to new members. The Co-op is an organized system for trading "sits" with other mothers. It's a great way to obtain some free time for yourself, and also to meet other Community Members with children. For more information, Please contact Niki Bates at.....496-8325.

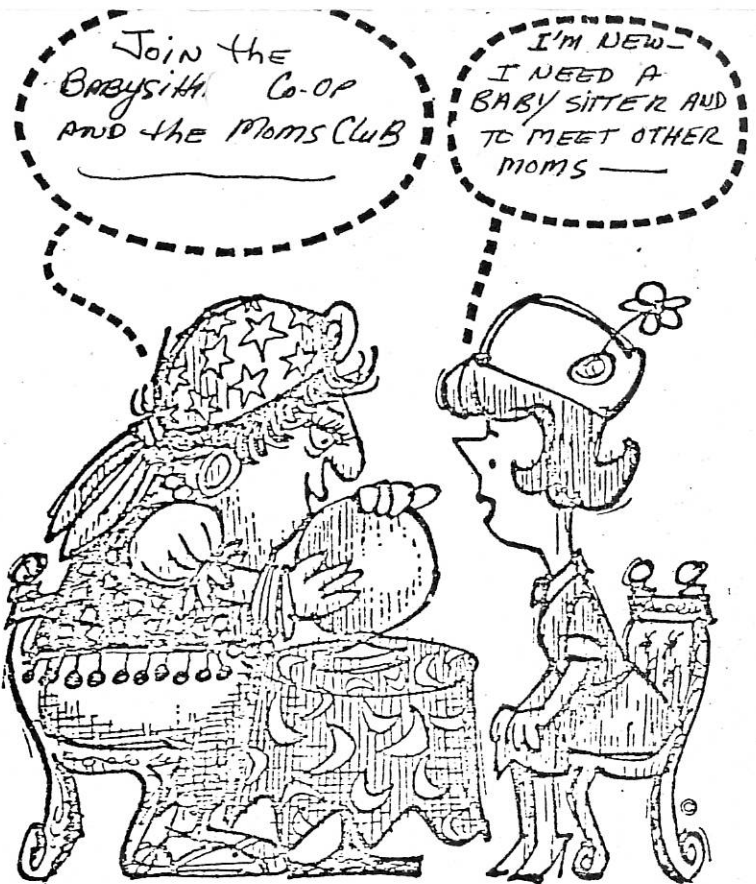
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Breakfast Meeting

Tuesday, May 17, 9:30a.m.  
The Cottage, Laguna Beach  
RSVP: 496-9431

Mom's Club Mixer

Saturday, May 21, 5-8p.m.  
BYOB (and Husbands or Dates)  
33431 Cockleshell Dr.  
Come Get Acquainted!  
RSVP: 496-8309 or 496-9431



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POT LUCK

TRENCHERMAN'S DELIGHT

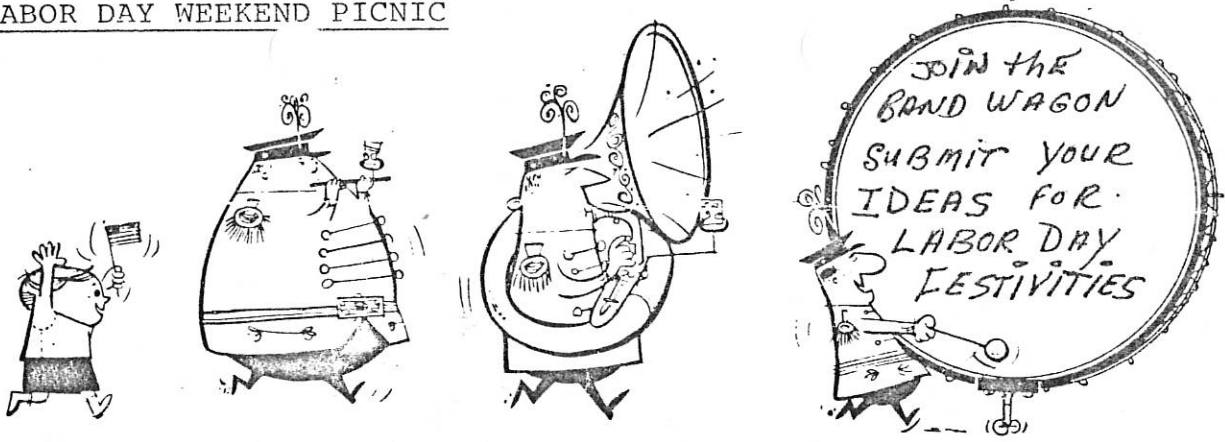
This month's Potluck is Sunday May 15th. All adults are welcome. Happy Hour starts at 6:00pm and Dinner at 7:00pm. Bring your own refreshments and your own table settings.

One of the following committee members will call for your food assignment unless you call them first.

- |     |                             |          |
|-----|-----------------------------|----------|
| A-G | Anna Jo & Dick Phares       | 493-0775 |
| H-N | Dorothy & Mickey McLaughlin | 493-0545 |
| O-Z | Hazel & Ed Lafler           | 661-9084 |



# LABOR DAY WEEKEND PICNIC



The Recreation Committee is planning a Three Day Event culminating in a Community picnic on LABOR DAY. We anticipate spending Saturday and Sunday involving all residents of all age groups in some planned athletic activities. Then on Monday, we are having Awards Ceremonies and a Picnic.

Needless to say, this type of activity takes much planning and many hours to present. Therefore, I would like to ask for volunteers to join our next meeting on Wednesday, May 11th, at 8:00pm.

In order to be successful, we need as many ideas as possible for the various events. If you have ideas and cannot attend our meeting, Please Call Me at ...493-9865.

The Committee would like to commend the NSCA Staff for an Outstanding Easter Week Program presented for the vacationing students. Many residents have commented on the Fine Quality of this program.

ABSENTEE OWNERS: You are urged to remind tenants to be familiar with pool and recreation facility rules.

Tom Kirby  
Chairman, Recreation Committee

o o

## WATERCOLOR

WATERCOLOR CLASSES are continuing on Mondays from 1:00pm until 4:00pm. New students of any level of experience are welcome. Register and pay in the office at the beginning of each month, for as many sessions as you plan to attend. Make checks payable to Doris Adams, \$7.50 each three hour session.



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COUPLES BRIDGE

IT'S BRIDGE - PARTY TIME AT THE RECREATION CENTER

Our Semi-Annual Wine & Cheese Party

The Date is:

May 6th

The Menu is:

Wine - Meat Platter

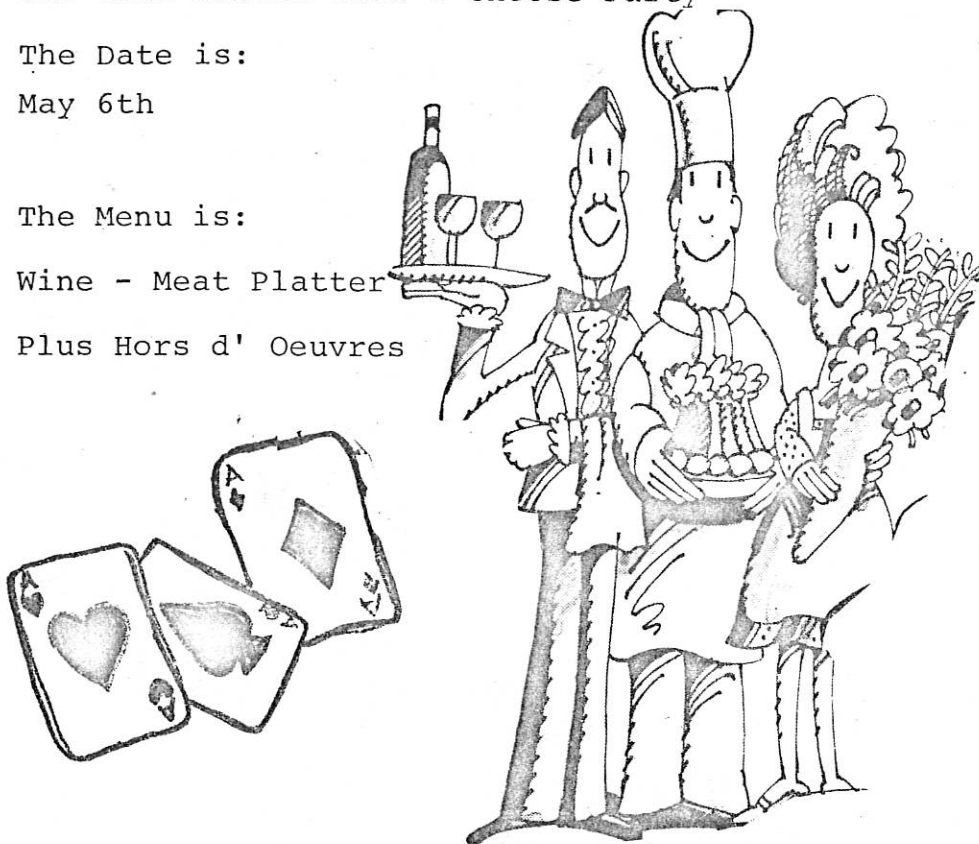
Plus Hors d' Oeuvres

The Time is:

6:00pm

Rolls - Wine

by the Shores'  
Great Chefs!



\$1.00 per person, Bring your favorite recipe, Informal. Chairpersons for the evening are Earle and Marge Seaborn ably assisted by Carl and Marguerite Printz.

And lest we overlook all the fun we had in April, we must thank the Martins, Martha Ray, and the McLaughlins for hosting our two sessions last month and supplying the platters of goodies. A special welcome goes to Bob and Lois Alexander who joined us both nights. Honors for the most skillful players of the evenings were awarded to:

First Place

Second Place

April 1st

Earle & Marge Seaborn

Howard & Fran Magwood

April 15th

Margaret Costello &  
Maryon Wolcott

Merle & Bernice Zeigner

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IF YOU EXPECT perfection from people, your whole life is a series of disappointments, grumblings and complaints. If, on the contrary, you pitch your expectations low, taking folks as the inefficient creatures which they are, you are frequently surprised by having them perform better than you had hoped.

BRUCE BARTON

---



HORES BRIDGE GROUP

WEDNESDAY AFTERNOON --- PROGRESSIVE BRIDGE

March 23rd

- Virginia Brooks - First
- Margaret Costello - Runner-up

March 30th

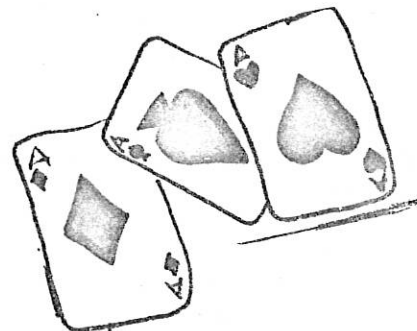
- Lois Salemi - First
- Aileen Scott - Runner-up

April 6th

- Jean Freeman - First
- Lois Salemi - Runner-up

April 13th

- Joan Sullivan - First
- Tove Dahlerup - Runner-up



If you are interested in joining us, please call Jean Freeman at 493-6667 on Mondays for reservations. We play on Wednesdays at the Community Center at 12:00 noon. Plan to be there early so we can start promptly. EVERYONE WELCOME!

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LANDSCAPERS REPORT - HOUSE HOPPERS

On several occasions in the past few years homeowners in Niguel Shores have reported finding very small "BUGS" that looked like "tiny shrimps". I took some specimens to the UC Extension on Ball Road in Anaheim, and they were not specific, but said they represented no threat to our plant life nor would cause any other problem. Recently The Orange County Vector Control responded with the information below, to a request by Mr. Harry Whitney. We thank him for this information. We are further informed that "they are not fleas, and do not bite nor carry any disease and should disappear after the rainy season.

Order AMPHIPODA

House Hopper  
(*Talitrus sylvaticus*)

Householders in various parts of Los Angeles County have been startled by the appearance of these small, red, shrimplike terrestrial crustaceans. Always found dead, they are a nuisance merely by their presence. Infestations characteristically follow rainy periods. It is likely these animals seek the dryness of indoors when their natural habitats are flooded. Ivy ground cover and leaf mold beneath shrubbery apparently offer suitable conditions for development.



Figure 252. House Hopper.

REFERENCE: Mallis, A. 1942. An amphipod household pest in California. J. Econ. Entomol., vol. 35, p. 595.

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# AEROBICISE -- FIT! 'S WITH A FLAIR

## WHAT IS AEROBICISE?

1. A well structured aerobic exercise class must include:  
Stretching - Stretching the muscles of your limbs and trunk area is necessary before faster paced demands are made on your body. Short, tight muscles are more prone to injury than are long, elastic muscles.
2. Warm-up - Class will begin with a standing warm-up to increase the heart rate and pump blood out to your muscles where it is needed. This time is valuable mentally as well as to gain enthusiasm for your workout.
3. Cardiovascular Segment - Sustained cardiovascular "work" will be performed. This is the aerobic segment from which the class receives its name. Emphasis is on movement to elevate the heart rate level between 60% and 80% of your maximum heart rate and sustaining that level for a minimum of 12 minutes, three times a week. You will learn to take your pulse and adjust you movements to reduce or increase your heartrate to bring it into the optimal range.
4. Cooldown - A very important period after any aerobic activity, this 5 minute period of slower movement allows the heart rate to decrease and keep large amounts of blood, now in your system, from pooling in your muscles and causing dizziness or fainting.
5. Exercises - Though spot reducing is a myth, "spot" or area strengthening is not only possible but beneficial in gaining strength and making for a well defined body. Exercises for each major muscle group will be executed, helping to balance your body's strengths.
6. More Stretching - Yes! Studies show that stretching should be done both before and after exercise. A post-workout stretch will relax muscles and also minimize muscle soreness.



As you can see, this program gives the participant a well rounded workout, including something for every major muscle group of the body. It is both economical and fun and if you add all of this to popular, spirit lifting music you've got yourself one heck of a good time. So, come down and Join Us!

### DAYS

Monday - 9:00am - 10:15am Cost: \$12.50/per month

Wednesday - 9:00am - 10:15am Cost: \$10.00/per month

Friday - 9:00am - 10:15am Cost: \$10.00/per month

### Evenings

Monday - 6:00pm - 7:00pm Cost: \$12.50/per month

Thursday - 6:00pm - 7:00pm Cost: \$10.00/per month

Instructor: Maureen Stevens

(See next page for class registration information)







ASSOCIATION DIRECTORY

NIGUEL SHORES COMMUNITY ASSOCIATION  
33654 Niguel Sl. es Drive, Laguna Niguel, CA. 92677  
(493-0122) (831-0116)

- President ..... Joe Schaefer
- Vice President/Treasurer & Ass't. Secretary .... David Parrett
- Vice President/Secretary ..... Howard Magwood
- Vice President ..... Burr McKeehan
- Vice President ..... Ken Knight

SEA TERRACE TOWNHOMES ASSOC. I

SEA TERRACE TOWNHOMES ASSOC. II

- Merle Zeigner, Pres
- Don Anderson
- John Randall
- Dick Phares
- Walt Brugger

- Ed Adams, Pres.
- Jack Broering
- Frieda Baskin
- Don Lutz
- George Freundlich

N. S. C. A. COMMITTEES

- Architectural Control Committee.....Phyllis Luengen, Chairman  
Keith Anderson, Co-Chairman
- Communications Committee .....Dick Phares, Chairman
- Finance Committee .....Rose Marie Lawson, Chairman
- Landscape Committee.....Betty Pease, Chairman
- Maintenance Committee.....Norm Pomeroy, Chairman
- Legal Committee.....Ralph Bartolme, Chairman  
Peter Jones, Co-Chairman
- Nominating Committee.....Burr McKeehan, Chairman
- Recreation Committee.....Tom Kirby, Chairman
- Security Committee.....David Ohrm, Chairman

MEETINGS

- NSCA Board Third Tuesday ea. month, 8:00p.m.
- Architectural Control First & Third Wednesday ea. month, 4:00p.m.
- Communications See Calendar
- Finance See Calendar
- Landscape/Maintenance First Monday ea. month, 4:00p.m.
- Legal Last Thursday ea. month, 7:30p.m.
- Recreation Second Wednesday ea. month, 8:00p.m.
- Security Second Monday ea. month, 4:00p.m.

N.S.C.A. OFFICE

- Dick Smiley, General Manager .....493-0122/831-0116
- Francie Werner, Ass't. Manager..... " "

EMERGENCY NUMBERS

- Police, Paramedics, Fire, etc. ....911
- Orange County Animal Control .....634-7219

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Aerobicise 9-10:15am Watercolor 1-4pm	2 Men's Club Bkfst 8:30am	3 Aerobicise 9-10:15am Hill & Harbor 10-noon Bridge noon Arch Comm 4pm	4 Ladies Tennis 9-noon Women's Club 12:30pm	5 Aerobicise 9-10:15am	6 Bridge/Wine & Cheese Party 6pm
	2 Aerobicise 6-7pm	3 Men's Golf Rainbow Canyon	4 Aerobicise 9-10:15am Bridge noon	5 Ladies Tennis 9-noon	6 Aerobicise 9-10:15am	7
	8 Aerobicise 9-10:15am Watercolor 1-4pm Security 4pm	9 Men's Golf Rainbow Canyon	10 Aerobicise 9-10:15am Bridge noon	11 Ladies Tennis 9-noon	12 Aerobicise 9-10:15am	13 Aerobicise 9-10:15am
	9 Aerobicise 6-7pm	10 Recreation Comm. 8pm	11 Women's Club Crafts 10-2pm	12 Aerobicise 6-7pm	13 Aerobicise 9-10:15am	14
	15 Aerobicise 9-10:15am Sea Trc II 9am Watercolor 1-4pm	16 Men's Club Bkfst 8:30am Mom's Club Bkfst 9:30	17 Aerobicise 9-10:15pm Hill & Harbor 10-noon Bridge noon Arch. Comm 4pm	18 Women's Club Trip 9am Ladies Tennis 9-noon	19 Aerobicise 9-10:15am	20 Aerobicise 9-10:15am
otluck 6pm	16 Aerobicise 6-7pm	17 NSCA ELECTION MEETING 8pm <b>NOTE!</b>	18 Aerobicise 6-7pm Finance. Com. 7:30 pm	19 Aerobicise 6-7pm	20 Aerobicise 9-10:15am	21 Women's Club Mixer 5-8pm
	22 Aerobicise 9-10:15am Watercolor 1-4	23 Men's Golf Rancho San Joaquin	24 Aerobicise 9-10:15pm Bridge noon	25 Ladies Tennis 9-noon	26 Aerobicise 6-7pm	27 Aerobicise 9-10:15am
	23 Aerobicise 6-7pm Communications Comm. 7:30pm	24	25	26	27	28
29	30 OFFICE CLOSED	31 Men's Club Bkfst 8:30am				