

THE SEASHORE NEWS

SEPTEMBER, 1974

FROM THE HELM

Dear Fellow Homeowners:

Congratulations to Tom Lowe and Bob Nye on their election to your Board of Directors, and to you for our longest meeting. We have two well qualified Directors to guide our Association during the coming year.

My thanks and appreciation to all who have given of their time to serve the Association, especially our Block Chairman and many other unsung volunteers who continually offer support and assistance for every activity of the Community.

If you thought the acoustics in the multi-purpose room were improved at last Wednesday's meeting, don't credit the sound system. The "macralap" hangings serve two purposes - they are a beautiful addition to our center and they have immeasurably improved the sound transmission. Thanks from all of us to the Women's Club, another example of the volunteer service that is making our Community great.

To those of you who have not heard, we have extended the Sea Terrace gate hours. The Sea Terrace gate will be manned Monday through Friday, from 7:00 A.M. to 2:30 A.M. and Saturday and Sunday from 9:00 A.M. to 2:30 A.M.

As the new year begins we wish to extend our appreciation to the Committee Chairmen and Committeemen who have given so generously of their time during the past year. We would ask you all to stay on and help us for another year, however, knowing how time consuming committee work can be, we realize some of you may wish to step down and encourage

FROM THE HELM (CONTINUED)

others to assume the burdon. To all of you, we extend our thanks. The accompanying flyer lists the Committees and their meeting dates. Please join us and volunteer to guide your Community. The next Board meeting is Tuesday, September 3, at 7:30 P.M. in the Recreation Center. See you there!

Frank Mead III
President, Niguel Shores
Community Association.

ZONING COMMITTEE

The thrust of the Zoning Committee is community involvement with planning decisions which are being made which affect the Niguel Shores, Laguna Niguel, and general South Orange Coastal area. Meetings are held the last Tuesday evening of each month (next one is September 24th) and every one in the community is urged to attend whether or not they make up the body of the "recognized" committee. It is the desire of this committee to reflect the views of the residents of Niguel Shores/Sea Terrace. We cannot do this without your input, and meetings are held on an open forum basis. If you wish to serve as a committee member, please be at the September 24th meeting at 7:30 P.M. at the Rec Center. If you feel you cannot either serve as a committee member or representative to a local organization, (e.g. United South Orange Coast Communities, Laguna Niguel Homeowners' Ass'n) please come also, since one of the most important functions of the Zoning Committee is to inform the community when decisions are being made which affect us.

Hope Luedeke, Acting Chairman
496-5471

KEEP NIGUEL SHORES GREEN!!! CURB YOUR DOG... (PLEASE)

ALL RESIDENTS ARE REMINDED TO NOTIFY P.C.M. at 830-8040

WHEN SECURITY VIOLATIONS ARE WITNESSED.....

FOR SALE: 12 FT. PARALLE JR. HAS MAINSAIL AND JIB,
BEACHING RIG. GOOD CONDITION. SEE IT
HERE. TEL: 493-1312

NIGUEL SHORES WOMEN'S CLUB

The vacation theme of the Women's Club meetings during August was highlighted with a visit to the Queen Mary at Long Beach, and travel films on Japan and Hong Kong.

We have been happy to see new faces at most of our meetings over the past two months, and at the time of going to press, we look forward to getting to know our new members better at another Get-Acquainted Salad Bar lunch on August 29.

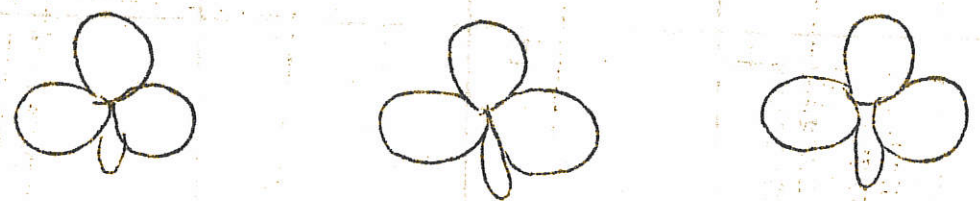
September activities are now being planned, and your Board will welcome suggestions for the fall programs at the next meeting on September 5th.

CLIP AND SAVE

- Sept. 5 - 1PM - Steve Sonies will give us a sneak-preview of what he has planned for the future recreation programs, (bring your knitting, or hobby, and bring a neighbor or friend and get acquainted!)
- Sept. 12 Mr. Molho of Tumbleweed Junction in ElToro will give us a demonstration on dried flower arrangement. 1PM
- Sept 19 Lunch at Andree's Restaurant in Laguna Beach.
- Sept. 26 We will have a dried-flower competition at this meeting with a prize for the best arrangement. More details at our Sept 12 meeting. 1PM
ANY QUESTIONS CALL DOROTHY AT 493-6415

!BROADWAY COMES TO NIGUEL SHORES!

You read right, Sunday evening September 8th, at 8:30P.M., J.M. Synges's rollickin and lusty Irish pub comedy, "Playboy of the Western World", will be presented at the Community Center. The play presented by the Overland Express Stage Co., has been described as side-splittin Irish humor, sweet and sassy Irish folk singin and toe-tappin Irish jiggin and dancing! The play is set in a public house on the western coast of Ireland outside the community of Costlebar in the county of Mayo around the turn of the century. The action progresses ghtthrough three short acts in between which members of the Company will perform traditional Irish folk dances and songs. Admission is free, so we'll be to see you there!



CALENDAR MONTH OF SEPTEMBER, 1974 POST ON YOUR BULLETIN BOARD!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8:30 P.M. PLAY - "PLAYBOY OF THE WESTERN WORLD" ADMISSION FREE	2 LABOR DAY	3 9-MENS CLUB BREAKFAST 7:30 NIGUEL SHORES. BOARD MEET.	4 9-11 SWIM LESS.	5 9:30 LADIES TENNIS	6 9-11 SWIM LESS.	7
15 5 - POT LUCK WESTERN STYLE	16	17 9 - MENS CLUB BREAKFAST 7:30 RECREATION MEETING	18	19 1 - LADIES CLUB 9:30 LADIES TENNIS	20	21
22	23	24 MENS GOLF CLUB 7:30 ZONING MEETING	25	26 1-LADIES CLUB 9:30 LADIES TENNIS 7:30 SECURITY MEETING	27	28 HANDBALL TOURNAMENT
29 GHAB HANDBALL TOURNAMENT	30					

RECREATION NEWS

SEPTEMBER 1974

COMMUNITY CENTER HOURS

Starting September 15th, the Community Center will be open from 7:30 A.M. to 9:00 P.M., with the office opening at 9:00 A.M. for tennis reservations and to answer your questions. The locker rooms, saunas, jacuzzi, swimming pool and tennis courts will all be open at 7:30 P.M.

HANDBALL TOURNAMENT

The second annual Niguel Shores Handball Tournament will be held Saturday and Sunday September 28th and 29th. Competition will be held in Mens Singles, doubles, and Womens Singles. Trophies will be awarded for first place. Cost for the tournament is \$1.00. Sign up at the Community Center office by September 24 or by calling 493-0122.

POT LUCK DINNER

This months Pot Luck to be given on Sunday September 15 and will have a Western theme. All Casseroles, salads, and desserts should be made chuck wagon style. Reservations will be taken at the Community Center office as in the past.

POOL CLOSED

MONDAY - SEPTEMBER 30, 1974

THRU

WEDNESDAY - OCTOBER 9, 1974

SAUNAS

The saunas are now open in both the mens and womens locker rooms. They are being kept at 185°00. Please observe the following rules while enjoying your S sauna!

----- SAUNA PRECAUTIONS -----

1. All persons must be 18 years or older to use the saunas
2. The following categories of personal medical backgrounds are not to use sauna:
 - A. Heart patients, stroke victims, or history of cardiovascular ailments
 - B. Epilepsy
 - C. Diabetics or hypoglycemic persons
 - D. Recent head injury
 - E. Under the influence or control of alcohol or drugs
 - F. When feverish or suffering from contagious illness

HOW TO USE

- A. Sauna baths are to be taken in three stages with each sauna bath lasting no more than 10 minutes.
- B. After each 10 minute sauna bath, a "cool" shower should be taken. Before taking a second and third sauna bath you should rest at least 10 minutes.
- C. For your comfort and convenience a towel may be placed over the hot redwood benches, bathing suits may be worn if preferred.
- D. Overheating precautions are shortness of breath, rapid heavy pulse, dryness of mouth, and dizziness. Sauna cycles should be discontinued when these signs occur.
- E. Enjoy your sauna and good health!

IF USING THE SAUNA ALONE, PLEASE ALERT RECREATION STAFF