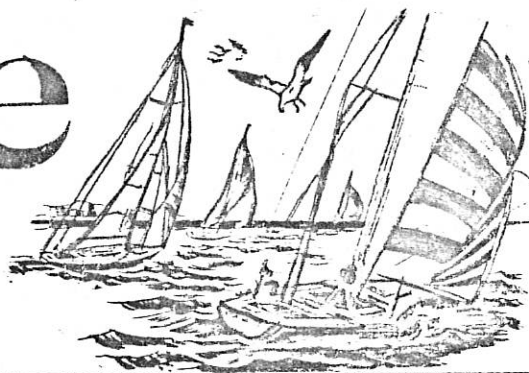


seashore news



Published monthly by the Niguel Shores Community Association

AUGUST 1984

FROM THE HELM

DURING THE MONTH OF JULY THE BOARD OF DIRECTORS:

Committees Discussed developing a policy covering the operation of committees (membership, conflict of interest, communication with the Board). A proposal will be submitted to the Board during August.

Security Committee Approved the appointment of Kathleen Heggi as a member of the Security Committee.

Communications Committee Approved a policy and procedure document for the operation of the Communications Committee. Copies will be available in the office in a few days.

Maintenance Committee Approved a reorganization of the Maintenance Committee. The members of the Landscape Committee will no longer double as members of the Maintenance Committee. Instead Mr. Pomeroy will serve as Chairman/Board Liaison and will discuss maintenance problems as they arise with the Manager, the Maintenance Supervisor and the Landscape Contractor (for drainage problems).

Locker Room Floor Mats Approved the purchase of locker-room floor mats for \$675.

Swimming Pool Motor Approved the purchase of a new pump motor for the pool for \$916.

Selva Gate Listened to comments from the Manager, the Security Committee Chairman and from members on the operation and possible replacement of the Selva Gate. The Board expects further input on this subject in August.

Shores Gate Listened to comments from the Manager, the Security Committee Chairman and from members on the "soon-to-be-installed" Shores Gate. Requests to man the gate during daytime hours will be considered during budget deliberations.

Continued

AUG 84

House Colors Heard an appeal by some Sea Terrace I owners who were protesting a decision by the Sea Terrace I Board which denied their request to have their building painted white. The Board withheld action pending receipt of the results of a painting survey in progress by the Sea Terrace I Board.

Breakers Isle Trees Listened to a request from some Breakers Isle owners to permit the planting of Queen palms on the east side of Breakers Isle. The Board withheld action pending receipt of information on (1) cost of maintenance, (2) hazards, (3) view blockage, (4) legal implications of planting and of maintenance fees.

Beach Parking Lot (1) Approved a Security Committee request that the Beach parking lot be closed from 10:00 p.m. to 6:00 a.m. to prevent loitering and littering. (2) Approved on a trial basis the restriction of admission to the Beach parking lot on holiday weekends to vehicles with resident/owner stickers.

Kenneth Knight, President
Board of Directors, NSCA

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BOARD MEETING

WEDNESDAY ----- AUGUST 15, 1984

AT THIS MEETING WE ARE PLANNING TO HAVE A SPEAKER FROM THE PARAMEDIC ORGANIZATION WHO WILL EXPLAIN TO US THE OPERATIONS OF THE PARAMEDICS, PROCEDURES FOR RESIDENTS, CHOICE OF HOSPITALS, COSTS, ETC., AND WHO WILL ANSWER QUESTIONS ABOUT WHAT TO DO IN AN EMERGENCY

!!PLAN TO ATTEND!!

MANAGEMENT MEMO

A CHANGE IN POLICY

So that all members and residents are notified sufficiently in advance of some changes in security operating policies, I shall devote my article in the August, 1984 Seashore News to these changes.

LABOR DAY WEEKEND

On September 1, 2, and 3, this year's Labor Day weekend, parking at the Niguel Shores Beach Parking Lot will be restricted to vehicles displaying owner or resident decals. NO GUEST PARKING WILL BE PERMITTED! Appropriate signs will be posted and Security will enforce this special Holiday restriction. TOW-AWAYS may result.

This special Labor Day weekend restriction is a result of Board action based on Security Committee recommendations that not only Holiday weekend parking be so restricted, but that all weekend Beach Parking be handled on a "No Guest Parking" basis. The Board will consider implementing the total recommendation at a later date. The Committee pointed out that very often, certainly on Holiday weekends, members and residents who wish to use the parking lot for their Holiday and weekend beach access and enjoyment can not do so because half of the parking area is open to guest parking and is completely "full" early in the day. If you're planning to have friends and guests over on Labor Day weekend, be sure they are aware of the restrictions.

NIGHT BEACH PARKING LOT HOURS

As quickly as signs can be posted and some other adjustments made the Beach Parking Lot will be CLOSED AT 10 PM each night UNTIL 6 AM in the morning. NO VEHICLE PARKING OR LOITERING during these hours will be permitted.

Security and Management have been instructed to strictly enforce this closure.

Why close the lot ????

Unauthorized and inappropriate night time use -- parties, noise disturbances, resulting trash and necessary clean-up, etc.

Residents going to and from the Beach will not be affected. However, neither parking nor loitering in the parking lot will be permitted during these hours.

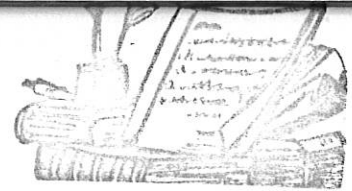
The Committee and the Board hope that these new policies will reduce problems and increase convenience to members and residents

Richard S. Smiley
General Manager



AUG 84

Voice of The People



Letters are limited to 200 words, typed if possible....handwritten copy must be neat and legible....include name, address and phone number of writer....if short of space, we may ask writers to condense their letterswe reserve the right to reject material that we feel is unsuitable for any reason....the Seashore News assumes no responsibility for the content of any letter. We would like to hear from you.

July's SEASHORE NEWS violated a long-standing editorial policy approved by the 1982 Board of Directors, i.e.:

"The SEASHORE NEWS shall not be used as an instrument for promoting the point of view of individuals or organizations on matters pertaining to politics, religion or other controversial issues."

In July's issue, "Couples Night Bridge" leveled this calculated cheap shot against the Equal Rights Amendment;

"Never having been an advocate of E.R.A., I was delighted to observe that the women do not need legislation to prove they are equal."

The author undoubtedly thought this remark hilarious, but millions of people in this country see nothing even remotely amusing in the plight of women who for decades have worked without equal pay, equal benefits or equal opportunities for promotion.

Publication of the prejudiced opinion in that article is an inevitable and clear by-product of the reactionary climate induced by an Editor unrelenting in his refusal to admit to his Communications Committee anyone whose views and principles differ from his.

For reasons unknown and unstated, our Board supports this Editor's posture against dissent. It is, therefore, requested that no further policy violations of this or any similar nature be condoned.

Peggy Phillips Bucci
Bothnia Bay

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LET ' S U S B E G O O D N E I G H B O R S

The Association has recently received complaints regarding garage doors being left open for considerable periods of time.

Residents are reminded that under the provisions of the CC&R's, Article IX, Section 6:

"When garages are not in use, garage doors shall be closed."

Leaving garage doors open can interfere with the aesthetic view of your neighbors. Therefore; the Association would appreciate your cooperation in keeping them closed as much as possible.

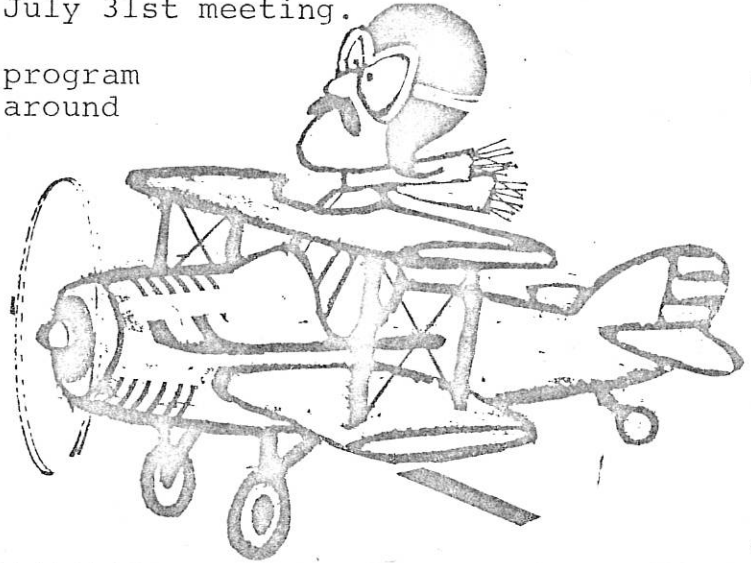
Many members attended the services held for Clif Nelson - our good friend and neighbor. He will be missed.

Meetings held in July included a return of Ralph Lidster speaking about the origin and use of flags, while Tom Flynn of San Diego Gas & Electric covered areas of energy conservation.

Dr. Ed Hart, President of Saddleback College - North Campus, and a resident of this community, is our speaker for the July 31st meeting.

On August 7th Forrest Owen will present a program covering the work of volunteer executives around the world.

"Around the World in a Spacecraft" will be the theme of our annual Women's Club Invitational Breakfast on August 21st. Astronaut Robert Parker, son-in-law of proud Lois and Manny Salemi, will show and tell us about his adventures aboard a space shuttle.



AUGUST POTLUCK

THIRD SUNDAY POTLUCK AUGUST 19

In July, 74 attended the beautiful luau. Getting together with neighbors and friends is fun..... so come along!

If you haven't been contacted by August 13th call a committee member to learn what to bring -- casserole, salad or desert. Bring your own table service and cocktail beverage.

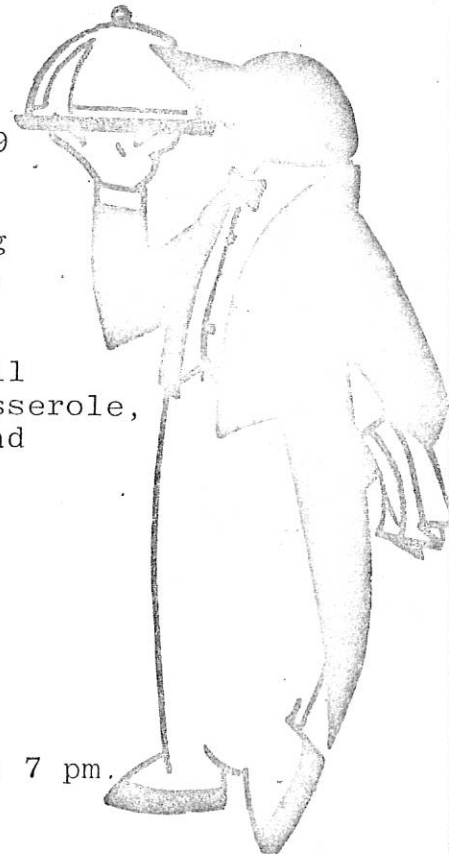
Committee members:

Anna Jo & Dick Phares 493-0775

Mary & Ray Goodhart 496-0903

Dorothy & Lowell Eubank 496- 2260

Cocktail hour is from 6 - 7 pm, and dinner is at 7 pm.



Women's club

WOMEN'S CLUB HIGHLIGHTS

The Niguel Shores Women's Club was entertained on July 5th with a harp concert by one of its own members, Mrs. Mary Ellen Brosnan, who within the last few years has successfully resumed her familiarity with that instrument after interval of retirement.

On August 2nd, following the luncheon at 12:30 p.m. Mrs. Jack (Marge) Allison, former president of the Antique Doll Society, will present ten antique dolls and discuss the interesting features of these and other dolls, which our members are asked to bring -- if doll collecting is among their interests.

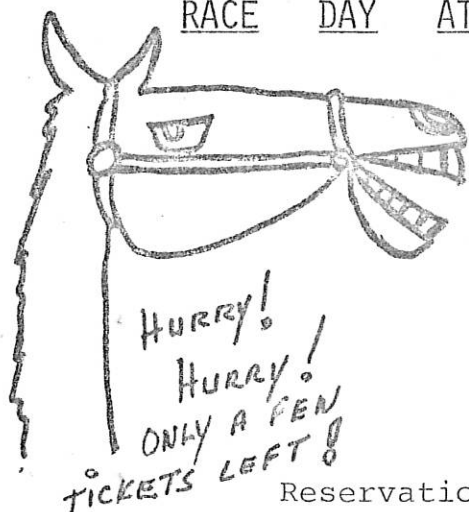
Another item of note is the invitation that has been issued to the Women's Club for a Men's Club Breakfast on August 21st for which reservations are necessary.

Also in a joint venture with the Men's Club will be the Outside Activity on August 30th, namely "A Day at the Races" at the Del Mar Race Track. Any interested member is requested to submit her check for \$14.00 made out to Niguel Shores Men's Club either to the Men's Club box at the Center or to the Club Treasurer, Dick MacNair, at 23791 Perth Bay. Please be at the Community Center at 11:15 a.m. on August 30th so as to get off on the bus promptly for this fun event.



RACE DAY AT DEL MAR

THURSDAY, AUGUST 30, 1984



The Niguel Shores Men's and Women's Club are sponsoring a visit to Del Mar for thoroughbred Racing on Thursday, August 30th.

Buses will leave the Community Center at 11:30am and return by 6:30pm.

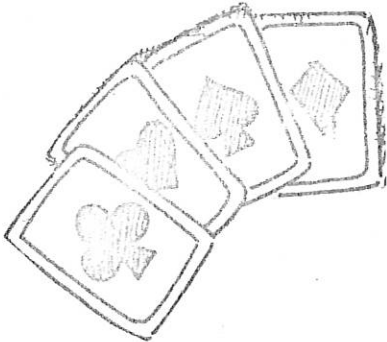
Cost of bus seat and track clubhouse reserved seat is \$14. per person.

Reservations are by check only to Niguel Shores Men's Club. Checks may be placed in the Men's Club box at the Center or delivered to Club Treasurer, Dick MacNair.

Only 75 reservations are available, on a "first-come, first serve basis.

COUPLES NIGHT BRIDGE

Since your reporter was on vacation at deadline, this month's review will cover only essentials and will skip the banter.



CONGRATULATIONS TO WINNERS:

| | <u>FIRST PLACE</u> | <u>RUNNERS-UP</u> |
|---------|-----------------------------------|--------------------------------------|
| July 6 | Mary and Nick Martin | Margaret Costello and Maryon Wolcott |
| July 20 | Dorothy Ann and Mickey McLaughlin | Margaret Costello and Maryon Wolcott |

"THANK-YOUS"

To Cecily Scoggins, Helen Bates, Walt and Margaret Brugger for providing hospitality on those respective dates.

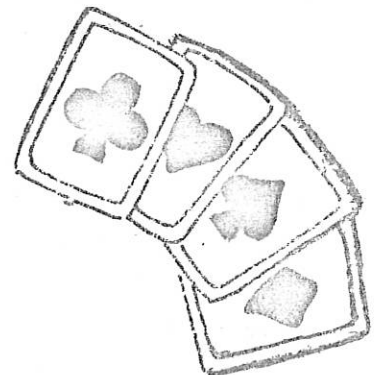
First and third Fridays in August fall on the 3rd and 17th, so we'll look forward to seeing you all then.

WEDNESDAY AFTERNOON BRIDGE

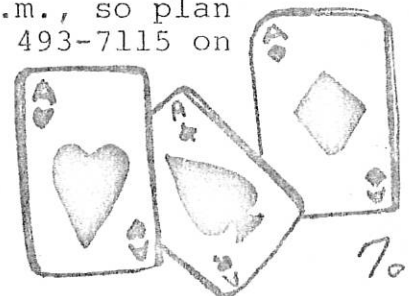
July 11th a record-breaking group (8 tables) attended a pot-luck luncheon honoring Mary Sanders, one of the organizers of the Wednesday Afternoon Bridge. Mary and her husband, Sandi, are moving to San Diego, and will be sorely missed. She was presented with a gift as a token of our friendship and appreciation. It was a surprise affair that came off, for Mary had even eaten luncheon at home before appearing at the Recreation Room!

Winners for the month are:

| | |
|---------|---|
| June 13 | FIRST: Virginia Brooks
SECOND: Maryon Wolcott |
| June 20 | FIRST: Joan Constantin
SECOND: Margaret Costello |
| June 27 | FIRST: Marion Moore
SECOND: Adelle Shanta |
| July 11 | FIRST: Joan Sullivan
SECOND: Lois Salemi |
| July 18 | FIRST: Wilma O'Keefe
SECOND: Virginia Piper |

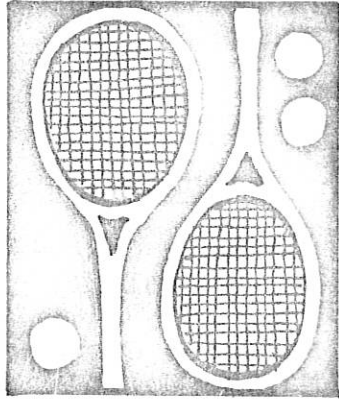


New members WELCOME! Play begins promptly at 11:50 a.m., so plan on coming early. For reservations call Mary Brosnan, 493-7115 on or before the Monday preceding the Wednesday game.



AUG 84

LADIES' DAY



TENNIS

ALL women tennis players are welcome to join us on Thursdays 9 to 11. Bring 50¢ for balls. Courts, partners, opponents are provided.

LOOKING AHEAD! AUGUST 9th.

Tournament for fun and profit. Then, we plan to watch synchronized Olympic swimming on the big screen at Fran Magwoods.

Remember to reserve the 2nd THURSDAY of each month for something special:

SEPTEMBER 13. Take our lunch to the beach.

OCTOBER 9th. We will go to the "MARKET" at Lake Mission Viejo.

Details later. AFTER TENNIS, of course.

SEE YOU ON THE COURTS, THURSDAYS AT 9.

R E M I N D E R

Residents are reminded that when they intend to have visitors/guests stay with them and use the community facilities; advance preparation and coordination with the Association Management office is necessary!

1. Provide the office with a written authorization requesting a Special Entry Permit for guests for the duration of their stay (ie: weekends, etc.). Business hours are Monday through Friday 9:00 am to 5:00 pm. If this is done in advance, guests arriving after business hours and before 10:00 pm may pick up their Special Entry Permit at the administration office.
2. For use of the community pool, tennis courts and other facilities, the community rules require that guests be accompanied by the member/resident. The only exception requires a written authorization slip directed to the administration office and signed by the resident. List the names of the guests and length of stay.

Members/residents may not authorize outsiders who aren't staying in the members/residents unit use of the recreational facilities.



For those who may have wondered at the flying whiffle balls on that balmy evening last month, it was simply our much appreciated golf clinic conducted by Hal Dohling, dedicated to improving our iron shots and our golf game in general. On the preceding Friday our "mixer" was held at what is now known as "Monarch Beach, The Links" (formerly Salt Creek), Awards were won by Betty Mullen, Connie Kittleson, Ruth McCartin and Liz Kelsch. A modest lady, Liz is reluctant to have her name announced in the awards-listing; she's afraid if her handicap improves no one will play with her. No fear, Liz, you're an enthusiastic golfer and a fun-lady; we want more like you!

Our next general meeting will be held Thursday evening, August 9th at 7:00 pm at the Recreation Center. Saturday, August 11, will be our next "mixer" at The Links, followed by another on Monday, August 20th, at Aliso Creek. Call Anna for times: 240-2171.

This is our golf story of the month: A newspaper item from Melbourne, Australia -- "Someone with a horrendous hook has been playing havoc with airplanes landing and taking off at Morabbin Airport. The Aviation Department says it is investigating a collision on Monday between a plane and a golf ball over the airport. A department spokesman said the plane was landing at the airport when it was hit by a golf ball which dented the paintwork."

Any truth to the report that Peg Bucci was teeing off near Morabbin Airport last Monday???

Remember, anyone who wants to join our golf group is welcome -- providing she is a resident who would rather play golf than cook! Just call Anna at 240 -2171.

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A T T E N T I O N S W I M M E R S

SUMMER SWIMMING POOL HOURS

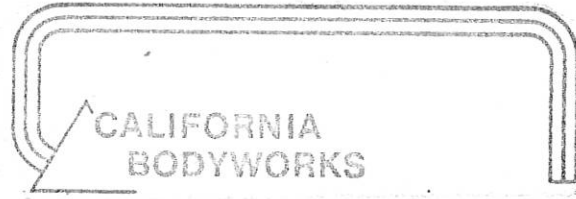
- 7 a.m.-9 a.m. "EARLY BIRD SWIM" Adults only
- 9 a.m.-10:30 a.m. Swimming Lessons
- 10:30 a.m.-12:30 p.m. Open Swim
- 12:30 p.m.-1:30 p.m. Adult Swim
- 1:30 p.m.-5:00 p.m. Open Swim
- 5:00 p.m.-6:00 p.m. Adult Swim
- 6:00 p.m.-9:45 p.m. Open Swim

Children 5 years and under must be accompanied by an adult at all times.
 Children 6-12 years must pass a swim test to swim alone or else be accompanied by an adult, (18 years or older).



Mistakes

If you find mistakes in this publication, please consider that they are there for a purpose. We publish something for everyone, and some people are always looking for mistakes. - Copied



4-Week Session - July 30 - August 31
 No Classes Week of Aug. 13-17

- * 1 Class per week \$15.00
- 2 Classes per week \$30.00
- 3 Classes per week \$35.00

| MON | TUES | WED | THURS | FRI |
|------------------|------|--------------------------|-------|------------------|
| 9-10
Aerobics | | 9-10
Yoga/
Stretch | | 9-10
Aerobics |
| 6-7
Aerobics | | 6-7
Aerobics | | |

AEROBICS

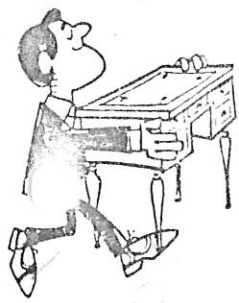
A one-hour class combining stretching and toning exercises as well as (12-15 min.) of pulse-monitored cardiovascular work. Strong emphasis is placed on body alignment and correct positioning to insure a safe but challenging workout.

YOGA/STRETCH AND TONE

One hour of full body stretches from the age-old yoga arts. Yoga builds balance and strength. Designed to improve body alignment, increase flexibility and reduce tension. A perfect complement to any workout program or as a complete workout on its own.

Maureen Stevens
 Instructor

496-4095



WANTED: Walnut Dining Room Set. Louis 15th or Louis 16th. Ask for Tina before 10:00 A.M. or after 6:00 P.M. (818)446-4754

FOR SALE: Redecorating; drapes, earth tone color, sheer, heavy textured, custom made. Entire downstairs for #204 model \$350.00



FOR SALE: Oak Game Table with four matching chairs, good condition. \$250.00 Call 493-8460

FOR SALE: Strollee Wee Care car seat, cream/beige. Excellent condition \$35.00; 1 potty seat \$3.00. Call 493-2710

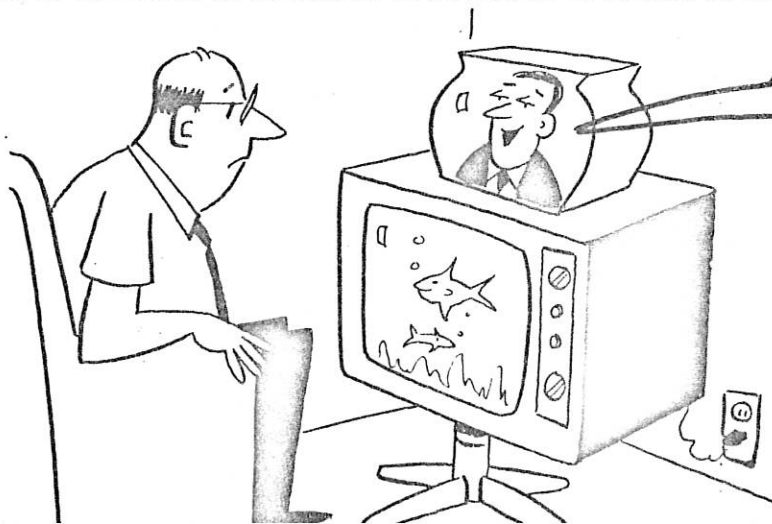
FOR SALE: Girls Bike - 20" Schwinn, \$65.00. Call 496-0448

FOR SALE: '81 DODGE VAN CUSTOM CAMPER, Sink, ice box, closets, shelves, bed. 4-Speed. \$7500.00 or best offer. Call 496-0448

FOR SALE: Greenhouse Window fits louvered bath window of Berkus Homes. 59" high x 25" wide x 16" deep. \$80.00. Call 496-0448

FOR SALE: Queen Beautyrest Set, large black Naugahyde chairs, end tables, pair table lamps. Small sectional Herculon sofa w/chair. Offer. Call 661-1342 Evenings.

FOR SALE: Two - 10 speed boy's bicycles - new tires; King size box spring and mattress - head boards and frame included; fabric - Call 496-4620.



If you wish to place an ad - the office has the proper forms. Please bring your \$1 check and read the guidelines.

RESIDENT PARTY - "GUEST LISTS"

For some time now, our Security has informally handled "Resident Parties" on a case by case basis. When a resident contacts Mariner Gate Security and has more than three (3) guests arriving, Security asks for a written guest list. If there is to be twenty (20) guests or more, the list must be alphabetical and delivered to Security on the date of the party. If the party is large we require certain "Traffic and Parking" assists. This procedure is causing some problems.

Until further notice guest lists of more than twenty (20) guests must be provided to Security, two (2) days or forty eight (48) hours prior to the date and time of the party.

The following form is provided for your future party use:

RESIDENT NAME: _____

ADDRESS: _____ PHONE: _____

PARTY DATE: _____ TIME: _____

(Alphabetical order please)

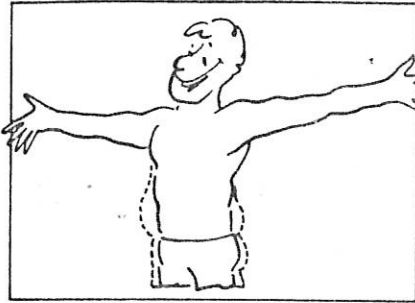
(Please print clearly)

- | | |
|-----------|-----------|
| 1. _____ | 16. _____ |
| 2. _____ | 17. _____ |
| 3. _____ | 18. _____ |
| 4. _____ | 19. _____ |
| 5. _____ | 20. _____ |
| 6. _____ | 21. _____ |
| 7. _____ | 22. _____ |
| 8. _____ | 23. _____ |
| 9. _____ | 24. _____ |
| 10. _____ | 25. _____ |
| 11. _____ | 26. _____ |
| 12. _____ | 27. _____ |
| 13. _____ | 28. _____ |
| 14. _____ | 29. _____ |
| 15. _____ | 30. _____ |

Signature of Resident

Body Accounting

Find out...



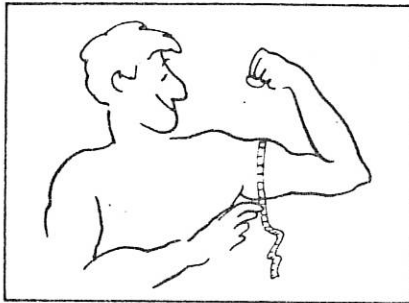
your true ideal weight.



how to become your own best coach.



how many calories you should eat to maintain, gain or lose.



how much muscle you're gaining.



how you compare with the national averages: measure yourself against the best in your sport.



Have your questions answered by a Body Accounting physiologist, at the test date or in the clinic.

All guests are welcome to participate.

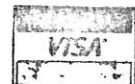
Bring a bathing suit and towel

Programs:

Single Test \$25.00
 Test w/one retest \$45.00
 Test w/two retest \$55.00

Payment:

Cash Check
 or Chargecard



WED. AUG. 29, 4PM-8PM



Appointments made at the Niguel Shores Community Center. Deadline date for a Reservation is Monday August 27th.

"The Testing Experts Since 1979 — Over 20,000 Tested"

AUG 84

WHY IS BODY ACCOUNTING IMPORTANT TO YOU?

The results of the Body Composition Test give clear, realistic goals to aim for in terms of fat loss, eating and exercise. You learn how many calories you should eat, the best food to lose fat, and how to exercise to maximize results. Most importantly you will FIND OUT YOUR TRUE IDEAL WEIGHT!

Take the guess work out of staying in shape! Find out what "you" need to do to get the fitness results "you" want. Body Accounting will be at Niguel Shores on Wednesday, August 29, from 4:00 p.m. to 8:00 p.m. to give you the answers by offering Body Composition testing. The test will tell you your fat percentage, measures of your fat and lean weight, your ideal weight based on your muscle and bone structure (rather than your height) and also a measure of your calorie requirement. Literature, as well as a consultation by a Body Accounting Physiologist, will pinpoint the best exercise and diet for you whether you want to lose fat and/or gain muscle. The price is only \$25.00. Packages with 1 & 2 retests are \$45.00 and \$55.00. Bankcard, check and cash accepted.

Been tested already? Check your progress! A retest will determine if you have gained or lost fat or muscle. A Body Accounting Physiologist will explain why you have changed and what to do about it. Get smart about your exercise and diet programs. Regular retesting takes the guesswork out of staying in shape.

WHAT WILL I FIND OUT?

With each Body Composition Test you will receive: (1) your fat percentage; (2) measures of your lean and fat weight; (3) your true ideal weight goal; (4) a lung function assessment; (5) exercise information focusing on fat loss and/or muscle gain; (6) your daily calorie requirement; (7) nutritional information and; (8) access to a Body Accounting physiologist at the test date or anytime in the clinic to answer your training and diet questions.

WHAT DO I NEED TO BRING TO THE TEST SITE:

You will need to wear a bathing suit and bring a towel with you. Bathing caps cannot be worn for the test.

HOW LONG DOES THE TEST TAKE?

The entire test takes about 15 minutes. This time includes a measurement of your lung functioning.

WHEN WILL I KNOW THE RESULTS OF MY TEST?

The testing is computerized. You will receive your result immediately and be able to have your questions answered by a Body Accounting Fitness Efficiency Expert.

BODY FAT TESTING: WHAT FOR?

Body Composition testing is the simplest and most accurate measure of the effect of a conditioning program in improving muscle tone, strength and reducing fat. Athletes use the test on a monthly basis to chart their progress and to determine if they are "over training" Regular (every 3 months) testing identifies changes in muscle and fat and pinpoints changes that should be made in your exercise and diet program.

NIGUEL SHORES COMMUNITY

Mini 99

TRI FOR FUN

SWIMBIKERUN

BAY TO BREAKERS SOUTH

TRI FOR FUN

MONARCH BAY TO DANA STAND BREAKERS

Sunday Sept. 2nd 9:00 am

PURPOSE: Tri for Fun is a non-competitive sports and social event for participants to share the camaraderie, meet new people and enjoy the fun of triathlons..

DIVISIONS: Novice, Intermediate, Advanced

RULES: You must provide all necessary equipment

TIMING: No official time. This series is on a Fun Run basis. Each finisher is a winner.

\$10 Entry Fee*

Includes Official Tri For Fun T-Shirt,
Mexican Lunch with Brisas Beer or Soft
Drinks and a Good Time for all.

* Note: Free T-Shirt with Pre-registration Only

Sign Up and Pick Up Race Route Package in Office

AUG 84

15.

TRADITIONAL STEAKBURN REVIVED

sponsored by the Recreation
Committee.

*BEST
BARGAIN
OF
THE YEAR!*



We are attempting to revive the traditional Niguel
Shores Steak Burn.

Date: Saturday Night August 25th

Price: \$7.00 per person price includes steak,
potato, salads, bread, dessert, soft drinks,
beer, wine and musical entertainment.

The Steak Burns in the past have been popular and
successful. In order to insure success, we need a good
turn-out.

** Please make your reservation(s) by phone or stop at the
Community Center .

We would like to get an idea of how many people to
expect.

(Checks are due by August 17th payable to N.S.C.A)
Reservations must be made before August 15th

Checks made payable to N.S.C.A

Recreation Committee meets Monday
Aug. 6th at 7:30. All interested
are welcome and encouraged to come.



Plan the perfect escape

DAY CAMP

DON'T MISS THE FUN OF DAY CAMP!

8 one week sessions, featuring a variety of activities, including arts & crafts, drama, games, trips and special events.

3-5 years 11-2 p.m.

6-9 years 11-4p.m.

Explorers- Ages 3-5 \$30.00 a week
Adventures-Ages 6-9 \$50.00 a week

Min. 10 children/Max. 15 children
(No sign ups the day of camp)

SESSIONS

1. JULY 9 thru July 13
America the Beautiful
2. July 16 thru July 20
Animals Galore/San Diego Zoo/Pet Show
3. July 23 thru July 27
Water Week/Marine Institute
4. July 30 thru August 3
Land of Make Believe/ Disneyland
5. August 6 thru August 10
Wild Wild West
Camp out
6. August 13 thru August 17
Just for Boys/Especially for Girls
Carnival
7. August 20- August 24
Olympics Week
8. August 27 thru August 31
Nature Experience



Last day to sign up for a camp session is the Thursday before that camp begins. (No sign-ups the day of camp.)

Kid Kapers

ages 3 - 15 years



WOW!

Hey kids! For those of you who may not be participating in the summer camp program we have opened up some of the following activities to you.

| | | |
|-------------|--|----------------|
| August 3rd | <u>Disneyland</u> \$19.00
(bring lunch money \$5.00)
Sign up ends July 27th | 9:00-6:00 |
| August 10th | <u>Old Fashioned Campout</u>
Potluck dinner starts at 6:30
must have parents to attend.
7:30 campout begins.
Sign up ends 8/6/84 | 7:30-8:30 8/11 |
| August 17th | <u>Penny Carnival</u>
Don't miss the fun
Sign up ends 8/16 | 1:00 |
| August 24th | <u>Mini Olympics day</u> \$1.00
Sign up ends 8/23
prizes & awards | 1:00 |

**** Any questions call the Community Center Center

All activities are supervised. Children ages 5 years and under must be accompanied by an adult (18 years or older)

VOLUNTEERS / CHAPERONES NEEDED

Kid Kapers

Don't miss the fun

Event: Penny Carnival

Time : 1:00-2:45

Date: August 17th

Where: Niguel Shores Community Center

Beginning at 1:00 on August 17th we will be having our own Penny Carnival .

We will be selling tickets for 5¢ / 22 tickets for \$1.00.

Hot dogs will be on sale for 50¢ each
Drinks Free with a hot dog.

Ice cream cones 50¢ each.

Candy 25¢ each.

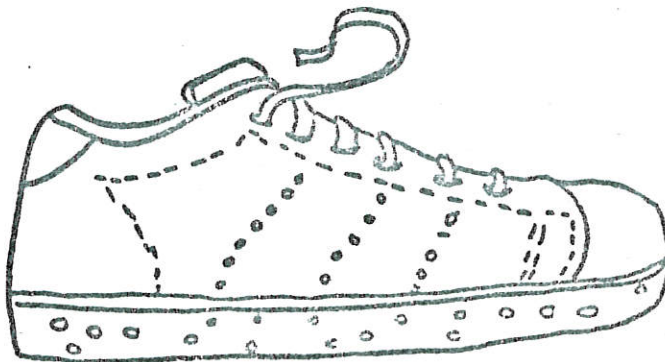
Olympics.

Niguel Shores will have their own 1984 Olympics .

Date: August 24th Time 1:00-3:00

Cost: \$1.00 No charge if in day camp during this week

At 1:00 we will begin the festivities with an opening ceremony. The kids will parade around the park with banners, flags and signs. At 1:30 the events will begin. At 2:30 all the awards will be awarded. Everyone will win.



AUG 84

19.

CAMP OUT

Kids ages 6-15 don't miss the Old Fashioned Campout on Friday August 12th. The Campout will be held at Niguel Shores Community Center.

No charge for the Campout if you are involved in day camp Session #5. Wild Wild West Week.

We will be having a Potluck dinner for all those families of children who participated in day camp any time during the summer of 1984. Dinner will be at 6:30. If you are not going to participate in the Potluck dinner but want to come to the campout be at the Community Center at 7:30.

Date: August 10-11th. Overnighter

Time: 6:30 Potluck Dinner
7:30 Campout begins with a
Disney Movie.

Cost: No Cost with Day Camp Session #5.
\$6.00 If not in day camp this week.

Ages: 6-15 years (parents welcome)

Parents must pick children up at 8:15 Sharp on August 11th.

If you plan on participating in the Potluck dinner you must phone the community Center and speak with Robin before August 8th.

We will provide Walt Disney Movie, evening snack, Games and activities, and breakfast.

You need to bring sleeping bag, pillow, swimming suit, and clothing.

DON'T MISS!

FROM

WALT DISNEY
PRODUCTIONS

Don't miss these Walt Disney movies. Everyone is welcome to come.

All movies shown are Walt Disney Films

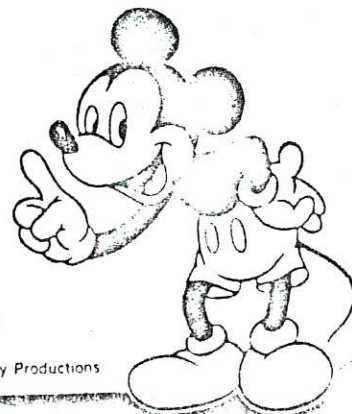
| | |
|-------------|-----------|
| August 10th | 8:30 p.m. |
| August 13th | 2:00 p.m. |
| August 27th | 2:00 p.m. |

Free popcorn
Movie \$1.00

Free popcorn for everyone!!!!!!!

Movies are \$1.00 per child.
Films are shown at the Community Center.
Don't miss the fun.

No charge for those children in summer camp
the week of the movie.



© Walt Disney Productions

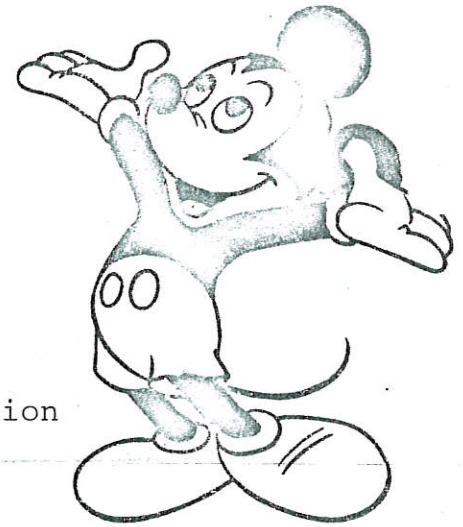
AUG 84

21.

The NEW FANTASYLAND

No one ever tires of going to DISNEYLAND
and now there is even more to see.....
FANTASYLAND has reopened with all new
sights and rides!

DATE: August 3 1984 (Friday)
TIME: 9:00 a.m. to 6:00 p.m.
FEE: \$19.00 - includes Admission & Transportation
AGE: 6 and Up



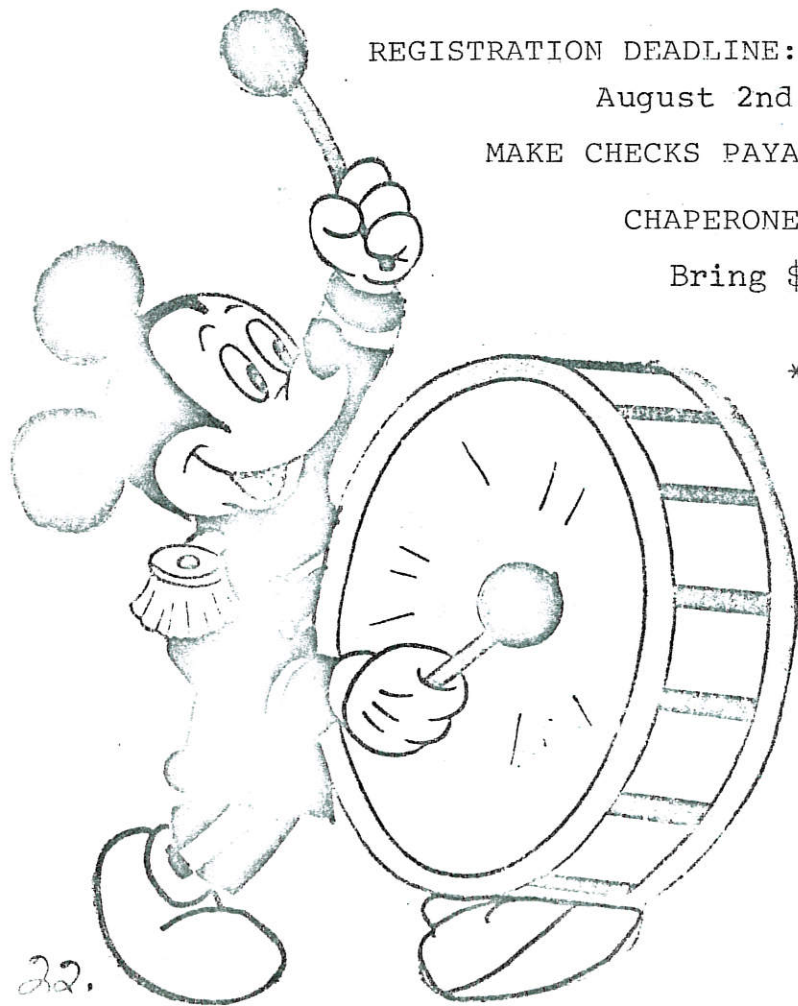
REGISTRATION DEADLINE:
August 2nd 5:00p.m.

MAKE CHECKS PAYABLE TO N.S.C.A.

CHAPERONES NEEDED

Bring \$5.00 for lunch money

*No fee if in Day Camp Session #4.



Niguel Shores is offering a complete Red Cross swimming program this summer. All the instructors are trained through the Red Cross and have recieved their W.S.I. (water safety instructors certification) The instructors will be teaching a variety of swimming classes that will accomodate children 7 months thru 18years, as well as adult exercise and swim classes.

*SWIMMING PROGRAM BEGINS JULY 9th thru AUGUST 31st.

* WE ARE OFFERING FOUR 2WEEK SESSIONS All classes monday thru Friday.

session #3 August 6-17

session #4 August 20-31

All classes will run Monday thru Friday for 2 weeks
Classes are ½ hour long .

*COST; \$20.00 per session (½hour class)

*TIME: 9-11a.m.

(No sign ups day of class)

| TIME | Session #1 | Session #2 | Session #3 | Session #4 |
|----------------|---|--|---|---|
| 9:00
9:30 | Pre-Beginners
Beginners
Adv. Beginners
Intermediates | Guppies
Intermediates
Swimmers
Pre-Beginners | Guppies
Beginners
Intermediates | Pre-Beginners
Beginners
Advanced Beg.
Junior Life Saving |
| 9:30
10:00 | Pre-Beginners
Beginners
Advanced Beginners | Beginners
Beginners
Advanced Beginner | Pre-Beginners
Beginners
Water Safety
Advanced Beginner | Guppies
Beginners
Adv. Beginner
Intermediates |
| 10:00
10:30 | Guppies
Junior Lifesaving
Water Safety 6-9yrs | Guppies
Water Safety 9-13
Advanced Beginner
Intermediates | Guppies
Beginner
Swimmers | Pre-Beginner
Beginner
Water Safety
Intermediate |

Registration deadline: Friday before Session begins no acceptions.

Enrollments on these classes in on the next page.

(No sign ups on the day class begins.)

PRIVATE SWIMMING LESSONS AVAILABLE NOW \$7.00 for ½ hour lesson

AUG 84

23.

SWIMMING LESSONS

5 months to 3 years PRIVATE LESSONS

Guppies ages 3-4 years

Children afraid to put face in the water, and those who do not know how to swim.

We will teach the children to swim so that they are water safe (ability to get themselves to the edge of the pool if they fall in). Instructors will help children to feel more comfortable in the water, floating on back and front and how to rest in deep water will be taught.



Pre-Beginners ages 4,5,6,7

For children who are not afraid to put their face in the water. Children may have had some prior swimming instruction.

We will teach children to swim in deep water, free style, floating front and back with a kick, gliding, jumping into deep water, how to rest in deep water.

Beginners ages 5,6,7

Children who already know how to do the free style, can float on front and back and can swim in deep water.

We will teach children to breath while doing the free style, improve their free style stroke, teach back stroke, diving, prepare for advanced beginners.

Advanced Beginners 7,8,9,10,11,12

Children who have a good free style stroke with breathing.

We will teach children to dive, improve breathing and free style stroke, teach water safety and some introduction to lifesaving, treading water, bobbing, survival float

Intermediates ages 10,11,12,13,14

Students must be able to swim a perfect free style stroke with breathing.

We teach you how to improve your other strokes and introduce you to breast stroke, side stroke and Build indurance.

Swimmers 12,13,14,15,16

Must be able to perform in the free style, back stroke, breast stroke, elementary back stroke, side stroke, We will help you to perfect these strokes and build endurance. Also introduce you to basic lifesaving.

Junior Lifesaving

Students must be 16 years old and an excellent swimmer in all strokes to pass this course. Children 14 and 15 are encouraged to take the course.

We teach students the skills necessary to become a Junior Lifeguard.

SWIM TEST

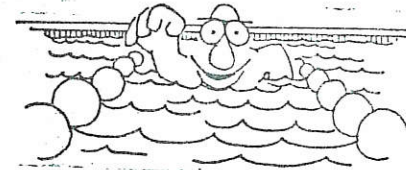
TO BE ABLE TO SWIM THIS SUMMER, IF YOU ARE 12 YEARS OR UNDER WITHOUT BEING ACCOMPANIED BY AN ADULT, YOU MUST PASS THE SWIMMING TEST.

THE SWIMMING TEST WILL REQUIRE:

- 1** . COMPLETING 2 LAPS
- 2** TREADING WATER FOR 2 MINUTES
- 3** ORAL QUIZ ON POOL RULES

PROCEDURES FOR TAKING THE SWIM TEST:

- 1. Get test form from the office.
- 2. Give form to Life Guard and take test.
- 3. Parent(s) must sign the form.
- 4. Return the form to the office for Swimming Patch.



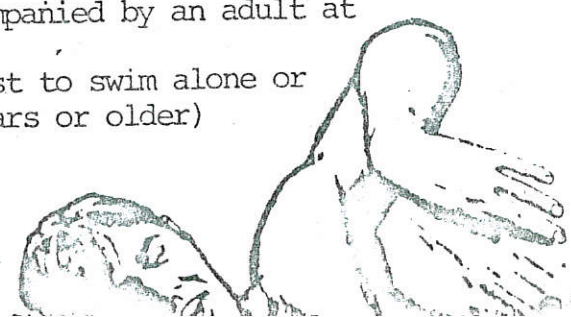
SUMMER SWIMMING POOL HOURS

| | |
|-----------------------|---|
| 7 a.m.-9 a.m. | "EARLY BIRD SWIM" <u>Adults only</u> |
| 9 a.m.-10:30 a.m. | beginning July 9th this time will be used for swimming lessons. |
| 10:30 a.m.-12:30 p.m. | open swim |
| 12:30 p.m.-1:30 p.m. | adult swim |
| 1:30 p.m.-5:00 p.m. | open swim |
| 5:00 p.m.-6:00 p.m. | adult swim |
| 6:00 p.m.-9:45 p.m. | open swim |

Children 5 years and under must be accompanied by an adult at all times.

Children 6-12 years must pass a swim test to swim alone or else be accompanied by an adult, (18 years or older)

AUG 84



NEW! NEW! NEW! NEW! NEW! NEW! NEW! NEW! NEW! NEW! NEW! NEW! NEW! NEW! NEW!

MOMS! MOMS! MOMS! MOMS! MOMS! MOMS! MOMS! MOMS! MOMS! MOMS!

MOMS!
MOMS!
MOMS!
MOMS!
MOMS!
MOMS!

NEW!
NEW!
NEW!
NEW!
NEW!
NEW!

Birthday Party Service.

Party with N.S.C.A.!! Our energetic recreation staff will assist parents in organizing and creating a fun and exciting birthday for your child. Parties will be held outside in the play area at Niguel Shores (if weather permits). Parties will run for (2) hours. We will supply refreshments (except cake) paper goods, and favors. Our staff will run games, such as pin the tail on the donkey, pinata, arts & crafts, relay races, or the party may be centered around the swimming pool with water games and activities. This will include a personal lifeguard to run activities and watch the children attending the party. Take a load off your mind by holding your child's birthday party with the help of N.S.C.A.

COST: \$35.00 for (2) hours based on 12 children. An additional \$2.00 per child charged for more than 12 children. Teen Parties add \$10.00.

Times: Between 10a.m. and 5 p.m. daily. Teen Parties 10a.m. to 10p.m. daily.

Sign up at Niguel Shores office or call for more information (473-0122) 1-5p.m.

This is a summer program June thru August. Parties can not conflict with regular summer program,

(checks payable to N.S.C.A.)

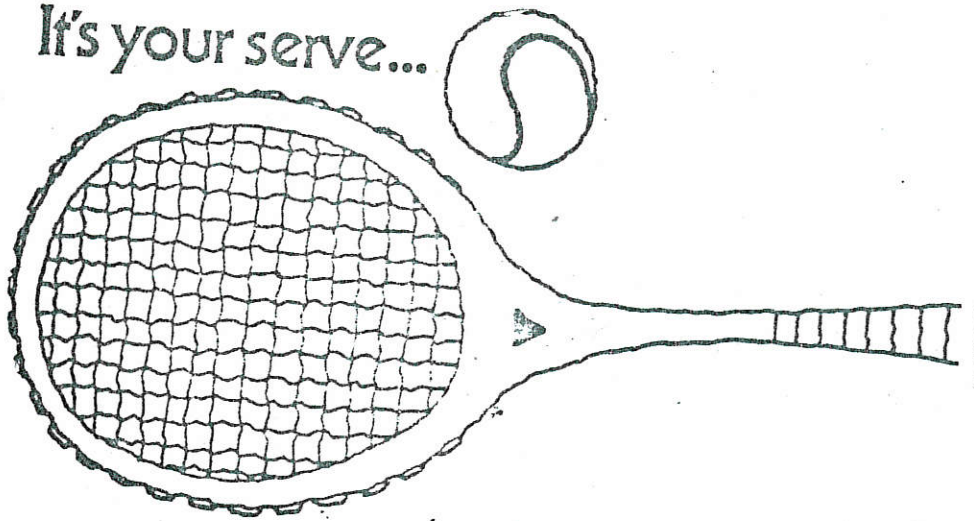
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LIFE GUARDS ON DUTY

MONDAY THRU FRIDAY
10:30-9:45

SATURDAY & SUNDAY
9:00-9:45

It's your serve...



Junior League Tennis

Niguel Shores has developed a Junior League Tennis Team to represent our community. Kids ages 10-15 years will have the opportunity to work with a tennis professional. The team will practice on Mondays and Wenesdays with Matches on Thursdays. The kids will be competing against Mission Viejo Junior League and other teams in the area.

The instructor's name is Tony Brock a professional tennis player from the area. Tony played tennis for Hampton Institute on the N.C.A.A. division 2 championship team and at United States International University as their number 1 singles player.

The team started on June 25th but we still have openings for those kids who have not signed up.

COST \$25.00 for August
(checks payable to Tony Brock)
Ages 11-15 years (some prior playing experience)

Practice Monday 11:30-1:30

Match days Wednesday

Sign up began in June but we still have several openings.

Sign up at the community center.

ASSOCIATION DIRECTORY
 NIGUEL SHORES COMMUNITY ASSOCIATION
 33654 Niguel Shores Drive, Laguna Niguel, Ca. 92677
 (493-0122) (831-0116)

President Kenneth Knight
 Treasurer John Dougherty
 Secretary Ralph Bartolme
 First Vice President. Forrest Owen
 Second Vice-President Norman Pomeroy

Sea Terrace Townehome Assoc I

Sea Terrace Townehome Assoc. II

Walt Brugger, President
 Don Beaver
 John Horne
 Ray Goodhart
 Dick Phares

Jack Broering, President
 E. R. Sewell
 Frieda Baskin
 Don Lutz
 Joe Brosnan

NSCA COMMITTEES

CHAIRMAN

Architectural Control Committee Keith Anderson
 Tree View Blockage Committee Bob Lothringer
 Communications Committee Dick Phares
 Finance Committee Rose Marie Lawson
 Landscape Committee
 Legal Committee
 Maintenance Committee
 Nominating Committee John Dougherty
 Recreation Committee Tom Kirby
 Security Committee Lew Peck

COMMITTEE MEETINGS

TIME

DAY (every Month)

NSCA Board of Directors 8:00 p.m. 3rd Wednesday
 Architectural Control 4:00 p.m. 2nd & 4th Wednesday
 Tree View Blockage 3:00 p.m. 2nd & 4th Monday
 Communications See Calendar
 Finance See Calendar
 Landscape/Maintenance 4:00 p.m. 1st Monday
 Legal 7:30 p.m. Last Thursday
 Security 4:00 p.m. 2nd Monday

NSCA OFFICE Dick Smiley, General Manager, 493-0122/831-0116

EMERGENCY NUMBERS

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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|---|---------------------------------------|------------------|
| | | | 1. Yoga/Stretch 9-10 am
Bridge noon
Aerobics 6-7pm | 2. Ladies' Day Tennis 9 am
Women's Club Luncheon 12:30 pm
Finance Comm. 7:30 pm | 3. Aerobics 9-10 am
Bridge 7:30 pm | 4. |
| 5. Aerobics 9-10 am.
Lands/Mtc 4 pm
Aerobics 6-7pm
Recreation Comm. 7:30pm | 6. Men's Club Bkfst. 8:30 am | 7. Yoga/Stretch 9-10 am
Bridge noon
Arch Com. 4 pm
Aerobics 6-7pm
Finance Comm. 7:30 | 8. Ladies' Day Tennis 9 am
Legal Comm. 7:30pm
Women's Golf Mtg. 7 pm | 9. Aerobics 9-10 am | 10. Aerobics 9-10 am | 11. Women's GOLF |
| 12. Street Sweeping | 13. Men's Club GOLF
Street Sweeping | 14. Bridge noon | 15. Ladies' Day Tennis 9 am | 16. Deadline/payment for Steak Burn
Bridge 7:30 pm | 17. | 18. |
| 19. Street Sweeping
Sea Trc II 9 am
Aerobics 9-10 am
Women's Golf
SSN Deadline 7 pm
Communications 7:30
Aerobics 6-7 pm | 20. Men's Club/
Women's Club
Bkfst 8:30 am
Street Sweeping | 21. Yoga/Stretch 9-10 am
Bridge noon
Arch Com 4 pm
Aerobics 6-7 pm | 22. Ladies' Day Tennis 9 am | 23. Aerobics 9-10 am | 24. Aerobics 9-10 am | 25. Steak Burn |
| 26. Aerobics 9-10 am
Tree View Blockage 3pm
Aerobics 6-7 pm | 27. Men's Club GOLF | 28. Yoga/Stretch 9-10 am
Bridge noon
Aerobics 6-7 pm | 29. "A Day at the Races" - Men's Club & Women's Club
Ladies' Day Tennis | 30. Aerobics 9-10 am | 31. | |

!! BOARD OF DIRECTORS !!
MEETING 8 PM
Please Attend

30