

Champagne Village

CV TIMES

JUNE 2022

CVPOA HOURS

OFFICE

Monday through Friday
9:00 – 11:30am and 1:00 - 3:30pm

FRONT GATE KIOSK

Monday through Friday
8:00am – 4:00pm

Saturday and Sunday
10:00am – 4:00pm

TRASH

Thursdays

POOL HOURS

Through June 15th

ADULTS 9:00am – 7:00pm

KIDS noon – 2:00pm

After June 15th

ADULTS 8:00am – 9:00pm

KIDS 11am – 2pm & 5pm – 7pm

BOARD MEETING

THURSDAY, June 16th

6:00pm Village Hall

UPCOMING EVENTS

Refer to the calendar, page 23

June News

The CVPOA Board of Directors met for its monthly meeting on Thursday, May 19, 2022 in the Village Hall. About 50 members were present.

New business included the following:

- Approval of Charolette Steele and Wade Steverson to the Board of Directors by acclamation for a two-year term.
- Approval of Jorn Daugbjerg to the Board of Directors for a two-year term, to fill the open seat on the Board.
- Approval of a \$72.00 insurance assessment to cover the \$33,000.00 budget shortfall for insurance in 2022 with a payment of \$12.00 monthly to begin on July 1, 2022, and end after the December 1, 2022, payment.
- Approval of a Reserve expenditure for 14 chase lounges and 28 patio chairs for the pool area.
- Approval of the CC&R Amendment to section 7.04 created by the Association Attorney to comply with Civil Code Section 4741 & 4740 relating to rental restrictions.
- A request for a Reserve expenditure to replace the old split rail fence from #104 to the back gate was denied.

Executive Sessions were held to address personnel matters.

An Organizational Meeting of the Board on May 19th resulted in the following positions:

President – Wade Steverson

Vice President – Charolette Steele

CFO – Greg Lorton

Assistant CFO – Steve Caves

Secretary – Tom Bossmeyer

Director – Donna Perez

Director – Jorn Daugbjerg

Committee Chairs:

A & L Committee – Donna Perez

Common Area Facilities – Jorn Daugbjerg

Common Area Landscape – Charolette Steele

Communications – Tom Bossmeyer &

Steve Caves as Assistant Chair

Emergency Planning – Greg Lorton

The next meeting is scheduled for Thursday, June 16th in the Village Hall.

CHAMPAGNE VILLAGE PROPERTY OWNERS ASSOCIATION

8975 Lawrence Welk Drive #461, Escondido CA 92026

Office email: tsteigely@associatedasset.com Board email: CVPOAboard@gmail.com

Website: ChampagneVillage.org Office Phone: (760) 749-8008 Fax: (760) 749-8036

OFFICE NOTICES

STOP means STOP

When you come to a stop sign within Champagne Village, you need to make a complete stop. Bicycle riders and golf carts are NOT exempt from fully STOPPING at these signs.

Upcoming Brush Clearing

Our annual brush clearing for the perimeter fire defense (firebreak) has already started and will be completed by the end of June. A firebreak is a gap in vegetation of other combustible material that acts as a barrier to slow or stop the progress of a wildfire. During this time, you may see our crew gaining access to the common areas via your property to clear the brush to create open spaces that can prevent or slow the spread of a wildfire. There's no need to fill out work orders for areas needing this work, as the office is already aware of it. If you have any questions, please contact the office.

After-Hours Emergencies

If you have a non-life-threatening emergency after the CVPOA Office closes, please dial the office phone number (760) 749-8008 and wait on the phone for a live person who will answer your call. If it's a life-threatening emergency, always call 911.

Reserving Facilities

The common area facilities exist for the enjoyment of the residents. Any resident of Champagne Village, in good standing, may reserve the common area facilities, except for the swimming pool, for a private gathering such as the celebration of the resident's or immediate family's wedding, anniversary, birthday, etc.

The common area facilities that are available for reservations are the Village Hall, Kitchen, Card Room, Gathering Place, and Picnic Area. The reservation form is available at the office or you can make the request via our website at ChampagneVillage.org. For private parties, a one-day insurance policy is required along with a deposit check, but that is it!

'Private parties' are when individuals or groups reserve the park, hall and or kitchen for an event or party. All other parts of the listed common areas are not required for deposit and insurance unless they are for private parties/events that restrict who can attend.

Please contact the office if your group, club, or private party will not be using the area that was previously reserved for you. Many residents are turned away because of reservations already in place. So, if your plans change, please be sure to notify us to update the calendar.

OFFICE

Tom Riggs
Community Manager

Tami Steigely
Assistant Community Manager

BOARD OF DIRECTORS

Wade Steverson President
Charolette Steele Vice President
Greg Lorton CFO
Steve Caves Assistant CFO
Tom Bossmeyer Secretary
Donna Perez Director
Jorn Daugbjerg Director

BOARD COMMITTEES

Architecture & Landscape
Donna Perez

Common Area Facilities
Jorn Daugbjerg

Common Area Landscape
Charolette Steele

Communications
Tom Bossmeyer, and
Steve Caves as Assistant Chair

Emergency Planning
Greg Lorton

CV TIMES EDITOR

Lynne Caples #78
CVTimesEditor@gmail.com
(615) 491-1831

DEADLINE FOR ALL ARTICLES AND ADVERTISEMENTS

The 15th of each month.

Residents are encouraged to write articles, submit photos and provide feedback on our newsletter.

The Editor reserves the right to edit or print any item submitted.

WANTED YOU

DEFINITELY ALIVE

FOR
CHAMPAGNE VILLAGE RANCH
WESTERN PARTY
THE
IN THE CV HALL
JUNE 4th

Check In @ 4:30pm

\$17:00 EACH

MUSIC BY: Alias/Calico Ridge



INVITE YOUR NEIGHBORS

Catering by: Wrangler

Carved beef and Ham : bbq beans : Coleslaw ; Rolls

Make checks payable to SAC : Reservations Must Be In By May 31

FUN, 50/50

JAM IN THE PARK

Come play, sing or just listen

One Friday per month, the park will be open to anyone who would like to play, sing or enjoy music from some of the talent living here in Champagne Village

WHERE: CV PICNIC AREA
WHEN: 6/24; 7/22 8/26; 9/23
TIME: 11:00AM - 2:00PM

BYOB, SNACKS, BEACH CHAIRS, BLANKETS

everyone is welcome!
Vespers Sunday Worship
join us!

the first SUNDAY of each month

VESPERS is a NON-DENOMINATIONAL group that gathers for fellowship, music, prayer, sermon and Communion. Everyone is invited to join us. For more information or to be added to our All Call list, contact Doreen Smith at (760) 751-3305.

DONATIONS APPRECIATED

Voting Ballot Drop Box through June 7

Champagne Village is an Official Ballot Drop Box location. However, it is NOT a voting center location. Volunteers will be in the Village Hall lobby from 9:00 to 11:30 and 1:00 to 3:00 weekdays only, through June 7 to receive ballots.

Home Check While You Travel

Volunteers from the Sheriff's Department will keep a watchful eye on people's homes during their travels.



Vacation checks have been a long-standing practice of the San Diego Sheriff's Department, when time and duties permit. When you are absent from your residence, it will be checked by members of your local station's Senior Volunteer Patrol. Turn in a form at least a week prior to your travel and they will perform security inspections outside your home while you are away. To take advantage of this free service, complete and return a Sheriff's Department Vacation Check Request form available from the CV Office.

CHAMPAGNE VILLAGE

4TH OF JULY PARTY IN THE PARK

MONDAY

JULY 4TH

Check in at 3:00pm

Menu : Kentucky Fried Chicken
Ice Cream Cups; Lemonade; Water.

Entertainment: George James

Tickets: \$5:00 Each

Register by June 27th

Make Checks to SAC; put In Office Dropbox

**GOLF CART DECORATION
AND PARADE**

1st, 2nd and 3rd Place Prizes

**Line up @ 11:30am for Judging
Parade Starts @ 12pm**



Champagne Village



Lions Club

Our 28th Year

Lion Alan Rings #386

“WE SERVE”



Lions' President Tom Bossmeyer, Arlene Garich and President-elect Steve Caves at Cinco de Mayo Fiesta.

The Cinco de Mayo Fiesta was a huge success! One hundred twenty Villagers paid to feast on tacos, burritos and tostadas, accompanied by Caesar salad, beans, rice and ice cream for dessert. The Club took in \$2,118, which will all go to Lions' charities. Club Treasurer Alan Rings announced that over the ten years, the Club has donated over \$82,000 to charities AND for the Village.

During the dinner, Lion Arlene Garich was presented an award for her many years of dedication, leadership and service to your Lions Club.

The Lions KidSight program has resumed, with Club members screening the eyes of preschool students at Community Lutheran Church on East Valley Parkway over two days. If eye defects are discovered before age 7, they can often be fully corrected.

Beginning with the July Fourth Holiday, your Lions Club will sponsor a Free Up Your Closet clothing drive. Clothes in good condition will go to Ukrainian refugees and homeless persons in San Diego.

Thank you for your recyclable can and bottle donations. We only recycle containers for drinks: water, soda, beer and some juices. No wine, no liquor, no milk, nor anything else. Please make sure the bottles and cans are completely drained.

Recycling locations:

44 Sycamore	73 Esquire	100 L. Welk
172 Terrace	205 Camphor	232 L. Welk
288 Leaf Pine	348 Ironwood	386 Mulberry
396 Mulberry	407 Myrtle	435 Live Oak
Dog Park	Laundry building	Mailboxes
Swimming Pool	Tennis Courts	Village Hall

the young and the rest of us present

REEL FUNNIES

monthly movies to make you laugh!

FATHER of the BRIDE

PART II

WEDNESDAY, JUNE 15TH
3:00PM VILLAGE HALL

One of the joys of being a senior...
your joints are more accurate meteorologists than the National Weather Service.



MORNING GATHERINGS

The Gathering Place is located behind the Laundry Room



Monday through Friday
8:30am - 10:30am

Enjoy a cup of coffee! Meet a new friend!



Cocktail Hour

WHEN: Every Friday Evening from 4:00pm to 6:00pm

WHERE: The Gathering Place (Behind the Laundry Facility)

Why: Meet new people and Socialize

Crafters & Conversation

Thursdays, Card Room - 10am to 4pm

Whether or not you craft, come join us! We're a friendly group and would like to learn more about our Village people! Bring lunch if you want and have a friendly outing!

**Questions? Call Julie Conner
(626) 536-9167**

*brighten the world
with your colors.*



Beginning Line Dancing Lessons

Mondays at 10:00

A Beginning Line Dance class is starting twice a week in June: Monday, June 6 at 10:00 and also Friday, June 10 at 9:40 (to review what you learned on Monday).

These will be twice weekly classes. If you really want to learn the dances that we do at the CV parties, come to both classes! It's important to wear comfortable shoes that will slide on the wood dance floor at the Hall.

No sign up necessary, just show up. Questions? Call Janet LeRossignol at (760) 749-7934.

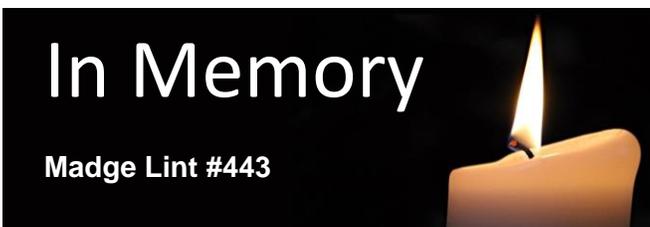


Deadline Extended Medicare Enrollment/Disenrollment

The Centers for Medicare & Medicaid Services is providing equitable relief to individuals who could not submit premium-Part A or Part B enrollment or disenrollment requests timely due to challenges contacting us by phone. This relief applies to the 2022 General Enrollment Period, Initial Enrollment Period, and Special Enrollment Period.

If you were unable to enroll or disenroll in Medicare because you could not reach us by phone after January 1, 2022, you will be granted additional time, through December 30, 2022.

https://www.ssa.gov/benefits/medicare/?utm_campaign=ocomm-equitable-relief-22&utm_content=learn-more-cta-button&utm_medium=email&utm_source=govdelivery



TAI CHI YOUR WAY

WITH INSTRUCTOR SIFU GLENN BUMACOD
Assistant Instructor Kitty Koss

MONDAYS / WEDNESDAYS
4:00pm Village Hall

Featuring our Assistant Instructor Kitty Koss



Learning balance, graceful movements and mental awareness. I have enjoyed our classes. I love the history and reason why we move the way we do. I love mastery; therefore, I want to repeat until I master something. Sifu Glenn is a wonderful teacher who shares his talents with us in a fun manner. If you want a class that is good for improving your balance and a fun challenge, you need to join us; you don't want to miss it!

DETAILS COMING SOON

SAVE THE DATE!

WOODSTOCK
PEACE LOVE
MUSIC

OUR FIFTH AND WILDLY POPULAR
WOODSTOCK IN THE PARK
SATURDAY AUGUST 13TH
PRESENTED BY THE CV BOOMERS

This is a condensed version of an article in the San Diego Union Tribune, Monday, May 2, 2022.

Knitting Together, Community of Survivors

Submitted by Janet LeRossignol #435

Once a month long-time CV resident Pat Hamada gets together with six other local senior women who make up a highly specialized knitting circle.



They have knitted and given away nearly 2,500 pairs of Busters, which are breast-shaped pillowlike bra inserts for women who have lost breasts to mastectomy surgery.

Pat Anderson, 89 years old, is the founder of the Sisterhood of the Boobless Wonders. She started the Busters project in 2017 as what she calls her last and largest knitting project in her 50-year career as a dedicated fiber designer.

During her recovery after a mastectomy, she received a pair of silicone prosthetic forms to wear inside her bra. But like many women, she found the silicone forms were too heavy and they didn't fit properly. She decided to create her own knitted wardrobe accessories with acrylic and nylon yarn. The resulting pattern, which she has patented, has triangular knitted panels on top and a flat panel in the back. A hole in the middle that can be used to fill the Buster with enough polyfiber filling to fit any breast cup size.

Eager to share her creation with others, Anderson reached out to Sharp Memorial Hospital's oncology patient navigators to get referrals for women who'd like a pair of Busters. She now has added six other master knitters to the fold.

She says "This is the culmination of all those 50 years that I spent working toward this. It feels awfully good to see that this particular project, which is the most important one I've ever done, has made such a difference to so many people."

To order Busters, email Anderson at spinshuttlestudio@gmail.com. There is no charge. Pat Hamada herself is not a cancer survivor.



Common Area Landscape Committee

Charolette Steele #334

The Common Area Landscaping Committee met on April 26th. Members present included: Hil Sybesma, Greg Lorton, Sandy Grubb, Paul Scott and Charolette Steele as well as Tom Riggs, property manager.

New proposals for the plaque area and Camphor Hill have not been received by the committee yet. When we receive the proposals we will have a special meeting to discuss what the committee wishes to do.

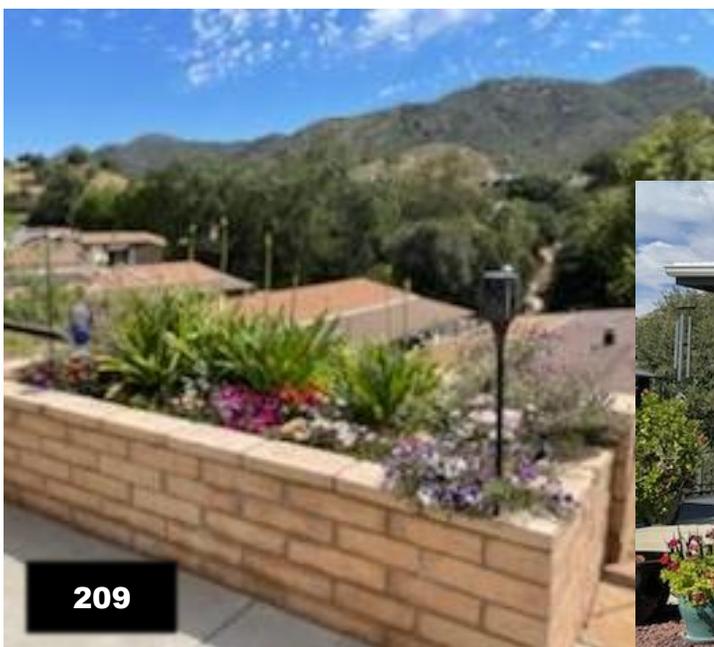
We discussed two areas within the village that need work. Plants have died and left large open areas on hillsides. We will be planting honeysuckle and other plants to fill in and hold the ground in place.

We reviewed "Timeline" items for completion dates and discussed those items that were still to be completed.

Our next meeting is scheduled for June 21st.

Highlights from
**Gardens, Porches,
and Patios** on May 15

- #190 Bernie Garl and Bill Daughtery
- #209 Carol and Kirk Horner
- #336 Mary Kaminski
- #392 Cindy and Bob McWay
- #306 Michelle Sorge
- #428 Yvonne and Paul Scott





Gardens, Porches, and Patios Drawing Winners

Pictured, left to right: Leonore and Rick Alvarado (#282), Esther DeVoss (#449), Linda Yoder (#371), Donna Marquez (#283), Kathy and Bob Carmichael (#437), and Bill and Anita Ellenberger (#356). Not pictured: Rebecca Richards (#452).

SECURITY DISCLAIMER

We hope that our entry systems provide some deterrence to crime. However, no matter what steps we take, the Association can never be completely safe and secure. For example, it is possible for someone to enter the property under false pretenses to commit crimes, for residents to commit crimes against their own neighbors, or for guests of residents to commit crimes.

As a result, the Association is not and can never be free of crime, and we cannot guarantee your safety or security. Accordingly, you should NOT rely on the Association to protect you from loss or harm. Instead, you should provide for your own security by taking common-sense precautions such as carrying insurance against loss, keeping your doors locked, refusing to open your door to strangers, asking workers for identification, installing a security system, locking your car, etc. You may also wish to check various websites and law enforcement lists to be aware of those living in your area.

Epiphyllums in bloom

Ginny Walker #144



Our Champagne Village workers...

- Shut off water and breakers for sewer relining
- Painted yellow lines for sidewalk and parking
- Set up chairs and tables for 80's Birthday Celebration
- Cleaned pump at pond fountain
- Fixed tennis court drinking fountain
- Installed new rule sign at golf range
- Moved all furniture to wood floor for carpet cleaning in the hall, then moved it all back into place
- Removed 4 4-foot table lights from main office and replaced with LED fixtures

Thank you, guys, for all you do for our village!

Health Insurance News

Carla Grills #105

Recently, I've had calls from some of my older clients who have been on supplemental plans since they first enrolled in Medicare. Since they are approaching the 80's decade and their premiums are rising, they want to know what their options are to ease the budget.

Here is what I recommend for those in their mid to late seventies and have never re-shopped their Medicare options. First, I ask how important it is for them to continue with original Medicare and the freedom to go to any doctor. If that is a high priority, we shop the different companies to see who may have a lower premium for their age group. We would have to wait for a birthday to make the change. During a birthday month, the individual has 60 days to make a change with guaranteed issue. Money may also be saved by reducing the coverage to an N plan.

However, this may not be the best solution for everyone. When we get older, most of us are not wanting to travel very far for our health care. Usually, we have a local network of doctors that we already like. In Southern California we have many HMO Advantage plans that have extensive doctor networks covering all of San Diego County. Enrolling in an Advantage Plan can eliminate or greatly reduce any premium and keep all or most of one's doctors. Drugs are included in most of these plans.

Advantage Plans can be enrolled in during the annual October 15th to December 7th enrollment period for a January 1st start date. There is a one year trial period when you can change back to your original Supplemental plan if you are not satisfied.

When your supplemental plan (annual) premiums exceed the annual max out of pocket (MOOP) of Advantage plans in your area, it may be time to take a serious look at HMO's available to you.

Tennis & Pickleball Club

Jan Nyberg #221

We met at the Village Hall for our combined monthly potluck and meeting on Thursday, May 12th at 5:00pm. We had a fiesta



with a Mexican themed dinner, hosted by Clay Albert. Delicious chocolate birthday cake and ice cream was also served as we celebrated birthdays for members Marcia Eylea and Kevin Bauder's. Marcia's daughter and son in law came as her guests - all the way from Florida. Her husband, Roger, shared a story of celebrating Marcia's birthday when she turned 15 and giving her a Ricky Nelson Album as a gift. Lots of laughs were shared.

On the business side of the evening, we have nearly \$500 donated toward the \$1,000 plus purchase of a pickleball machine. This device shoots out balls and the player practices their return shot. This would be a wonderful addition for our club as it would help players of all levels increase their skills. We discussed some fund raising ideas which included selling treats at some of the CV events.

The Kings and Queens Round Robin Tournament has been rescheduled for later this summer. We may even try hosting an evening event as our courts are lighted. Watch for an upcoming announcement.

Our next meeting will be Thursday, June 9, in the Hall, 5:00pm. Nancy Thweatt is the chairperson along with some others who will be the hosts. Reminder: the CV Tennis and Pickleball Club is open to people who are currently playing tennis or pickleball, retired or former players and others who enjoy good food and the sociability of a monthly potluck and Holiday Party. If you are interested in joining us, call Jan Nyberg or Clay Albert.

How Did Pickleball Get Its Name?

There's actually a couple different stories behind the origin of the name "Pickleball." Both stories have their supporters and deniers. Which do you prefer?

Story #1: In 1965, Joan Pritchard named the sport after her dog Pickles. Although, deniers say the dog wasn't born until 1968.

Story #2: Named after the "Pickle Boat," a term used in rowboat competitions. However, the connection is unclear.



CHORUS NEWS

Sharon Sybesma #127

We'd like to give a big THANK YOU to all who attended our Spring Chorus Concert Saturday, May 14. We were so happy to perform for our CV neighbors, family, and friends! To those who gave monetary donations for our chorus, another big THANK YOU!

We will now be taking our summer break but will return in September to prepare for our Christmas concert. Please give some thought to joining us. We are a fun group and you don't need a great voice, just be prepared to enjoy singing!

See you in September!

Dog Park Update

As many of you have noticed the dog park shade cover project has begun. However, we have come to a stand-still while the plans are reviewed by the County Building Department. This process may take up to 6 weeks to complete. In the interim, we will be scheduling the paving of the dog park golf cart parking area, doing some irrigation work, and planting of turf. A new ADA-compliant gate must be fabricated and installed to obtain the building permit.

Tips for Seniors Who Care for Pets

There are many ways to make caring for a pet easier for seniors! Here are a few tips:

- **Look for automatic feeders and water dispensers.** There's a variety of sizes, and they reduce the number of times you have to refill dishes.
- **Find a vet that does house calls.** There are veterinarians who make house calls, which is a lot easier than having to take your pet to them.
- **Check to see if your area has a Meals on Wheels program that will also feed a pet.** And there are a few Protect Animal Life (PAL) Humane Society programs that work with Meals on Wheels to pay for grooming, dental care, temporary boarding, and fostering for pets.
- **Ask for help when you need it.** Don't be embarrassed to reach out to neighbors and friends to give you a hand with walking or feeding your pet.

Care & Concern News

Charolette Steele #334



Garden Tour

The Garden Tour was held on May 15th from 1:00 to 4:00pm. There were six homes on the tour. We would like to thank those residents that opened up their gardens, porches and patios for others to visit. There were some great raffle prizes given out and we hope everyone had a fantastic time.

July Meeting

We will be having our semi-annual Care and Concern Meeting on Monday, July 11th at 10:00am in the Village Hall Card Room. Please put this date on your calendar so you will remember to come. We would like to see a lot of people there – including our ‘old’ members, anyone who is new to the group and anyone who is thinking this might be a good group to join. Come on down to the Card Room and see what is happening with Care and Concern Committees!

Care and Concern is composed of volunteer teams who provide support for residents of our community through prayer and care.



Welcome New Residents!

- #53 Bill (619) 405-7161
& Jan McLennan (619) 993-9960
- #54 Patrick (760) 802-6383
& Maria O’Farrell (619) 886 4215
- #137 Jean Landmesser (760) 807-2384
- #311 Lori Kurz (858) 232-9070
- #405 Pete Munoz (760) 543-9704
moved in with Lupe Rios
- #416 Mario (619) 288-3438
& Josefina Gomez (619) 827-3548
- #448 Edwin Hein (408) 599-4691

Poetry Corner

Kristina McLaughlin #169

I chose this poem by one of my favorite poets, Shel Silverstein. He has the ability to capture moments in an humorous and simple way. Following the hot weather we recently had in May, I realize that the hot weather is soon to be a way of life for many months. So....crank up that AC, go the pool, sit in the shade, enjoy the afternoon breeze always available to us in Champagne Village. Don't forget the sunscreen and water!

IT’S HOT

by Shel Silverstein

It’s hot!
I can’t get cool,
I’ve drunk a quart of lemonade.
I think I’ll take my shoes off
And sit around in the shade.

It’s hot!
My back is sticky.
The sweat rolls down my chin.
I think I’ll take my clothes off
And sit around in my skin.

It’s hot!
I’ve tried with ’lectric fans,
And pools and ice cream cones.
I think I’ll take my skin off
And sit around in my bones.

It’s still hot!

Found a Snake in your Yard?

Snakes are valuable predators that keep our rodent population under control. If you find a snake, call one of these residents: they’ll take the snakes to a remote location in the mountains and release them in a safe place. Want to help? Call Terry Quimby.

- Gary Krumweide #262 310-8827
- Anna Marie Montoya #173 751-0287
- Terry Quimby #329 749-8422



Green Food for Good Health

Etta McQueary #299

Warm weather is here, and it's much easier to eat salad meals. I don't particularly like hot food on hot days and salads can be made ahead for quick meals. It's great for the waistline, too. I like to do a big food prep, cutting up lots of veggies in my food processor which I add to the green food I grow.

If you can find lettuces at a Farmer's Market, they will be the best. Let me know where you find some good stuff! Gratefully, most of us are doing well this spring but we can't forget to keep our immune systems working optimally. That's one reason why green food is so important and we need more of it than ever before.

"Why is that?", you ask. The amount of toxic chemicals we are taking into our bodies every day from everywhere has sky-rocked in the last 50 years. We are getting them from our air, water, food and even the products you put on your body. To make it worse, the soils don't have the nutrients they had when we were kids. Most of our soils are demineralized and lacking vitamins. We must find food that is organically grown where they add good nutrients back into the soil. If grown well, our green food contains vitamins and minerals essential to our health.

The water soluble nutrients, like vitamin K, magnesium, B vitamins, and folates help regulate blood pressure, help prevent stroke, and protect against cardiovascular disease. Green foods are also important for digestion and elimination of waste products. They are even considered anti-aging foods, which can show up in our skin. This is partly due to increased oxygen flow to the cells and decreased free radical damage.

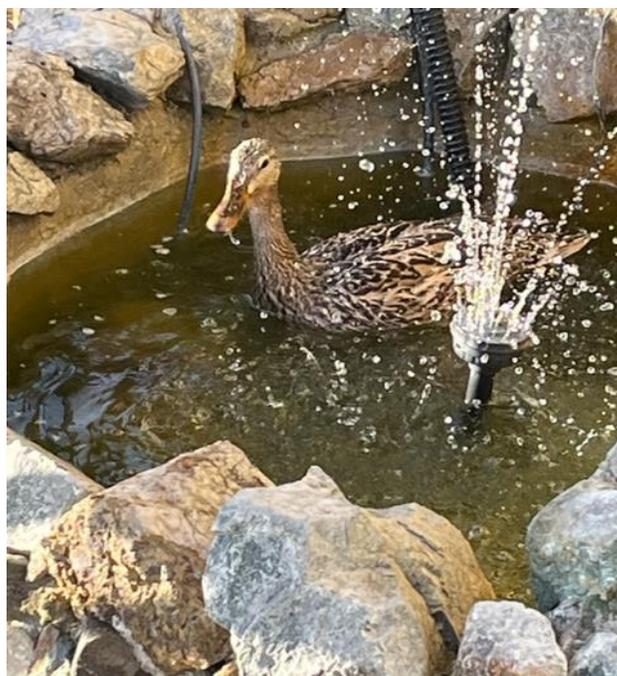
So, which green foods are the most beneficial? The most nutritious green foods we eat are the dark green ones like kale, collards, spinach, and chard. Since we don't usually eat those raw, we can steam or stir fry them briefly so not to overcook them. Eat them as a side dish or over rice or quinoa. Next important are the leaf lettuces, including arugula and sorrel. The herbs like cilantro and parsley are very good but we usually use less of them, along with any other wonderful herbs.



The best of all the green food we can consume actually comes from the ocean. Spirulina and Chlorella are very good for us

but mostly found in a concentrated form for smoothies because they just aren't appealing for eating. Another great benefit of green foods is their ability to help the body get rid of heavy metals that can accumulate from the environment. Cilantro and chlorella are both known to aid the body in this process.

More green foods include broccoli, asparagus, cabbage, green beans, and peas. Did I miss any on your favorite list? Make shopping for green food a habit along with making salads with all sorts of wonderful veggies chopped in. Any of these foods can be added to salads. Enjoy summer and all the beautiful food we can find locally.



"Our friendly duck came to bathe in my waterfall." Cindy Paymard #70



Robins seen on the Brazilian pepper tree eating the berries (above). Usually, robins are seen on large grassy areas looking for worms or insects. I only seem to notice them during our summer.

Common Birds of Champagne Village

Charlene Wright #68

Charlene takes the photos in her backyard or around the Village.

White crowned sparrows (below), are here for the summer. These sparrows have a very musical song - high pitched and ending in a trill. When I hear the song, I think spring is here. It is a seed eater like other sparrows and finches, notice the bill used for crunching seeds.



Swallows (left), are found in the drainage area. My best guess is that this is a bank swallow. It is hard to get a picture; they are so fast searching for insects.



Here Come Your Guests!

Summer is here and it's only natural to expect visits from friends and family. If you're expecting overnight guests, please take a few minutes to refresh yourself with our guest policies.

PARKING. To park overnight in CV, guest vehicles must display a guest parking pass. To obtain one, contact the Office or Front Gate **BEFORE** your guests are expected to arrive. The pass must be displayed on the driver-side dashboard. If your guests will arrive when the gate is closed, arrange to pick up their pass before their arrival. Your guest may park in any designated Guest Parking area in the Village, as well as your carport or driveway. **NO OVERNIGHT STREET PARKING IS PERMITTED.**

DRIVING. Make all guests aware of our 15MPH speed limit and ensure that they obey all stop signs. As a reminder, children under the age of 16 are not permitted to drive golf carts.

PETS. Guests may temporarily bring approved pets into Champagne Village, as described in the Two-Pet Rule. You are responsible for the conduct of each visiting pet: you must ensure that they will abide by our Rules and Regulations.

The conduct of your guests is **YOUR** responsibility. You are liable for any damages caused by your guest.

The security of both our residents and our property is always a top priority in CV. To maintain a safe, secure community, we need to follow simple rules for both daytime visitors and overnight guests. If you have any questions, contact the Office.

Budget Preparations

Each year, associations are required to prepare a budget for conducting the operations of their respective associations. As nonprofit corporations, associations must budget so that revenues do not exceed expenses, i.e., total income minus expenses should equal \$0. There are two techniques for preparing a budget: Zero Base Budgeting and Incremental Budgeting.



1. **Zero Base Budgeting.** This approach starts each year's budget from a zero base, i.e., at the beginning of the budgeting process, all budget line items have a value of \$0.
 - a. **Advantages.** Since each line item starts at zero, the association must justify each item in the budget. This should bring to light any waste and obsolete operations.
 - b. **Disadvantages.** This approach can be very time consuming.

2. **Incremental Budgeting.** In incremental budgeting, the current year's budget serves as a basis for next year's budget and is simply adjusted. The most common methods of adjustment are: (i) CPI adjustments and (ii) variance projections.
 - a. **CPI Adjustment.** The easiest and least effective method is to simply take the Consumer Price Index (the measure of inflation published by the government) and apply it to all line items. The disadvantage is that not all items in a budget are affected by the CPI. This results in some line items being over budgeted and others being under-budgeted.
 - b. **Variance Adjustments.** This is the method used by most associations. **Since most line items in an association's budget are necessary rather than discretionary (utilities, insurance, maintenance, etc.), the association starts with the current year's budget and looks at variances projected through the end of the fiscal year. This gives the association an estimate of actual expenses for the year for each line item, so it can adjust expenses up or down, as needed.**

CVPOA uses the incremental variance method combined with the zero-based method to generally maintain the same level of service while adjusting only the items that truly need it. By using this method, we have been able to keep assessment increases at or below the CPI for the past 22 years.

CV TIMES EDITORIAL POLICY

The purpose of the CV Times is to provide residents with the following information:

- Board meeting and CVPOA news
- A list of Board members, Standing Committee Chairs and Editors
- A list of events/activities/clubs and organizations
- A list of new residents
- Public service and safety announcements
- A calendar of events
- Informational articles, stories of interest, appropriate humor and cartoons if space permits

It is the policy of the CV Times that the following are not allowed:

- Editorials or opinion (op-ed) articles
- Articles of a political or religious nature

A list of Religious Activities or groups can be published, provided that this list is not used for the purpose of proselytizing or voicing religious opinions. The Editor of the CV Times is responsible for editing all articles for, but not limited to, length, grammar, appropriate content and adherence to this Policy.



Lawrence Welk's Country Club Mobile Home Estates

Excerpts from an early marketing flyer. Author unknown.

The latest of the stars of stage and screen to interest themselves in mobile home parks from a business angle is "Mr. Wunnerful" – otherwise known as Lawrence Welk. The nickname comes of course from Mr. Welk's pronunciation of the word he so frequently uses in introducing his entertainers or in thanking them for the excellence of their performance. This pronunciation is as distinctly Lawrence Welk as are his sartorial elegance, and heartwarming smile.

Some of Mr. Welk's predecessors, financially interested in mobile home parks, are Bing Crosby, Art Linkletter, Fess Parker, and Welk's Champagne Lady: Norma Zimmer. Norma and her husband have for some years been owner-operators of a park.

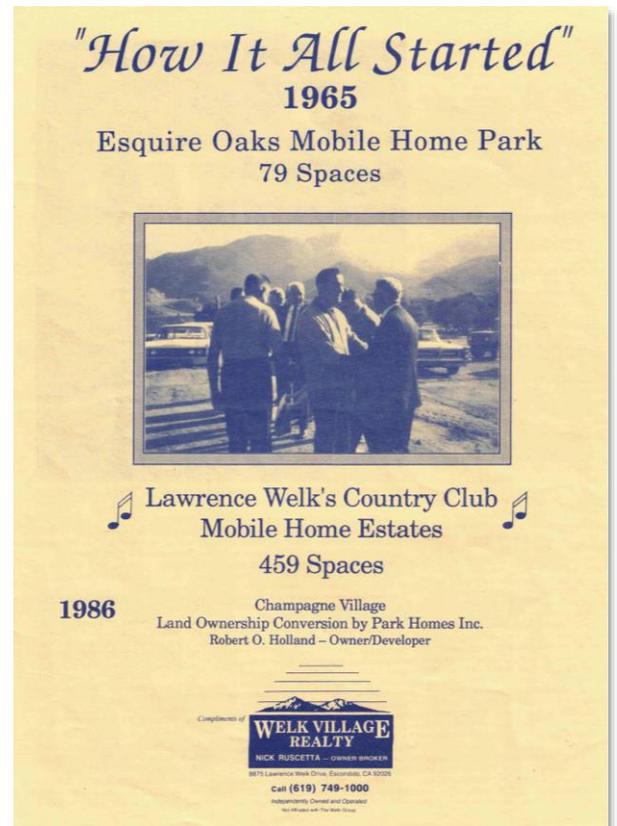
Lawrence joined the movement when he bought Esquire Oaks Mobile Home Park on Highway 395 seven miles north of Escondido, California. This happened to be where my wife Shirley and I were living at the time. We stumbled upon the park by accident; it was quite a new park, not fully developed and not widely publicized.

In April of last year, we were driving by on the highway and glanced into a grove of live oak trees; there we saw this beautiful green golf course surrounded by mobile homes. We stopped in for a closer look. Our interest blossomed into enthusiasm. The enthusiasm resulted in a decision: "This is the place!". In May we moved in.

A month later Mr. Welk took over as owner. Although we did not know it, Mr. Welk had been investigating the park at the same time we were – with somewhat different objectives. He started his examination on April 1, and thereon hangs a rather amusing incident.

Lawrence (that is what he encourages us to call him) and his friend, Bert Carter (now manager of our park), were driving by and, like us, were attracted by the handsome green fairways under the trees. Up to that time Lawrence hadn't the slightest thought of ever owning a mobile home park. But this was so beautiful it fascinated him.

They drove on by, however. When they had gone a mile farther – that is, down to the famous "Golden Door" health resort – Lawrence said, "Say, let's go back and look at that place." At the clubhouse they inquired for the owner but were informed by a woman resident he was not at home. "However," she added, "his wife is downstairs. Would you like to see her?" "Possibly," said Mr. Welk. "You might ask her if she is interested in selling."



When it was reported to the owner's wife that Mr. Welk was upstairs and wanted to know if she would sell out, she laughed, "Yes, I know. I've had April Fool jokes played on me by experts." She was, however, persuaded to investigate. And thus began the chain of negotiations that ended in Lawrence's acquisition of the park. Lawrence told Bert Carter, "This is a place I can be proud to have my name associated with."

When Lawrence bought the park he changed its name to *Lawrence Welk's Country Club Mobile Home Estates*. If that name sounds a bit overwhelming to you, you might ask yourself, "How is the man going to do justice to the place with anything less for a name?" After all it *is* Lawrence Welk's, and that name means a lot to millions of people. It *does* have a country club atmosphere and country club setting, in about as beautiful a piece of California as the state has to offer.

(Editor's note: I live on Esquire Drive, and now I've learned where the name of my street came from – the original mobile home park! Historical content from Hil Sybesma #127.)

FAQs: CV Times Newsletter

Most of us know that basics about our monthly newsletter, but here are a few other answers to frequently asked questions about how the CVTimes is produced.

Who's the publisher?

The CVPOA publishes the CV Times. As such, the mission of the newsletter is to provide information and news pertaining to residents of Champagne Village and Association business. This includes Board meeting news, a list of Board and Committee members, a list of events/activities/clubs and organizations, new residents, public service and safety announcements, a calendar of events, and photos/stories of interest.

Who's involved?

Lynne Caples currently serves as the Times' Editor. Her role is to receive and edit all articles from regular contributors as well as other submissions, write other articles that have been identified by either the Office or Communications Committee, suggest and write other articles of interest. All articles are compiled, along with photos, event posters and other graphics and notices, to create the newsletter. The Editor also ensures that the monthly newsletter is reviewed for readability and accuracy, and electronically delivers the final, approved copy to the Office for printing.

Other key players include the Communications Committee (who meet each month to guide the Editor and approve the monthly list of articles) and the review team (which includes proofreaders, Tami and Tom, and the Board President), who proofread and check for readability and accuracy.

How much time does it take to produce each issue?

The newsletter's front matter (articles, event notices and activities calendar) typically takes about 3-5 days each month to complete. The back matter, which includes all advertisements, is handled by the Office and takes about 1-2 days each month (this involves coordinating with advertisers and placing the ads on each page).



What about the advertisements?

Advertisements on the back pages of the newsletter pay for the cost of printing on our Office copier. While ad revenue has decreased over the past few years (primarily due to COVID), the recent lease negotiation of the copier has lowered the per-page cost, allowing the page count to remain unaffected.

Does the Editor get paid?

Nope. As with many other efforts throughout the Village, the Editor is a volunteer job. (Please keep this in mind the next time you find a few typos or mistakes!)

Can I submit an article, news or a photo?

Sure! While the Editor has the right to accept, reject and edit each item submitted, we are always happy to accept your items for print! All items do, however, need to abide by the Editorial Policy (see below).

What about event posters?

Pages in the newsletter that advertise CV events are created and provided by the event organizers. If you are submitting an event poster, please keep the following in mind: annual, special or one-time events get a whole page; monthly events should be no larger than 1/2 page. Weekly events can be no larger than 1/4 page, and are added to the newsletter on a space-available basis.

What's the Editorial Policy?

Editorials or opinion (op-ed) articles, as well as articles of a political or religious nature are not permitted in the CV Times. (A list of religious activities or groups can be published in the newsletter, provided that this list is not used for the purpose of proselytizing or voicing religious opinions.)

Fire Safety: Thoughts for Seniors

Greg Lorton #346, Emergency Planning Committee and DSFSC Board Member

The following article was written by Steve Kerrin and published in the Fire Safety News, an email newsletter prepared by the Deer Springs Fire Safe Council (DSFSC). Steve is the president of the DSFSC. This is reprinted with permission.



According to the US Fire Administration, older adults more than twice as likely to die in a fire than the population as a whole.

There are several reasons for this: diminished mobility and inability to hear an alarm rank high among those reasons.

It's no secret that as we age our hearing does not serve us as it once did. Some say that we start losing something else too, but this writer can't remember what that is...! If you suffer from hearing loss, are you able to hear your smoke or carbon monoxide alarm when it goes off? Will the alarm wake you when your hearing aids are on the nightstand while you sleep? Early warning and quick exit are critical to surviving a fire in your home or apartment.

Fortunately, there are devices to assist those with impaired hearing. There are products available that will activate a different sounding alarm that is closer, flash a bright strobe light and activate a device that will shake the bed. A quick internet search for 'smoke alarm bed shaker' will bring up several offerings. DSFSC does not endorse manufacturers, vendors, or products so please do your homework if you need such a device.

Think about your needs. Be sure to keep your glasses, hearing aid, cane, or wheelchair close to your bed at night. If there is an emergency, you will be able to grab them quickly as you leave.

The Fire Safety News is a great source of locally relevant and timely information. All residents are urged to register with the Deer Springs Fire Safe Council to receive the Fire Safety News and fire alerts. Go to dsfsc.org, and then click on 'News and Alerts' to subscribe. These services are free, although the DSFSC happily accepts donations.

Additional information on fire safety for seniors can be found at the U.S. Fire Administration website: usfa.fema.gov/prevention/outreach/media/social_toolkits/toolkit_caregivers.html

Complaints & Concerns

If you have a complaint or a concern for the CV Office or the Board, it must be in writing and signed or emailed to the office. Anonymous complaints or concerns are not accepted and will not be reviewed.

Do NOT Give Out Newsletters or Directories

We work hard to protect the privacy of our residents, and we ask that you do the same. **Don't pass out our newsletters or phone directories OR share any information contained within it in any manner, since they contain the private contact information of our residents, with anyone who does not live in the Village.**

CV ACTIVITIES/CONTACTS

Please let us know if there are any changes to this list!

CARDS AND GAMES

Bridge for Everyone
 Bunco
 Game Night
 Mixed Duplicate Bridge
 Pool Players

WHEN AND WHERE

Tues, 1:00pm Card Room
 1st and 3rd Fri, 1:00pm Hall
 Mon, 6:00pm Hall
 3rd Friday, 12-4pm, Card Room
 Mon, Weds, Fri 1:00pm Hall

CONTACT

Wayne Steele (760) 913-5345
 Marci Burns (619) 559-3609
 Kitty Koss (760) 580-8283
 Mary Allen (760) 913-5344
 Wade Steverson (760) 297-4810

CRAFTS, HOBBIES, ETC.

Chorus
 Crafters & Conversation

WHEN AND WHERE

Tues, 10:45am, Card Room
 Thurs, 10:00am Card Room

CONTACT

Nancy Thweatt (619) 209-1422
 Julie Conner (626) 536-9167

EXERCISE, SPORTS, DANCE, WELLNESS

Bocce Ball
 Chair Yoga
 CV Hikers
 Exercise Line Dancing

Men's Golf

Line Dancing
 Pickleball

Table Tennis

Tai Chi

WHEN AND WHERE

set your own time
 Mon, Weds, Fri, 8:00am Hall
 Second Weds each month
 Mon, 11:00am, Hall
 Tues, Thurs, 9:00am, Hall
 Weds, Fri 10:00am, Hall
 Tues mornings, Oaks Course
 Thurs mornings, Fountains Course
 Mon, Wed, Fri 9:00am, Hall
 Mon, Fri, 8:30am Tennis Courts
 Beginners Lessons Weds, 8:30am
 Mon-Weds, 1:00pm, Card Room
 Thurs, 8:30am, Card Room
 Mon, Weds, 4:00pm Hall
 Fri, 3:00pm Picnic Area

CONTACT

Janie Hamilton (760) 913-5534
 Linda Clifford - text only (760) 877-4745
 Mark Seebach (760) 644-8838
 Susan Larson (619) 850-2197
 Susan Larson (619) 850-2197
 Susan Larson (619) 850-2197
 Rick Magnuson (442) 248-1916
 Rick Magnuson (442) 248-1916
 Janet LeRossignol (760) 749-7934
 Jan Nyberg (661) 203-9352
 Jan Nyberg (661) 203-9352
 Leo Soldatenkov (858) 382-7918
 Leo Soldatenkov (858) 382-7918

 Glenn Bumacod (818) 632-6949

RELIGIOUS

Women's Bible Study
 Life Group Bible Study
 Vespers Sunday Worship

WHEN AND WHERE

Weds, 10:00am Card Room
 Thurs, 6:30pm Hall
 1st Sun, 4:00pm Card Room

CONTACT

Gail Jordan (808) 633-3295
 Mary Brown (760) 807-1358
 Linda Clifford - text only (760) 877-4745

COMMUNITY

Care and Concern
 CV Lions
 Library
 Memorial Assistance
 Men's Breakfast
 Veterans Memorial

WHEN AND WHERE

various
 2nd Weds, 5:00pm Hall
 text if needed
 call if needed
 1st Sat (Oct-May), Hall
 various

CONTACT

Barbie Floyd (530) 925-2319
 Alan Rings (858) 395-7572
 Linda Clifford - text only (760) 877-4745
 Charolette Steele (760) 913-5345
 Tom Bossmeyer (442) 217-8194
 Contact the office for info (760) 749-8008

SOCIAL, CLUBS

CV Boomers
 CV Morning Gathering

Karaoke
 Social Activities Committee
 Young and the Rest of Us

WHEN AND WHERE

various
 Mon-Fri, 8:30-10:00am,
 The Gathering Place
 various, Hall
 various
 various

CONTACT

Joanne Hansen (619) 743-3823
 Wade Steverson (760) 297-4810

 Wade Steverson (760) 297-4810
 Linda Steverson (760) 297-4810
 Julie Conner (626) 536-9167

JUNE 2022 ACTIVITIES CALENDAR

REGULARLY SCHEDULED WEEKLY ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 Chair Yoga Village Hall 8:00 Pickleball Tennis Courts 8:30 Morning Gathering Gathering Place 9:00 Line Dance Village Hall 9:45 Line Dance Lessons Village Hall 11:00 Exercise Line Dance Village Hall 1:00 Ping Pong Card Room 4:00 Tai Chi Village Hall 6:00 Game Night Village Hall	8:30 Morning Gathering Gathering Place 9:00 Exercise Line Dance Village Hall 10:30 Chorus Card Room 1:00 CV Bridge Card Room	8:00 Chair Yoga Village Hall 8:00 Pickleball Tennis Courts 8:30 Learn Pickleball Tennis Courts 8:30 Morning Gathering Gathering Place 9:00 Line Dance Village Hall 10:00 Exercise Line Dance Village Hall 1:00 Ping Pong Card Room 4:00 Tai Chi Card Room 5:30 Tennis Club Courts 6:00 CV Poker Card Room	8:30 Morning Gathering Gathering Place 8:30 Ping Pong Card Room 9:00 Exercise Line Dance Village Hall 10:00 Crafts/Conversation Card Room Life Group Card Room 6:30	8:00 Chair Yoga Village Hall 8:00 Pickleball Tennis Courts 8:30 Morning Gathering Gathering Place 9:00 Line Dance Village Hall 10:00 Exercise Line Dance Village Hall 3:00 Tai Chi Picnic Area 4:00 Cocktail Hour Gathering Place	8:00 Pickleball Tennis Courts
THE FOLLOWING ACTIVITIES ARE IN ADDITION TO THOSE ABOVE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 3:30 Vespers Card Room	6 2:30 Republican Women Card Room	7 7:00A Polling Election Day Village Hall 7:00AM – 8:30PM	8 6:00 Lions Club Meeting Village Hall	9 5:00 Tennis/Pickleball Club Meeting Picnic Area	10 5:30 Dub's Bridge Village Hall	11
12	13	14	15 3:00 Reel Funnies Movie Father of the Bride Part II Village Hall	16 6:00 Board Meeting Village Hall	17 12:00 Mixed Duplicate Bridge Card Room 12:30 Bunco Village Hall	18
19	20	21	22 3:00 SAC Meeting Card Room	23	24 11:00 Jam Session Picnic Area	25 4:00 Karaoke Village Hall
26	27	28	29	30		
See something wrong? Contact the Office to add/remove calendar events						
		1	2	3 1:00 Bunco Village Hall	4 4:30 SAC Western BBQ Village Hall	