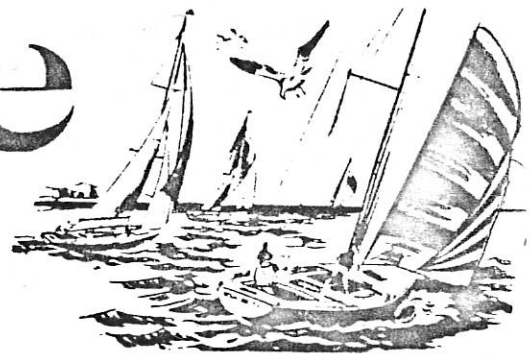


seashore news



PUBLISHED MONTHLY BY THE NIGUEL SHORES COMMUNITY ASSOCIATION

JUNE 1982

FROM THE HELM

The Board has approved:

1. Updated policies and rules and regulations governing the following areas;
Vehicles -- Vehicle Decals, Key Cards, and Passes -- Rubbish and Debris -- Penalties, Fines, Fees -- Community Center -- Realtor Entry -- Entry of Public Officers -- Committee Decision Appeal Process -- Personnel.

A sampling of some of the rules;

"Rubbish containers shall not be placed out earlier than the evening before nor left out longer than the evening of the scheduled pick up".

"Trash and rubbish are to be put in containers adequate to protect them from from animals and the elements".

2. An expenditure of \$2750 for repairs and relocation of the Community Center gas line.
3. A \$64,000 bid for street slurring.

Progress Report

1. On the back burner are;
 - a. Use of reclaimed water for irrigation purposes.
 - b. Salt Creek Hotel project -- A memo of understanding has been approved.
 - c. Delinquencies -- Counsel has advised that foreclosures are pending on two accounts and bankruptcy has been filed on two others.
 - d. Legal action against a homeowner for continued failure to correct a view blockage condition.
2. On the front burner are;
 - a. Discussions between the Board and the Community Services District Committee.
 - b. Additional drainage projects.
 - c. Replacement of the Manta and/or Garibaldi Gates.
3. Completed;
 - a. Office structural modifications and Multi Purpose Room door replacements -- Paid for with funds from the recycling project which is sponsored by the Mens Club.
 - b. Repainting of arches.

H.L. Whitney, President NSCA

JUN 82

nominating committee

NOMINATING COMMITTEE SELECTS EIGHT CANDIDATES FOR ASSOCIATION BOARD

The individuals listed below have been selected as Nominees for Director of the Association and their names will appear on the "Proxy" mailed to owners prior to the Annual Meeting. The names will also be listed on the "Official Ballot" available for voters at the meeting.

Peggy Bucci	23861 Bothnia Bay
Tom Kirby	33482 Dosinia
Perryn Lyon	23802 Salvador Bay
Howard Magwood	23852 Cassandra Bay
Burr McKeehan	14 Breakers Isle
Jan Pollock	33571 Windjammer
Dave Parrett	33535 Moonsail
Cheryl Saltus	24232 Porto Fino



Two previously announced prospective candidates; Bill Newton and Mary Gustafson withdrew their names from consideration.

Each candidate will be given the opportunity to provide a statement for publication in the July issue of the Seashore News and will be afforded time to speak at the Board meeting on July 20, 1982.

Don Lutz

men's club



The Men's Club was deeply saddened by the loss of our great and good friend and compatriot, Robert Justin "Bob" Short. Bob was a superior person and he will be sorely missed.

In accordance with our by-laws, an election was held at our last meeting to elect a secretary to finish Bob Short's term. I am very pleased to report that Ed Laffler was nominated and unanimously elected.

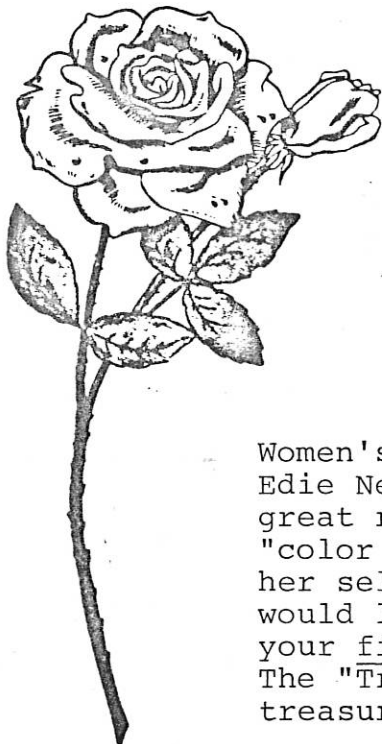
One of the highlights of the year was our trip to Camp Pendleton where we were guests of the Commandant, General Robinson. Approximately 60 of our members went and were warmly received by the marines - really given the VIP reception. After a coffee and

doughnut reception, we were taken to a very dramatic and awesome weapons demonstration by a marine rifle platoon. We then had luncheon with the marine officers who arranged the program. General Robinson served as host and gave us a very warm welcome. Those who wanted, were then invited to play golf on their very fine course.

Our Vice President, John Bulleit is planning some very interesting and exciting programs for the year, so we invite all of the recalcitrant males to join us; you are most welcome.



Bob Pinkerton
President



women's club

Helen Paslaqua
(496-0978)

WOMEN'S CLUB HIGHLIGHTS

The May "Spring Time Coffee" was very well attended, Our Community club house was filled with beautiful flowers and the tables were covered in pastel cloths and napkins. What an artistic group of women in our Women's Club! Thank you, Louise Wasson, Ginnie Parrett, Edie Newton and Margaret Rippin, and all who made the really great refreshments. Our speaker for the day, an attractive "color coordinator" was interesting, and it was fun to see her selection of clothing for a two week period. If you would like to join us for the June 3rd meeting, and it is your first time, please call Maralee Davis at 496-1049. The "Travelling Trunk Lady", Diana Jones, with all her treasures will be with us.

Outside Activity

On June 17th, we will meet at the Recreation Center at 10:30 a.m. for a car-pool trip to Bonsall for lunch at the El Establo, a very fine Mexican restaurant. On the trip back we are planning to drive through Camp Pendleton Marine Base. Please contact Edie Newton for details - 493-6652. Watch for notice of a July picnic at the Marina.

Looking Ahead

The July 1st meeting will feature Lucille Hutcherson, the Dana-Niguel librarian. Ms. Hutcherson will speak on new books for summer reading.

Women's Club continued

Please note!

We will meet on July 29th instead of our August 5th date. Suzanne McDonald will once again present her harp students in recital. This a very special event.

Arts and Crafts

This group will meet on the second Thursday in June from 10:00 a.m. until 2:00 p.m. Bring a sack lunch. For information, please call Maralee Davis at 496-1049.



bridge

WEDNESDAY AFTERNOON PROGRESSIVE BRIDGE

We welcome all residents to our bridge games every Wednesday at 12 noon, sharp.

Please call Jean Freeman 493-6667 for information and reservations. See you then!

First

Runner Up

April 21

Evelyn Lingenberg

Louise Pretzinger

April 28

Louise Solemi

Mary Ellen Brosman

May 5

Louise Pretzinger

Betty Pease

May 12

Jean Freeman

Kathy Holmes

POT LUCK

- JUNE 27 -

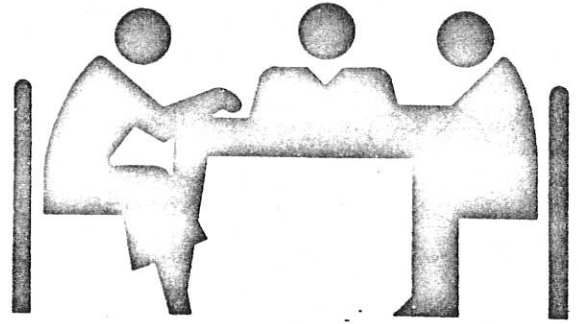
NOTE change of date because of Father's Day.

Happy Hour 6:00 - 7:00 p.m. (B.Y.O.L.)
Dinner 7:00 p.m. (Bring your table service)
All adults are invited.
Regulars will be called. Newcomers contact the committee:

Valerie and Jack Fellows 496-9759
Sallie and Aikman Armstrong 661-2093
Mary and Ray Goodhart 496-0903



SHORES COUPLES BRIDGE



Our mid-year anniversary on May 7th was another joyous evening which gave us time to socialize seriously before playing our usual rounds of bridge (not too seriously). Forty-three participants enjoyed a lavish buffet of our ladies' favorite snack recipes, a tray of just-rare-enough roast beef, and a touch of sweets, all accompanied by a choice of Vendome wines. Door prizes were awarded to Margaret Costello and Don Maier; bridge prizes were won by Joe and Jean Schaefer, "rookie" Tony Loechner and this writer, and Ed and Ruth Gardner (we pay Win, Place and Show when there's a party). Kudos for organizing all this go to the Printzes and Zeigners who served as co-chairmen so we could feel like guests.

Hosts for May 21st were the Songers and McDonalds, and we thank them. No scores available until July since the deadline for this article is the 20th. We are in need of volunteer chairmen for future dates, so please sign up at the door when you come on June 4th and 18th. Unless there's a conflict with a holiday, we always meet the first and third Fridays, so look ahead on your calendars and pick a date to help out.

See you June 4 and June 18 @ 7:30 p.m.



WATERCOLOR class

The next series of four watercolor classes scheduled to start June 1. Meetings are on Tuesday afternoons, from 1:00 until 4:00 p.m. in the multi-purpose room.

Watercolorists of all levels are welcome. Beginners may call Doris Adams at 493-4445 for a list of materials.

Register in the office. \$30.00 for the four sessions.
Checks payable to Doris Adams.

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JUN 82

NEIGHBORHOOD EXCHANGE

Elementary Teacher summer tutoring all areas, with particular interest in reading and reading-related problems.

Call Diane Hearne 661-6267

DESPERATE - DESPERATE - DESPERATE
Owner needs to sell 4 bed, 2 bath, beautifully decorated, \$15,000 down, \$255,000.

Call Barbara Harrington 835-9101 (w)
493-8458 (h)

Antiques for sale, housefull garage and warehouse, furniture clocks, art. 1964 Jaguar XKE conv.

Call Saturday or Sunday:
493-8458/493-6960

42" square pecan coffee table - \$75.00
Henredon twin bed headboard, painted antique brass - \$50.00

Call 493-1334

TUTORING IN READING. Reading specialist will design program to meet your child's needs as determined by a reading assessment. Please call Mrs. Oliver, 493-5716 evenings.

Hobie Cat for sale 16ft. with trailer. Excellent condition \$2500.

Call 493-5716 evenings.

Lennox china service for 12. Dinette set, solid oak, near new, 4 upholstered chairs and 2 brown contemporary table lamps.

Call 493-3088.

- . Two hanging lamps - \$25 each
- . Large table lamp - \$55
- . Dinette table and three chairs \$30
- . White patio dinette table and four chairs \$125
- . Swivel chair and Ottoman \$40
- . Large chest freezer \$125

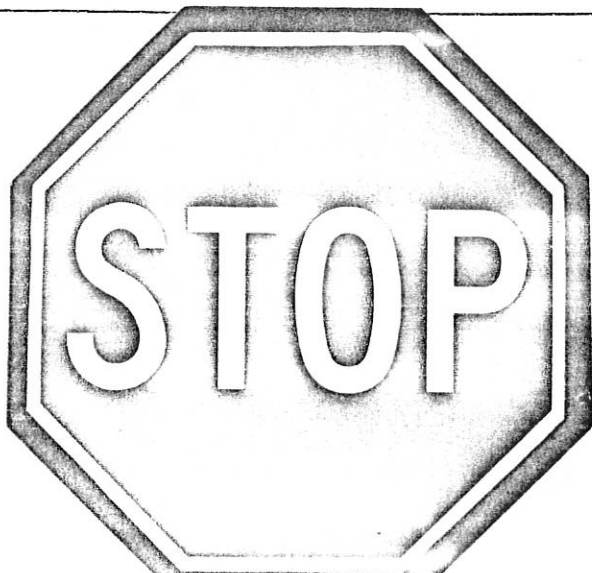
Call Lola, 496-8990

FOR SALE: Three sets wardrobe doors, \$30 a set; one pair entrance doors, \$50. All freshly painted.

Berkus Home 496-4038.

Two regulation screens for town homes, 36" x 78½", new ... \$15 each.

Call 831-1504.



Residents are reminded that Stop signs should be adhered to within the Community.

It has recently become evident that vehicles are neglecting to fully stop at the signs and creating a serious danger to pedestrians and other vehicles.

With the onset of the summer vacation, please pay particular attention to children around the Community.



Have you heard the news?
You've got a Crazy Recreation Director!

I have planned a summer full of fantastic, wonderful, outstanding, new, different and outrageously exciting activities for young and old and in-betweeners. Come by & "Say Hello" and let her know what activities you want to participate in. ... P.S. She only looks like this on deadline days for "Seashore News"
Signed J.
Please note needed items for Day Campers below

Notes:
from your
Recreation Director!
(Jennie)

WANTED ITEMS:

Please bring the following items into the office if you would like to donate them to Day Camp or recreational activities at the center for all kids.

- *GAMES
- *SPORTS EQUIPMENT
 - .Balls
 - .Bats
 - .Mitts
 - .etc.
- *Artist brushes
- *Beads
- *Construction Paper
- *Crayons
- *Childrens Books

If you have items you feel would be helpful other than listed, please let me know.....

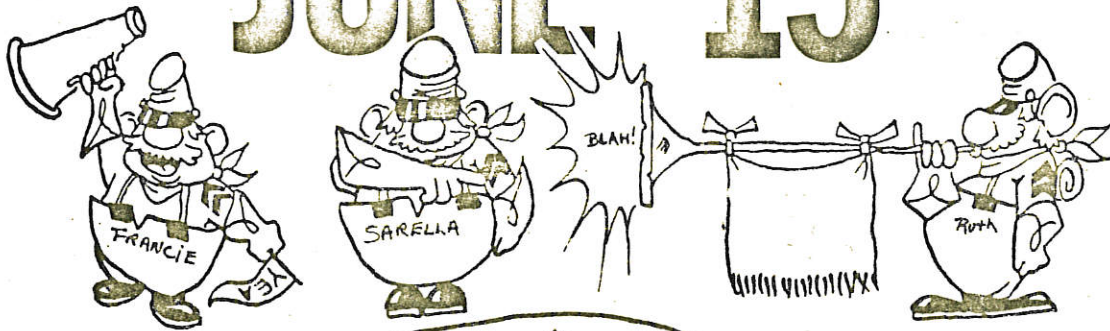
WE WANT TO MAKE IT A SUMMER THEY WON'T FORGET.....

WANTED: A musical group for our dances....Know anyone?

WANTED: DEMONSTRATORS FOR YOU NAME IT.....
HAVE SOMETHING OR CAN YOU DEMONSTRATE SOMETHING
LET ME KNOW.....

SUN.

JUNE 13



"Getting to Know You" Summer Barbecue

COME MEET YOUR NEIGHBORS.....and the NIGUEL SHORES STAFF at our first Summer Activity .

DOORS OPEN at NOON

FOOD TICKETS PURCHASED: " June 1 - 10"
 (This is necessary so we have enough food, so remember your second helpings when ordering tickets)

SEE SCHEDULE OF DAY ACTIVITIES

DON'T MISS OUT ON A FAMILY DAY FULL OF FUN

MAKE IT A DAY TO RE-NEW OLD ACQUAINTANCES AND MAKE NEW ONES.....

REMEMBER WHAT ITS LIKE TO BE A KID AGAIN AND PARTICIPATE IN THE LAUGHTER AND GAMES.....

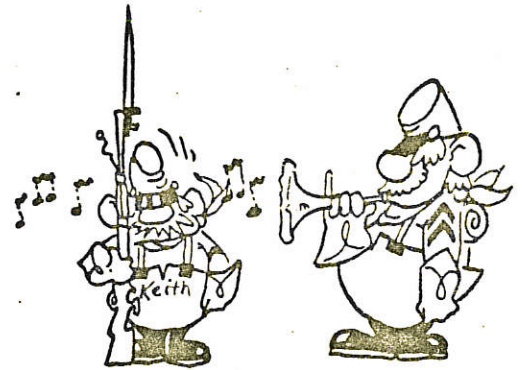
"FIND THE HIDDEN MYSTERY ENEVELOPE AND WIN THE GRAND PRIZE!

DRAWINGS
 PRIZES GAMES



TICKETS: " Sold June 1 - June 10 "

Hot Dogs - 50¢
Hamburger - \$1.00
Salad - \$1.00
Soft Drinks - 50¢
Beer - \$1.00
Chips and Salsa \$1.00
Ice Cream - Sundaes \$1.00



Bring your family, picnic blanket, swim suit and dancing shoes
your tennies for the races and an appetite.....

DOOR PRIZES: Tickets 50¢

DAYS ACTIVITIES:

NOON - 3pm. Hamburger and hot dogs cooked to order

1:00 pm. Games:

Kids Games - (kids of all ages 2-82)

Egg Toss
Balloon Relay
3-legged races
Sack races
Running races

Basketball shooting
contest

PRIZES

2:00pm. Scavenger Hunt (participants meet at the bulletin board
near office)

Kite Flying Contest - First one up after 2pm.(100ft. up)
gets a prize

VOLLEYBALL GAME: 2pm. - Meet at the court

SOFTBALL GAME: 3pm. - Meet next to the volleyball court

TENNIS TOURNAMENT - See posted schedule and sign up early
(for all age brackets)

WATER-MELON EATING CONTEST - 4pm.

DANCING:

TEEN MUSIC - NEW WAVE - ROCK AND ROLL ETC. 12 - 4pm.

ADULT MUSIC - POPULAR AND BIG BAND SOUNDS 4:30 - 7pm.

RECREATION CENTER PROGRAMS

WATCH! for schedule of weekly activities on office bulletin board
LOOK! for time and location and meeting place of activity.

SOME OF THE FOLLOWING ACTIVITIES ARE PLANNED:

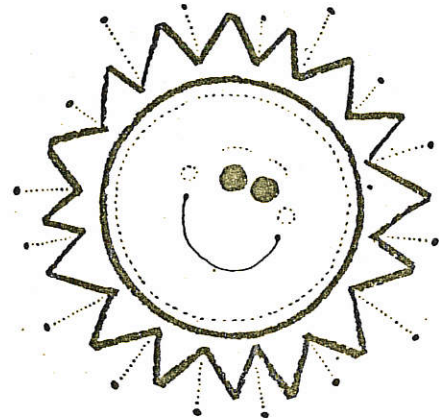
GAMES - Volleyball Games (all ages)
Basketball Games (all ages)
Baseball Games (all ages)
Tennis Tournaments (all ages)
Ping Pong Tournaments
Swim Competition

CRAFTS:
GAME DAY
DEMONSTRATIONS
BIKE DAY
WATER GAMES DAY
PET SHOW DAY
NIGUEL RUN
FIELD TRIPS
BARBECUES
OLD FASHION HOMEMADE ICE CREAM PARTY

DANCES!! for teens

DANCES!! FOR ROMANTIC EVENINGS
WITH BIG BAND SOUNDS

PIZZA DAY
KITE DAY

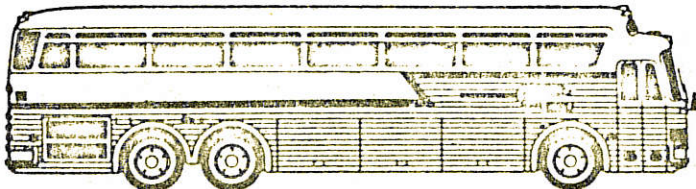


SPECIAL EXCURSIONS

SIGN-UPS FOR TRIPS YOU'RE INTERESTED IN SHOULD BE AS SOON AS POSSIBLE. PLEASE LET JANICE KNOW WHERE YOU'D LIKE TO GO.

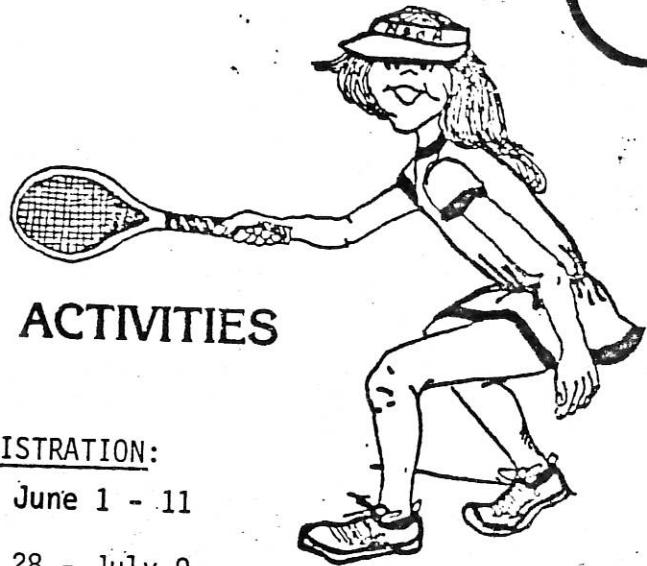
SIGN UPS NOW BEING TAKEN FOR DISNEYLAND
ANGEL GAME
CARMEL AND MONTEREY -for golf, tennis
shopping, gourmet
dining and tour
of wine country

LAS VEGAS



WATCH FOR JULY'S TRIPS THEY ARE
FANTASTIC.....

Sports Camp



ACTIVITIES

REGISTRATION:

June 1 - 11

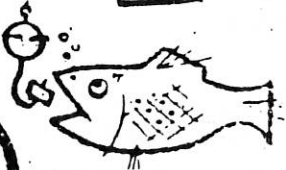
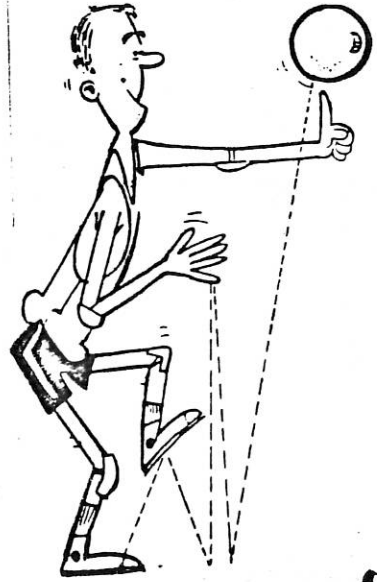
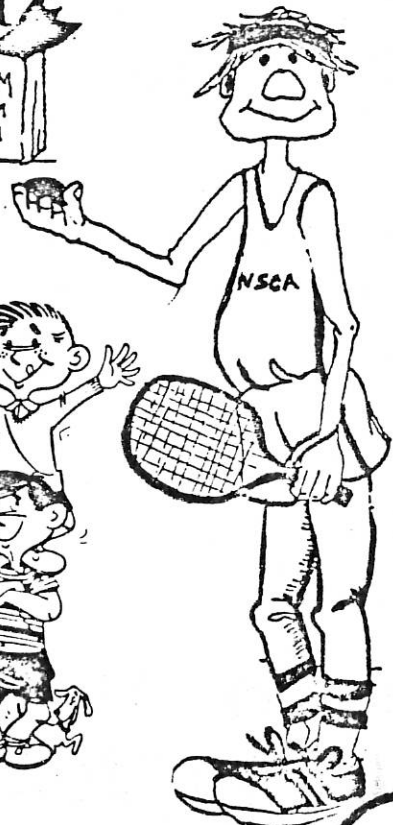
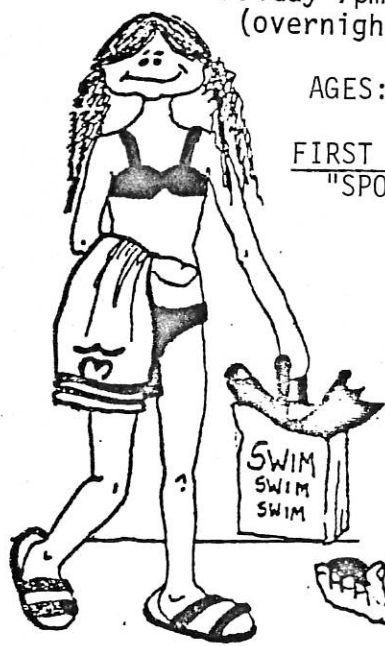
CAMP DATES: June 28 - July 9

HOURS: First Week - Monday - Friday 10-3
Second Week Monday - Thursday 10 -3
Friday 7pm. - 9 am.
(overnight campout)

AGES: 3-16

FIRST SESSION DAY CAMP
"SPORTS CAMP"

Disneyland
SPECIAL EXCURSION



SUMMER DAY CAMP 1982

SUMMER DAY CAMP IS BACK!

This Summers Day Camp Program will be in 2 Week Sessions for better programming and staff consistency and a bigger variety of activities and field trips each session. It will also provide you the opportunity to take a short vacation and still allow the kids to attend summer camp two weeks later. Swimming classes are scheduled in the mornings before camp, for your convience. Sports, Arts and Crafts, Field Trips and Special Events along with a Overnight Campout are featured activities.

PLEASE NOTE: Weekly Special Activities at center planned after camp sessions, posted on bulletin board near office and in the Seashore News. Each of these activities will be lots of fun, the more the merrier! Young and old, are all invited. Watch for the designated meeting area, and join us.....

DAY CAMP SCHEDULE

REGISTRATION DATES:

JUNE 1 - 11

REGISTRATION FOR SUMMER CAMPS
(First Session or all four)
SUMMER CAMP DATES: (June 28 - July 9)
THEME: SPORTS CAMP

JUNE 28 - July 9

REGISTRATION FOR SUMMER CAMP
(Second Session) THEME: WATER CARNIVAL
SUMMER CAMP DATES: (July 12 - July 23)

JULY 12 - JULY 23

REGISTRATION FOR SUMMER CAMP
(Third Session)
SUMMER CAMP DATES: (July 26 - August 6)
THEME: MUSIC FESTIVAL

JULY 26 - AUGUST 6

REGISTRATION FOR SUMMER CAMP
(Fourth Session)
SUMMER CAMP DATES: (August 9 - August 20)
THEME: EXPLORING

AUGUST 23 - 27

CARNIVAL PREPARATION WEEK
(Each summer camps group preparation week to prepare their booth)
CARNIVAL DAY AUGUST 28

AGE BRACKETS: 3-5 years
6-8 years
9-16 years

INTRODUCING THE NEW

CAMP T-SHIRTS

THOSE INTERESTED IN PURCHASING CAMP T-SHIRTS FILL OUT AND RETURN FORM WHEN REGISTERING. (Shirts are cotton - when ordering allow for shrinkage)

PARENTS NAME _____ ADDRESS _____

PHONE _____

CHILDS NAME _____ AGE _____
T-SHIRT SIZE _____

(small - medium - large
or small mens)

CHILDS NAME _____ AGE _____
T-SHIRT SIZE _____

(small - medium - large
or small mens)

SCHEDULE FOR

SWIMMING REGISTRATION DATES

REGISTRATION DATES:

CLASS DATES:

FIRST SESSION June 1-11
June 21-25

June 28 - July 9

SECOND SESSION July 5-9

July 12 - July 23

THIRD SESSION July 19-23

July 26 - August 6

FOURTH SESSION August 2-6

August 9 - August 20

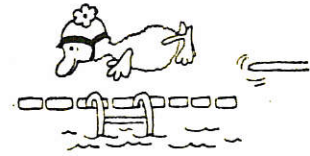
PRIVATE LESSONS

Private lessons given to adults and infants by appointment
PLEASE CONTACT JANICE for additional information.

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JUN 82

SWIMMING LESSONS



All group swim sessions consist of 10 (30 minute lessons)
Monday through Friday in two-week intervals.

COST: \$20.00

REGISTRATION DATES: JUNE 1-4 (FOR FIRST SESSION)
JUNE 21 -25

FIRST SESSION BEGINS: JUNE 28 - JULY 29

HOURS: 9:00am. CLASS SIZE: 6-8
9:30am.
10:00am.
10:30am.

Sign-ups must be made the weeks prior to the class at the office only.

A receipt will be issued at that time for you to present to the instructor the 1st day of class to be admitted. No refunds or pro-rating as class enrollment is limited to minimums.

Please schedule your summer vacations or Day Camp activities accordingly.

THOSE INTERESTED IN TRAINING PROGRAMS FOR SWIM TEAM
(please contact Janice)

AT THE BEGINNING OF EACH SESSION ASK FOR YOUR CHILD TO BE TESTED

AND PLACED IN THE APPROPRIATE CLASS LEVEL.

SESSION ONE

9:00am. MOMMY AND ME - IT IS A LOW KEY PROGRAM DESIGNED TO TEACH PARENTS AND BABIES TO HAVE FUN IN THE WATER TOGETHER, LEARN BASIC SURVIVAL AND SAFETY SKILLS AND LEARN SWIMMING FUNDAMENTALS WHICH CAN BE EXPANDED UPON AS THE CHILD MATURES.
AGES- 5 to 36 months

ADVANCED BEGINNER
INTERMEDIATE
ADULT

9:30am. TINY TOTS
BEGINNER
ADVANCED BEGINNER
SWIMMER



10:00am. MOMMY AND ME
TINY TOTS
BEGINNER
INTERMEDIATE

10:30am. MOMMY AND ME
TINY TOTS
BEGINNER
ADVANCED BEGINNER



WATER EXERCISE CLASS

Lose inches and feel great

These exercises are designed to limber, tone and develop muscles and to improve the cardio-vascular system. For men and women of all ages.

SWIMMING ABILITY IS NOT REQUIRED

SIGN up-on the list in
the office.

**You can
do it!**

SYNCHRONIZED SWIMMING CLASS

THOSE INTERESTED IN LEARNING BASIC WATER BALLET SKILLS
AND BEING IN A WATER SHOW PROGRAM.....

PLEASE CONTACT JANICE.....



REMINDER: Children under 13 years of age are required to pass a swimming test if they wish to use the swimming pool, unaccompanied by an adult.

Test will be given by the life guards after 11:00 a.m. every week day.

CLASSES

SIGN UPS FOR CLASSES WILL BE FROM JUNE 1 - 4 ONLY DON'T FORGET

CLASS POLICIES

1. Students will not be allowed in class unless they are registered in the class and have paid. Your receipt must be presented on the first day of class.
SIGN-UPS TAKEN IN THE OFFICE.
2. Late enrollees in a class must pay the entire class fee. Classes are not pro-rated. Any late student must present their receipt at the first class attended.
3. No make-ups or credits will be given for missed classes.

THESE POLICIES ARE NECESSARY FOR BOOKKEEPING REASONS
AND BECAUSE OF CLASS MINIMUMS. THANK YOU FOR YOUR CONSIDERATION

DEMONSTRATIONS

IN THE MONTH OF JULY - LOOK FOR THE LIST OF DATES
TIMES AND LOCATIONS OF DEMONSTRATIONS.

THESE WILL BE FOR EVERYONE TO ENJOY
SO BRING THE FAMILY.....

MOVIES

REMEMBER THE AFTERNOON AT THE MOVIES THE CARTOONS.....
THE POPCORN THAT TASTE BETTER AT THE MOVIES THAN AT HOME..
WELL NEXT MONTH NIGUEL SHORES PRESENTS MOVIES FOR YOUR
ENJOYMENT. WATCH FOR THE DATES AND TIMES POSTED IN THE
SEASHORE NEWS AND THE NIGUEL SHORES BULLETIN BOARD NEAR THE
OFFICE.

KIDS YOU'LL LOVE THESE ALL TIME GREAT CARTOONS..

Valleyball



TEAM:

MEETS- MONDAY AND THURSDAY
TIME - 3:30 pm.
PLACE - SAND COURTS AT
CENTER

COACHING - DEMONSTRATIONS - FILMS
TEAM PLAY - TOURNAMENTS

\$20.00 a month
TEAM T-SHIRTS AVAIABLE TO PURCHASE
REGISTER: IN OFFICE JUNE 1 - 4

Social:

THOSE INTERESTED IN PLAYING
WANT TO LEARN
WANT TO MEET NEW FRIENDS.....
PARTICIPATE IN VOLLEYBALL BEACH PARTIES

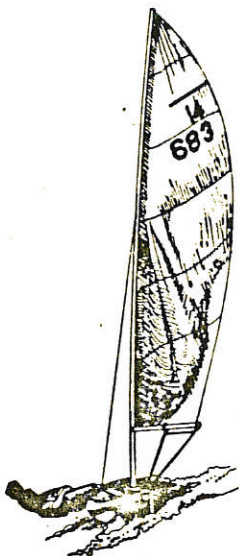
ANYONE WELCOME.....GIVE IT A TRY.....

REGISTER: IN OFFICE JUNE 1-4
COST: \$8.00 a month

Warning

BASKETBALL PLAYERS please do not hang on to the hoop -
this will damage the backboard! Replacement is expensive and time
consuming.

Violators can be subject to fines and/or the cost of replacement.



DON'T MISS OUT ON THE FASTEST GROWING
WATER SPORT IN SOUTHERN CALIFORNIA.....

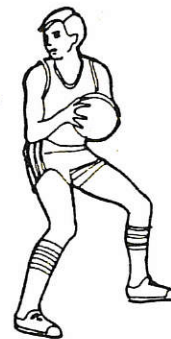
WINDSURFING IS THE ONLY WATER SPORT THAT
COMBINES THE ART AND SKILLS OF SAILING
SKIING AND SURFING.....

We would like to have films, demonstrations
and a class all summer....ARE YOU INTERESTED????

PLEASE SIGN UP AT THE OFFICE RIGHT AWAY
AS THERE CAN BE A LIMITED NUMBER IN EACH CLASS

BASKETBALL

A BASKETBALL CLASS WILL BE OFFERED
DURING THE SUMMER. THOSE INTERESTED
SIGN UP AS SOON AS POSSIBLE IN THE
OFFICE. COACHING, FILMS, AND TEAM PLAY..
ALL AGES WELCOME.....



SIGN UPS FIRST WEEK OF JUNE.....

2 times a week - for 4 weeks \$15.00

aerobic exercise class

EXERCIZE TO HEALTH

with Lucia Marriner

No more excuses! You can be fit!

My aerobic dance and exercize class will gently stretch and strengthen every muscle group of your body - toning and conditioning problem areas. All movements are done to music.

Whether you're in super shape or just getting back to it, come down and participate. All levels will be challenged, and I'll encourage you to go at your own pace. You'll feel better about yourself and you'll look better too!

Classes held Mondays and Fridays
from 9:00 - 10:00 a.m.

New sessions begin each month
and moms, childcare is available.

Wednesday: 9:00 - 10:00 a.m. and/or
Saturday : 9:00 - 10:00 a.m.

(New classes forming monthly)

Call Maureen Stevens
496-4095

A class designed especially for those who have been away from an organized fitness program or those who may desire a less strenuous exercise program to get in shape.

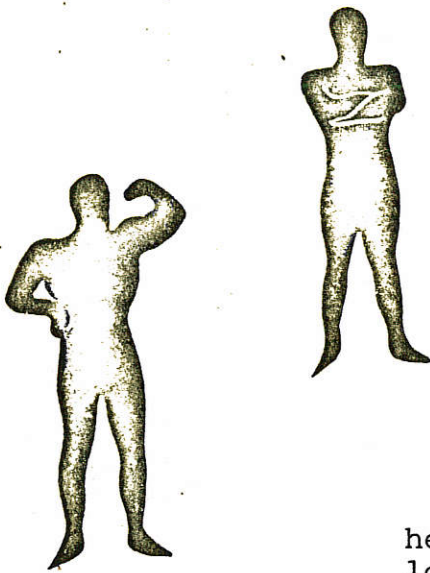
Program to consist of warm up, stretching and aerobic movement and dance with emphasis on abdomen, upper torso, buttocks and lower back. Followed by cool down and slow stretches. Goal - to improve muscle tone and flexibility and to strengthen back muscles.

SIGN UP FIRST
WEEK OF THE MONTH
IN RECREATION
OFFICE ONLY!

BRING RECEIPT TO FIRST DAY OF
CLASS TO BE ADMITTED.

JUN 82

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ATTENTION: "MEN WANTED"

Are you interested in aerobic fitness?

What is aerobic fitness?

What are the payoffs of aerobic fitness?

Aerobic exercise helps by getting more blood to the heart to provide it with oxygen and nourishment, improving its ability to function as a pump. It works to slow the resting heart rate and lowers blood pressure. Exercise lowers blood cholesterol and other fats in the blood and improves metabolizing the sugar.

Other physical benefits are firmer body muscles and helps in lowering body weight.

Aerobic exercise reduces tension and other effects of stress.

What is aerobic exercise? Exercise that can be carried on continuously for 20 or more minutes, a steady non-stop activity. Examples: swimming, jogging, calisthenics. Examples do not include tennis and golf which are considered anaerobic or short in duration, stop and go in rhythm and low intensity in effort.

Energy requirements for your sport:

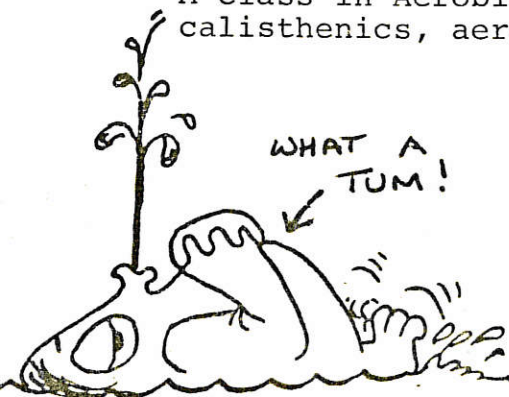
<u>Activity</u>	<u>Calories burned per hour</u>
Bicycling (5.5 mph)	210
Golf	250
Tennis (doubles)	350
Tennis (singles)	450
Calisthenics	550
Aerobic Dancing	600
Swimming	750



A class in Aerobic Fitness is being offered. A one hour session of calisthenics, aerobic dancing (repetitive vigorous calisthenics) Sign up in the Recreation office if you are interested, noting the time you are available.

You will be trained to keep yourself at your training heart rate, monitoring your pulse, learn your body's capabilities while progressing at your own speed.

Hope to see you, Maureen Stevens, 496-4095.



CALLING EVERYBODY AND ALL who love to take leisurely walks:



WALKS.....in the early morning
to far and near
coffee, conversation, laughter, friends
maybe even lunches

PUT YOUR NAME ON THE SIGN-up
SHEET AND WE'LL CALL YOU FOR OUR
FIRST STROLL.....



TEENS AND IN-BETWEENS

This class is designed to help the teen in developing a good self image.

Learn how to make the most of personal appearance.

TOPICS AND DEMONSTRATIONS BY PROFESSIONALS WILL INCLUDE:

How to care for your skin, hair, nails, etc. How to apply make-up effectively, dieting, exercise, modeling and how to make the most of your clothes and accessories, etc.

If you are interested in attending this class. Please sign-up on the list in the office.

MAKE THIS A FUN SUMMER AND A "NEW YOU" SUMMER. MEET WITH TEENS YOUR OWN AGE and have a great rap session on developing a new you

CLASS MEETS TWO TIMES A WEEK

COST: \$45.00 (Samples and Materials included)

Volunteer models done free!



Spread the word !!



Tennis Notes

---- SUMMER TENNIS ----

New tennis classes are now forming for the summer.

The summer Junior program will begin Friday, June 18th or Thursday, June 24th. Fee - \$20 per Junior. The class will run for four weeks, the fifth lesson being a free make-up lesson.

There will be a Beginner, Intermediate and Advanced class and these will be held between 1:00 p.m. and 4:00 p.m.

We are also adding a Thursday evening adult class between 5:00 - 6:00 p.m. Ladies, we would like to add a Beginners class for you in the mornings.

CALLING JUNIORS

During the second Thursday in June, "Hunter" will conduct a free Junior Clinic;

Beginners to Intermediates	-	3:00 to 4:00 p.m.
Intermediates to Advanced	-	4:00 to 5:00 p.m.

The Clinic is free to all Niguel Shores Juniors (ages 5-16).

PLEASE NOTE: Sign ups are necessary.... please call the office.

For further information, call Hunter Person, 661-8444 or the Rec. Center.

Register Now!

Ballet and Acrobatic classes will be given during the summer by Francina Mans. Classes are scheduled for Monday afternoons from 3:00 p.m. Ages - 3 years and up.

BALLET

Please call Francina at 499-2023 for further information.

Parents will need to register their children at the office on or before June 4th.

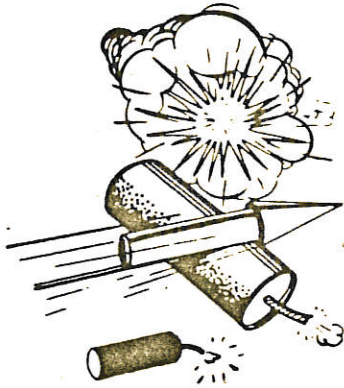
Cost is \$20.00 per month (no refunds or pro-rating).

NOTE:

Classes for June will begin June 7th and run for 4 weeks. All accounts must be paid current, before child will be admitted to class. Receipts issued by office must be presented to instructor on first day of class for admittance.



Come help us
Celebrate



4TH

of

July

- "PARADE"
- "PANCAKE BREAKFAST"
TICKETS SOLD - JUNE 28 - July 2
- BARBECUE 8-11am
- CONCERT
- MUSIC
- DANCING
- GAMES
- "Celebrity"

PARADE.....



FUN & GAMES
AT BEACH

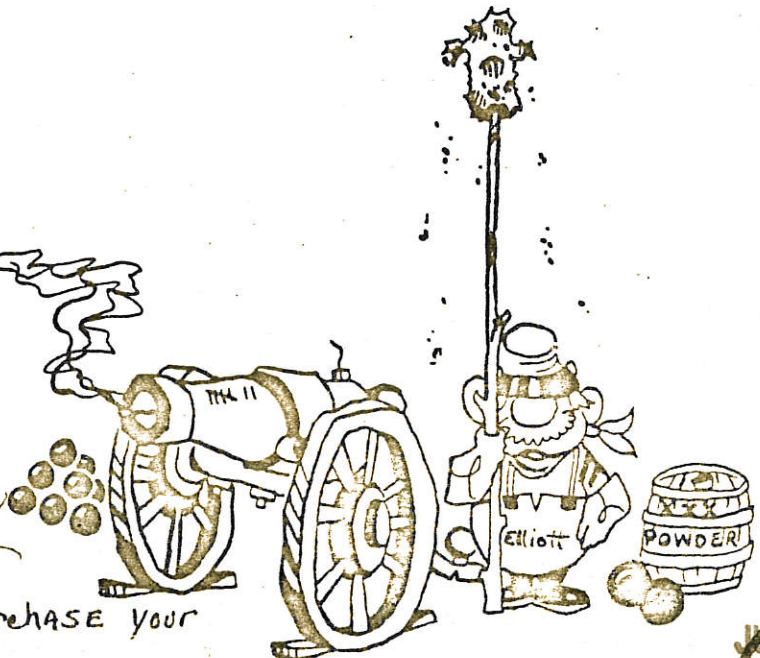
- CASTLE Building
- RACES
- AND MORE

Watch!

for schedule of
Days Activities in
"July's Newsletter" and on
Bulletin Board near office

(Mom: "Remember"

No MESS in the Kitchen - Purchase your
PANCAKE BREAKFAST TICKETS!!



JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6	7	8	9	10	11	12
Exercise 9am Ballet 3-5 pm Volleyball 3:30 pm LANDSCAPE/MAINT 4 pm	Watercolor 1-4 pm Election Day	Exercise 9am Hill & Harbor try-outs 11 am Bridge 12:00 pm ARCHITECTURAL 3:45 SECURITY 7:30 LEGAL 7:30	Womens Club craft 10-2 pm Volleyball 3:30 pm	Exercise 9am Hill & Harbor try-outs 11 am Bridge 12:00 pm	Womens Club craft 10-2 pm Volleyball 3:30 pm	Exercise 9-10 am
7	14	15	16	17	18	19
Community Barbeque & Dance starts at noon	Exercise 9 am Ballet 3-5 pm Volleyball 3:30 pm	Mens Club Breakfast 8:30 Watercolor 1-4 pm BOARD MEETING 8:00 pm	Exercise 9 am Bridge 12:00 ARCHITECTURAL 3:45 pm	Womens Club trip 10:30 am Volleyball 3:30 pm FINANCE 7:30 pm	Bridge 7:30 pm "School's out"	Exercise 9-10 am
20	21	22	23	24	25	26
Seashore News Deadline Father's Day	Exercise 9 am Ballet 3-5 pm Volleyball 3:30 COMMUNICATIONS 2:00 pm	Watercolor 1-4 pm	Exercise 9-10 am Bridge 12:00	Volleyball 3:30 pm		Exercise 9-10 am
27	28	29	30			
Pot Luck 6:00 pm	Exercise 9-10 am Ballet 3-5 pm Volleyball 3:30	Mens Club Breakfast 8:30 Watercolor 1-4 pm	Exercise 9-10 am Bridge 12:00	("pancake Breakfast" tickets sold Tune 28-July 2	REMEMBER 4th OF JULY FAMILY SHORES DAY AT NIGUEL	

NIGUEL SHORES COMMUNITY ASSOCIATION
RULES AND REGULATIONS

COMMITTEE DECISION APPEAL PROCESS

Any owner of real property who has made application to any committee of the Association may appeal the decision of the committee to the Board of Directors, as follows:

1. Give written notice to the Board of such appeal, including the following information:
 - a. Name, address, telephone number of owner.
 - b. Legal address of real property affected, if any.
 - c. Name of committee to which application was made.
 - d. Date of application to committee.
 - e. Date of committee action.
 - f. Committee's decision.
 - g. Owner's statement, in detail, of the purpose of his/her application to the committee.
2. A hearing shall be set by the Board of Directors not more than thirty (30) days from the date of receipt by the Board of the owner's notice of appeal. The meeting shall be held at the Association office.
3. The Board shall give notice to other interested parties not less than ten (10) days prior to the date of such hearing.
4. The owner shall have the right to representation of his/her choice, including legal counsel.
5. The hearing may be open or closed, at the discretion of the owner.
6. The hearing may be recorded at the discretion of the owner. The cost of such recording and the preparation of any transcript from a recording shall be borne by the owner.
7. Prior to the hearing the owner shall have access to all relevant and material Association records.
8. The owner shall have the opportunity to cross-examine any witness presented by the Association.
9. The owner shall have an opportunity to present evidence at the hearing.
10. The Board's determination after hearing shall be in writing, setting the reason(s) for such determination.

NIGUEL SHORES COMMUNITY ASSOCIATION
RULES AND REGULATIONS

REALTOR ENTRY

When property in Niguel Shores is for sale or rent, real estate agents and prospective purchasers or tenants will be granted entry only as follows:

1. OWNER CALL-IN

- a. Mariner Entrance: The property owner may call the Mariner gate to authorize entry for a specific agent/client on the day the property is to be shown.
- b. Manta or Garibaldi Entrances: Owners in The Villas and Sea Terrace II must receive the agent's call on arrival at the gate and execute gate entry procedures.

2. LETTER OF AUTHORIZATION

Property owners may authorize admittance in the owner's absence, until the property is sold or rented, by submitting a Letter of Authorization to the Association office. The letter shall include the owner's name, address of the property listed, and shall designate the specific real estate agent or firm to be admitted. If the property is on a multiple listing and the owner wishes all real estate agents to be admitted upon proper identification, the letter must so state.

- a. Mariner Entrance: Each entry must be cleared through the Association office. Office personnel will verify authorization from the letter on file and will notify the security officer to permit entry.
- b. Manta or Garibaldi Entrances: After entrance authorization has been verified, agents may borrow a key card from the Association office. The agent's Department of Real Estate identification card will be retained in the Association office until return of the key card.

3. IDENTIFICATION

Each agent will be required to show the Security officer his/her Department of Real Estate identification card and to present a real estate business card, on which has been written the date of visit and address of property to be shown. Only that property shall be shown for which authorization has been granted.

4. CARAVANS

Caravans are permitted within Niguel Shores on Friday mornings only, between the hours of 9:00 a.m. and 12 Noon. Drivers of caravan vehicles must present identification as above.

NIGUEL SHORES COMMUNITY ASSOCIATION
RULES AND REGULATIONS

VEHICLES

1. The speed limit within Niguel Shores shall be no more than 25 MPH.
2. All stop signs and other traffic directories shall be observed.
3. All vehicles operating within Niguel Shores shall be duly licensed and operating as required by the California Vehicle Code, and shall be driven by legally licensed drivers.
4. All vehicles operating or parked within Niguel Shores shall bear a current decal or pass, except that vehicles of guests within those portions of the community served by the Manta and Garibaldi gates shall not be required to display a pass.
5. No parking is permitted in any red or yellow zone, on a sidewalk, or in any manner that would block a driveway or create a traffic or safety hazard.
6. No vehicle, including motorcycles or mopeds, shall be operated on walkways or areas other than streets.
7. Guest parking shall not be used for overnight parking of resident vehicles, except that when the number of vehicles owned by a resident is such that no additional vehicles may be parked in the resident's garage or driveway, then such vehicles may be parked in guest parking spaces.
8. Visitors shall not park in those areas in the beach parking lot designated for use by residents only.
9. Street parking is prohibited in cul de sac streets except in designated parking spaces.
10. No vehicle shall be repaired or serviced on the streets or in designated parking areas except that repairs of an emergency nature only shall be permitted.

NIGUEL SHORES COMMUNITY ASSOCIATION
RULES AND REGULATIONS

RUBBISH-DEBRIS

1. Littering, disposal of trash, grass, clippings or other debris on or around the common areas and facilities is prohibited.
2. Except as provided below, rubbish containers shall be enclosed or fenced so as to be obstructed from view of any neighboring property or street.
3. Rubbish containers shall not be placed out for pick up by the disposal company more than twelve hours before nor left out more than twelve hours after scheduled pick up.
4. Rubbish containers shall not be placed out earlier than the evening before nor left out longer than the evening of scheduled pick up.
5. Trash and rubbish are to be put in containers adequate to protect from animals and the elements.

C. SERVICE PASSES

1. Service passes may be issued to service personnel, resident and community, i.e. contractors, housekeepers, nurses, gardeners, pool service employees, etc., upon completion of the Service Pass registration form, satisfactory identification (drivers license and vehicle registration), and authorization by the owner or resident.
2. Service passes are valid for up to six months, and may be renewed upon reauthorization by owner or resident and completion of an up-dated Service Pass registration form. Expired Service Passes must be returned prior to issuance of new pass.
3. NOTE: OWNERS AND RESIDENTS SHALL NOTIFY N.S.C.A. OFFICE WHEN SERVICE PERSONNEL ARE TERMINATED.

VIII. "NO CALL" LIST

- A. RESIDENT PROPERTY OWNERS AND REGISTERED TENANTS may authorize admittance of regular visitors without prior call to the security gate, by submitting written authorization to the Association office on the "Visitor No Call List."
- B. A maximum of four such authorizations shall be permitted per property address at any one time.
- C. Revisions to the Visitor No call List shall cancel all previous authorizations.
- D. Authorizations must be signed by the OWNER(s) OF RECORD OR REGISTERED TENANT.
- E. Visitors on the Visitor No call List will be issued a Visitor Day Pass by the security guard, which shall be displayed in the vehicle while in the community.
- F. RESIDENTS SHALL NOT BE PERMITTED ENTRY BY "NO CALL" AUTHORIZATION. Admittance of woners and tenants shall be in conformance with Item I above.